



I'ON AT HOME NEWS

Member Newsletter for April 2020



MESSAGE FROM YOUR PRESIDENT

What a difference in our situation from last month to now! I do hope that all of you are OK! By the hour there is news about COVID-19 spreading and restrictions increasing. Most of us had never heard of “Social distancing” and “flattening the curve” before, but now these terms control our lives. Even our local beach walks will not be available to us for weeks to come.

I want to reassure you that the leadership of IAH is following the situation

closely. All of our events and meetings have been cancelled until the end of March. The Executive Committee will meet virtually next week to make decisions about our activities going forward, and will keep you informed.

We're also making plans to acquire software that will allow us to gather digitally. This tool will offer lots of possibilities in addition to video conferencing, including showing videos, continuing with our Great Decisions group, and other events. Again, we'll keep you informed and ask for your creative input about how to use this technology.

We want to remind all members that IAH can assist with check-in phone calls and/or essential errands like: grocery, medication. Please submit a service request on [our website](#), e-mail us at ion@ionathome.org, or call **843-284-3590. Items can be left at your door if you are avoiding person-to-person contact.**

If you are an IAH volunteer, and you're willing to help with these services, please connect by contacting Sarah Fischer (IAH Exec. Director) at sarahf@ionathome.org or **303-668-3530**.

You may also contact [Sarah](#) with questions or thoughts, or you may contact me directly at brvanwie@gmail.com or 843-860-2990.

Finally, we want to share some resources that may be helpful to you at this challenging time.

- Centers for Disease Control and Prevention webpage for [Coronavirus information](#)
- South Carolina Department of Health and Environmental Control webpage for [Coronavirus information](#)

These are uncertain and anxious times for us all. For many of us, the hardest part is not knowing what to expect. We at IAH will do our best to be there for any of you who have a need. I'll close with a Martin Luther King, Jr. quote, "We must accept finite disappointment, but we must never lose infinite hope."

Please take care of yourselves!!! Virtual hugs!!

Becky

Becky Van Wie, President

843-860-2990

IAH EVENTS AND PROGRAMS

These trying times have dictated certain circumstances. Those of us on the Programs Committee continue to confer and exchange ideas that we can put on the calendar for April, in hopes that activities can be organized.

In the meantime here are some suggestions for entertainment and enrichment:

- [Free, on-line Ivy League courses](#)
- [Broadway Plays and Musicals You Can Watch On Stage From Home](#)
- [Concert Films & Music Documentaries To Stream](#)
- [Charleston Jazz Orchestra releases a weekly full performance](#) (around 90 minutes) on [YouTube](#) and Facebook every Thursday at 7pm. Starting Thursday, March 26: *Mess Around: A Tribute to Ray Charles* featuring guest vocalist Manny Houston
- [The Metropolitan Opera presents Nightly Met Opera Streams](#) - Each day, a different encore presentation from the company's *Live in HD* series is available.

Thanks, hope to see you soon!

Your Programs Committee

MEMBERSHIP COMMITTEE

We are pleased to welcome 3 new members this month:

- Bonnie Ray; she resides at 13 Boathouse Close.
- Eileen Brown; she lives downtown Charleston and has family members who are I'On residents.
- Francis (Fran) B. Jacobs II; he lives on Johns Island and has family who are IAH members and I'On residents.

As always, names of neighbors you know who might appreciate a call or visit are welcomed by Kathryn Murray (Kathmurr@gmail.com; 205-999-7664).

VOLUNTEER COMMITTEE



CALLING ALL VOLUNTEERS or PROSPECTIVE VOLUNTEERS!

Here is an opportunity to be of great service. IAH is looking to add a few more illustrious Call Managers to our current list of 7. Being an iCM is an easy task and a great way to help out from home, and provides another means to get better acquainted with your neighbors.

At the start of each month, you sign up for as many "shifts" as you wish. Shifts run from 9AM to 1PM, Monday - Friday. It requires being available to respond to voicemails and email. It is not necessary to be tied to home during your shift. You might field questions about membership or help an existing member navigate the website. Most importantly, you will be appreciated by the entire IAH family by keeping the lines of communication open for our members.

If this request tempts, please contact Mary Kaplan, Volunteer Chair, at mkaplan2190@yahoo.com.

RESOURCES and INTERESTING INFORMATION

In this section, we include links to articles and resources about issues related to “advancing in life.” If you see something that you think IAH members and friends might find of interest, please send it to [Lori Feehan](#), newsletter editor.



4 Ways to Prevent Loneliness While Social Distancing:

<https://www.washingtonpost.com/opinions/2020/03/17/combating-loneliness-an-age-self-quarantine/>

Dear Mom and Dad: Are Your Finances Ready for Retirement?

<https://www.nytimes.com/2020/02/13/smarter-living/parents-retirement-planning.html>

Step-by-step guide: How to video call your family

<https://www.bbc.com/news/technology-51968122>

Things to help you ease anxiety around coronavirus

<https://www.usatoday.com/story/tech/reviewedcom/2020/03/16/10-things-help-you-ease-anxiety-around-coronavirus/5065246002/>

GROCERY STORE SENIOR SHOPPING:

[HARRIS TEETER](#) is designating **Monday** and **Thursday** mornings from **6 a.m. to**

7 a.m. as senior shopping hours for shoppers aged 60 and over until further notice. Additionally, Harris Teeter will designate ExpressLane Online Shopping pick-up times from 9 a.m. to 2 p.m. **for seniors only every Thursday until further notice AND will waive the \$4.95 fee & offer \$5 delivery for seniors during these times.** 5% Senior Club discount every Thursday.

PUBLIX - Publix is designating Tuesday and Wednesday mornings, 7 – 8 a.m., as senior shopping hours for customers age 65 and over.

TRADER JOE'S - Every day between 9AM and 10AM, Crew Members will maintain an additional line outside the front door for senior customers.

WHOLE FOODS- Whole Foods Market stores will service customers who are 60 and older one hour before opening to the general public, under the new adjusted hours posted on the store's web page.

RECENT IAH EVENTS

Puzzles and Pizza

Coordinated and Hosted by Cheryl Pitts

American College of the Building Arts Tour

Coordinated by Harriet Ripinsky



CONTACT US

Just to be sure you have this information:

- **Website:** www.ionathome.org
- **E-mail:** ion@ionathome.org
- **Phone:** 843-284-3590 (office hours 9:00 AM-1:00 PM Monday-Friday; leave a message and someone will get back to you)

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