

[New Events for August! Reserve Your Place Today!](#)[View this email in your browser](#)

I'ON AT HOME NEWS

Member Newsletter for July 2017

Hard to believe that July 4th has come and gone, but we enjoyed our usual "Norman Rockwell" version of the holiday here in I'On, very all-American, thanks to the help of the I'On Trust and our great volunteers!

I'On At Home full members continue to benefit from services such as help with home maintenance issues and transportation to the airport. In one case, a volunteer assisted with changing irrigation settings for summer weather, saving that member the cost of engaging an irrigation business for this purpose. If you are an IAH full member, please remember to let us know how we can help you by [requesting a service on our website](#) or calling 843-284-3590.

WE NEED YOUR HELP – BEHIND THE SCENES

You may wonder how all the IAH programs, activities, and service happen. The answer is that most of the work is done by a dedicated group of volunteers. We have our great member services volunteer corps, providing direct assistance to our members. In addition, we have board and committee members working

behind the scenes.

Serving on one of these groups is a great way to get to know your neighbors and enjoy watching your efforts contribute to making IAH possible. We will begin looking for new Board members within several weeks. Right now, we are especially looking for members for the following committees:

- Marketing and Communications
- Finance
- Membership
- Programs

If you are interested, or would just like to know more, please contact Anne Register (awregister44@gmail.com or 843-849-1091).

IAH MEMBERSHIP UPDATE

It is amazing to realize that we have been in operation four months!! We continue to welcome new members, so it's never too late to join. Go to our [website](#) for more information and to join.

The Membership Committee is contacting the full members by email or phone to make sure you are able to submit service requests and register for events successfully.

For ALL MEMBERS, your opinions are very important to us! We hope you will complete a [satisfaction survey](#). It is posted on the website. All you have to do is print it, complete it, and either scan and e-mail it or deliver it to [Mary Ellen Raphael](#) (4 Perseverance Street). We are particularly interested if you have needs that aren't answered by the current service choices and if you have ideas for new events. If you would rather have a paper copy of the survey to complete, please let us know.

IAH PROGRAMS UPDATE

What a month we had for events! The Salt of the Earth party, hosted by Cheryl and Bob Pitts was so much fun. Brenda Uttaro put together a "Salt Quiz" and we all learned a lot. Then the tasting started: Desert Salt, Lime Salt, Spicy Salt

and more. We tasted almost 20 different salts; and, to our knowledge, no one developed high blood pressure!

And then Bert and Bill's Pearls of Wisdom on Aging was at Barbara Cole's house. We learned how to keep our brains fit and vibrant and discussed the art and joy of "eldering." Everyone loved it!

And we tried something new. A Documentary Discussion at Carol Degnen's was an interesting event for a Friday afternoon. We watched an excellent documentary, "Virunga," about the uprising in the Congo and how it impacted the Mountain Gorillas. The video generated a good discussion.

We also watched a wonderful Ted Talk by Brene Brown and then discussed how important it is to build trust in your friendships as you discuss what matters most to you.

June Castell told us about China and her work there, helping children leave orphanages for foster care and adoption. And the Frank Sinatra dinner at Fratello's was a hoot.

We do need help for some of the events we are planning. If you have a TV room that seats 6-8 people, and you wouldn't mind hosting a documentary or film discussion, we would appreciate your volunteering your space. We will supply any food or beverages needed.

Remember, while most IAH events are for members only, at least one event each month is open to all I'On neighbors. Check the listings for more information.

July Events

Some July events have a few spaces remaining (click on the blue link to learn more):

- [Tech Talks – Organizing Your Computer-E-mails](#) (7/20)
 - [Movie Outing – "Dunkirk"](#) (7/26)
 - [Collector's Circle – Let's Share Our Treasures](#) (7/27)
 - [Blues and Barbeque Cruise with Gary "Shrimp City Slim" Ervin](#) (7/28)
 - [Monday Movie Matinee](#) (7/31)
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August Events

We planned fewer events for August as many people are travelling and have many more in September.

