

November

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I'ON AT HOME NEWS

Member Newsletter for November 2020



Chrysanthemum

MESSAGE FROM YOUR PRESIDENT

What fun we had together on two recent Saturday evenings with I'On At Home outdoor concerts! Peggy Watt and Joe Fanelli did a great job of arranging for performances from Woolfe Street Playhouse and Charleston Opera Theater. Some 75 IAH members and guests on each occasion relished being together (safely distanced) while enjoying a lovely fall Lowcountry evening and wonderful music. The Programs Committee continues working hard to offer a variety of events during this COVID time. Please [check them out](#) often as new activities are frequently added. Sign up to participate and STAY CONNECTED!!!

On a personal note, I'm reminded of how quickly life can change, and how those changes can suddenly create needs for the kind of support IAH offers our members. My healthy, very active sister had a bad fall recently in D.C., resulting in two broken wrists and shattered bones in her forearms. She is now here, and we've gotten her scheduled for the surgery she needs. For now, and the foreseeable future, however, she has almost no use of her arms, including being unable to feed or dress herself.

fine. But how many folks have these kinds of resources, on very short notice??? IAH does not provide personal or medical care, of course. BUT what we can do in situations like this is provide support like meals, running errands, etc. THIS WAS A GOOD REMINDER FOR ME OF HOW IMPORTANT I'ON AT HOME CAN BE!!!

As always, if you have questions or comments, please contact me directly at brvanwie@gmail.com or 843-860-2990. I am grateful for your involvement and support of I'On At Home!

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

Becky

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

IAH EVENTS AND PROGRAMS

Greetings IAH members,

Fall is finally upon us and I know we all welcome the cooler temps and no humidity. Halloween will soon be here, and it's wonderful to see the creative and amusing porch and yard decorations in the neighborhood.

What's coming up?

November 2 - Great Decisions (the Philippines) via Zoom

November 4 - Zoom interview with I'On resident David Rogers following the recent publication of his book *Charleston Antebellum Neighborhoods and Buildings*

November 8 - Adopt-a-Family for the holidays with ECCO

November 11 - Happy Hour at Community Table at 5 pm. Outdoors, weather permitting

November 12 - Guided tour hosted by artist Jonathan Green, in-person at the Gibbes.

November 16 - Greek Cooking via Zoom: Learn how to make tzatziki and eggplant dip with Myrto Tsavalas

November 17 - Hiking Group - James Island County Park Trail

November 20 - Cocktails & Conversation

Also in November, a 2-3 art gallery stroll is in the planning stages and will be listed on the website soon. Please check the [website](#) for details and to register.

We hope to see you soon!
Joe and Peggy, Programs Committee co-chairs



VOTE ON NOVEMBER 3!

For more information, please visit:

South Carolina Election Commission at: <https://www.scvotes.gov/>

VOLUNTEER

The Volunteer Services Committee continues to be on standby for members who might need help with outdoor projects and short, simple indoor projects. Please don't hesitate to reach out if you need assistance!

Volunteer Services Committee co-chairs,
Janet Harper and Cathy Mooney

TECH TIP: To complete a new service request login to the IAH website> Members > New Service Request

ATTENTION SHOPPERS!



Did you know that one of the ways to support IAH through the pandemic is actually by SHOPPING! Doubtless some of us are doing more of our shopping online this year. Your purchases can help I'On At Home without you having to spend any additional money. [iGive.com](https://www.igive.com) and [AmazonSmile](https://www.amazon.com/smile) donate a percentage of your purchases to non-profit organizations like IAH. You just need to sign up one time.

[iGive.com](https://www.igive.com) includes hundreds of merchants. Start at the [iGive website](https://www.igive.com), set up your account and select IAH as your charity with following link (you have to do this only once): <https://www.igive.com/welcome/lp16/cr64a.cfm> and then you are redirected to the shopping site you choose.

[AmazonSmile](https://www.amazon.com/smile) is a website run by Amazon with the same products, prices, and shopping features as Amazon.com. When you shop on [AmazonSmile](https://www.amazon.com/smile), the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to your chosen charitable organization. Click [smile.amazon.com](https://www.amazon.com/smile) before shopping to be eligible for the contribution. On your first visit to the site, it asks what charity you want to support. We are listed as "Ion at Home."

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.



As They Became Seniors, They Started Businesses for Them

- <https://www.nytimes.com/2020/10/16/business/small-business-senior-citizens.html>

How COVID-19 is Shifting Our Values for the Better

- https://blog.silvernest.com/how-covid-19-is-shifting-our-values-for-the-better?utm_medium=email&_hsmi=96483506&_hsenc=p2ANqtz-84zcHyHyE-IWmLoC8qLpbvMk-mpoGoxd69ezOJCi6SHM25reqUmiGKXWD3warP8rJ3IC6jAbxkVYsmgOS7iiuB2dxDSg&utm_content=96483506&utm_source=hs_email

How to Use Yoga to Destress

- <https://www.nytimes.com/guides/well/yoga-stress>

Meet the New Caregiver: Your Home

- <https://www.nytimes.com/2020/09/09/realestate/home-health-technology.html>

We've entered an unprecedented market for aging in place.

- https://rockhealth.com/aging-in-place/?utm_medium=email&_hsmi=96483506&_hsenc=p2ANqtz-9K9p7Gaj51l3lHpWZJQa79Jits-4cNHFOsX1rSxdxX2SBU8F1IqXT3-RqQ7nFUICH33noA8c9esKqbHTqWLU6gwaRIQ&utm_content=96483506&utm_source=hs_email

- https://www.washingtonpost.com/lifestyle/wellness/smile-mask-smize/2020/10/09/25104874-099f-11eb-a166-dc429b380d10_story.html

RECENT IAH EVENTS

Woolfe Street Playhouse' *Summer Comfort* (9.26.20)

Charleston Opera Theater's *Curbside Delivery!* (10.17.20)







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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