



I'ON AT HOME NEWS

Member Newsletter for May 2020



MESSAGE FROM YOUR PRESIDENT

MEMBERSHIP PERIODS EXTENDED BY 3 MONTHS!

We understand that our members are missing their usual events and services, and we are grateful for your understanding. In recognition of this situation, we are pleased to announce that our usual 12-month membership term will be extended by 3 months. Every active membership effective May 1, 2020 will

automatically have this time added. So, if your membership expires before this date, please be sure to submit your renewal payment before 5/1 to take advantage of this offer. If you have any questions about how this will work, please contact me directly (brvanwie@gmail.com or 843-860-2990).

Please know that your I'On At Home Board members, staff, and volunteers are continuing to look for opportunities to bring you virtual activities – ways to keep us connected, cognitively engaged, and to relieve the potential boredom. **PLEASE CHECK THE [EVENTS PAGE](#) ON OUR WEBSITE OFTEN, AS NEW PROGRAMS ARE POSTED FREQUENTLY.** Also, please watch for our weekly Sunday Events Reminder e-mails, as well as these monthly newsletters, for information about interesting resources.

While we have suspended most volunteer-provided services during this time (in the interest of safety), we want to remind you that IAH can assist with check-in phone calls and/or essential errands like groceries or medications. Please submit a service request via [our website](#). Otherwise, you can e-mail us at ion@ionathome.org, or call 843-284-3590. Items delivered can be left at your door.

This time has been described as a period of waiting or transition. For many in our community, nation, and world, it also comes with very concrete and frightening problems. Thankfully, for most of you reading this, that is not the case. There is anxiety because we don't know what to expect. But there is also opportunity. It's a chance to use the "found" time to pause and reflect. When restrictions are lifted, do we really want to return to the busyness of our lives just as before? Or have our priorities shifted? These decisions, of course, are up to each individual and each family. I wish for you all peace and hope!

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

Becky

[Becky Van Wie](#), President
843-860-2990

IAH EVENTS AND PROGRAMS

We certainly hope this email finds all of our IAH members and their families in good health! The Programs Committee has been identifying activities which can be done at home via internet such as practicing yoga, taking virtual tours, watching documentaries, or undertaking courses which are listed in weekly emails. In addition, the Committee has been identifying and posting in-person events which can be conducted while still observing the current restrictions.

For the month of May, we are offering Zoom events and biking IN PERSON!

May 1: Yale University's Science of Well Being on Zoom

May 4: Great Decisions Discussion Group on Zoom

May 7: Biking Interest Group

May 8: Yale University's Science of Well Being on Zoom

May 14: Biking Interest Group

May 15: Yale University's Science of Well Being on Zoom

May 21: Biking Interest Group

May 28: Biking Interest Group

Please check the [website](#) on a frequent basis for any additional events that might be added. To all, stay well and healthy. Call if you need assistance.

With best wishes, Peggy Watt and Joe Fanelli, the Programs Committee

THANK YOU

IAH Board Member Jean Anglin organized an I'On At Home sponsored food drive on April 16 to support East Cooper Community Outreach (ECCO) Wellness Pantry. ECCO relies heavily on local church collection bins to fill needs for non-protein items to complement what they get from grants and

partnerships with USDA, restaurants and farms. Since churches are not holding services now, the bin source is greatly diminished.

Approximately 25-30 households donated and her car was full to overflowing. Staff and volunteers were thrilled to receive such a large donation. I'On At Home may sponsor additional food drives and the entire I'On community will be invited to participate. If you are interested in helping out, please contact Sarah Fischer (IAH Exec. Director) at sarahf@ionathome.org.

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.



That Discomfort You're Feeling is Grief

[https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR1SjPolqPRorheGiN2hC4tFIO2tkoctxhBCrRuxRrdQyanHfyjGAMFrEHQ)

[fbclid=IwAR1SjPolqPRorheGiN2hC4tFIO2tkoctxhBCrRuxRrdQyanHfyjGAMFrEHQ](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR1SjPolqPRorheGiN2hC4tFIO2tkoctxhBCrRuxRrdQyanHfyjGAMFrEHQ)

John Krasinski wants some good news.

<https://www.washingtonpost.com/arts-entertainment/2020/03/30/john-krasinski-steve-carell-office-reunion/>

25+ Free Things Companies Are Giving Away During Quarantine

<https://www.idropnews.com/news/25-free-things-companies-are-giving-away-during-quarantine/133253/8/>

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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