August 1, 2017

[Aromatherapy](#): We will meet at the home of Debora Nelson where she will feature dozens of oils to smell, touch and taste and you will learn how to use them!

August 8, 2017

[Movie Outing – "Detroit"](#): We will meet at the theater for a movie time to be determined (around 3:00 PM), see the movie, and convene at a local restaurant to discuss our thoughts and enjoy refreshments. Reserved for IAH members until Aug. 1 and open to all neighbors after that date.

August 10, 2017

[Help Us Choose our "Signature" Eclipse Drink](#): We need help choosing our drink for the August 21 Maybank Green Eclipse Party. Should it be a "Blue Cosmos" or a "Watermelonini"? Or something else? Come to Fratello's to sample and vote on your favorite drink. Fratello's will charge \$20 for the drinks and food, payable when you arrive. Then Fratello's will set up a tent to sell these at the Eclipse Event! Open to all I'On neighbors.

August 11, 2017

[Shagging Together](#): Robert Seay is a professional dance instructor and he and Debra Nelson have agreed to offer free Shag Lessons monthly on Thursday before each of the Cooper River Dances. Remember, dancing is one of the best exercises to keep our memories strong and it's also a lot of FUN!! Open to all I'On neighbors.

August 12, 2017

[Shagging on the Cooper](#): Dust off your dancing shoes and jump into summer with this event. Live music of all varieties will fill the air, with local bands performing throughout the season at the Mount Pleasant Pier. All ages are invited to let loose, breathe in the harbor breeze, and dance the night away under the stars. Food and beverages will be available for purchase. Open to all I'On neighbors.



August 21, 2017

[Great American Eclipse Party in I'On:](#) This is an historic event and won't happen again until 2045! We will have an ice cream truck, some games and music. We are even looking for a signature beverage to mark the occasion (help us select it by coming to the August 10 event at Fratellos). Bring your picnic baskets and drinks. Open to all I'On neighbors.



Thanks to the Program Committee for making these great events possible:
Barbara Fowler, Lori Bate, Delores Rosebrock, Barbara Wade, LaVon McNaughton, Kathryn Murray, Cheryl Pitts and Fred White.

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A unique fall event:

We realize that it's early to be talking about fall events, but this one requires some advance planning.

October 15-18, 2017



[IAH Heads for the Hills:](#) Join us as IAH goes to the mountains for our first out-

of-town trip! Our destination is Highlands, NC, a charming little resort town in the southwest corner of the state (about 5 1/2 hour drive). There are wonderful hiking trails, interesting shops, great restaurants, and golf (about 10 miles away). It should be peak fall color time when we're there!

We've reserved a [great log cabin](#) only .3 mile from the main street of town (click on the underlined words to see more information about the house). There are bedrooms and private baths for as many as 4 couples, but also the capacity for individuals who don't mind potentially sharing a room (but not a bed) and a bathroom. Included are a hot tub, great porch, and a fireplace. The cost will be \$270/person for 3 nights.

The maximum number for this trip is 8, and it's first-come-first-served. SO REGISTER NOW TO RESERVE YOUR SPOT! RESERVATION DEADLINE IS 7/28/17. Once we know who's going, we'll meet together to make more specific plans.

Contact Becky Van Wie (brvanwie@gmail.com or 843-849-1091) if you have questions.

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)

RESOURCES AND INTERESTING INFORMATION

In this space, we will share news articles and other information related to aging in place (click on the blue, underlined text to follow the live link). If you find something like this, please let us know.

- McGonigal, Kelly (June, 2013) ["How to Make Stress Your Friend"](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend) [video file]. Retrieved from https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_f

[riend](#). (While not specifically aimed at older adults, this information is very relevant.)

- Keller, Bert and Simpson, Bill (June 26, 2017) ["Aging for Amateurs: It's too darn hot"](#) Post and Courier
- Keller, Bert and Simpson, Bill (July 10, 2017) [Aging for Amateurs: Listening is an important part of the art of 'eldering'"](#) Post and Courier

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