

New Events for August! Reserve Your Place Today!

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I'ON AT HOME NEWS

Member Newsletter for August 2017



Fratellos Eclipse Drink Selection



"Dunkirk" Movie Outing

The fun continues, along with I'On At Home's educational sessions (which, by the way, can be fun too)! Many of you enjoyed The Blue's Cruise and Collector's Corner. We also went to the movies, had an excellent workshop on using email and a fun Monday Matinee.

We began what we hope will be a quarterly event with the initial Collectors Circle program at Charlie and Kay Chitty's house on July 27. In addition to sharing information about the hobby of collecting, Kay introduced three of the

Chittys' collections: glass inclusion paperweights, majolica pottery, and Charleston Renaissance art. After Q and A, attendees enjoyed Prosecco and appetizers.

If you have a collection you would like to share with fellow IAH members please let Barbara Fowler know of your interest (barbfow50@gmail.com or 843-388-7769).

Thanks to all who donated their homes, their expertise and their time to make these events possible. Still to come in August is our Eclipse Party on Maybank Green. All are welcome.

Now, on to September. We are having our first store event. "Soft Surroundings" has agreed to host an after-hours shopping event with a 15% discount. We are planning a couple more of these this year, so if there is a store that you would like us to approach, please send an e-mail or talk to one of our committee members.

Great Decisions is back on Monday mornings after a summer hiatus, and our topic will be "The Geopolitics of Energy." We will have a workshop on using Instagram; a discussion on a new book with the author, Eva Dillon; Fred White continues his film forum, hosted by Tom and Wanda Martin; Brenda and Jerry Uttaro have planned an incredible Celebrity Chef event; and Julie Mitaro returns with an excellent workshop on preparing for your grandchildren's visits. Follow the links below for more details and to register.

And please, keep your suggestions coming. IAH programs are important, not just because they are fun and educational. They are also important for all of us to help maintain our social connections and intellectual engagement. A great deal of research supports the critical nature of activities like those provided by IAH to maximize our health and welfare as we "progress in life." In particular, see the link below to a recent study indicating that loneliness presents a risk as great as obesity. More and more research is coming out that loneliness as we age is as bad as obesity in terms of effects on our health.

September Events

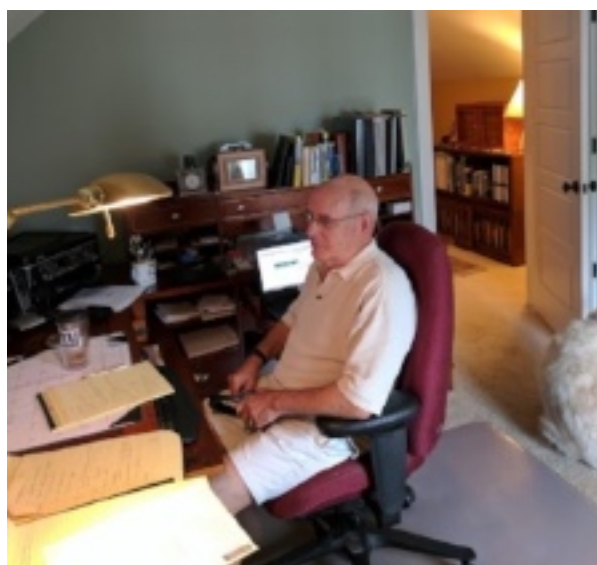
- [Come Join Us at Soft Surroundings](#) (9/10)
- [Great Decisions](#) (9/11)
- [Tech Talks – Getting to Know Instagram](#) (9/13)
- [The Grandkids are Coming – What Every Grandparent Needs to Know to Keep Them Coming Back](#) (9/14)
- [Celebrity Chef Dinner](#) – Brenda and Jerry Uttaro (9/16)
- [Spies in the Family](#) – author presentation by Eva Dillon (9/19)

- [Atul Gawande \(author of best-seller Being Mortal\) Streaming Broadcast](#) (9/25). This event is open to all I'On neighbors.
- [Fred's Film Forum](#) – "The Music of Strangers: Yo-Yo Ma and Silk Road Ensemble" (9/28)

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.

IAH MEMBERSHIP UPDATE

There are now 65 memberships in IAH. We are delighted when a neighbor recommends one of her or his friends for membership. If you have such a friend or neighbor and would like us to contact that person or couple, please email Barbara Cole at brcole60@comcast.net.



Member Jerry Uttaro volunteering as Call Manager answering your calls.

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.

- Webber, Cassie (August 8, 2017) [“People in rich countries are dying of loneliness”](#) Quartz Media
- [“Elderly yoginis have greater cortical thickness”](#) (July 13, 2017) Science News
- Keller, Bert and Simpson, Bill (July 23, 2017) [“Aging for Amateurs: Too good to be true? Health Scams are out there”](#) Post and Courier
- Keller, Bert and Simpson, Bill (August 7, 2017) [“Aging for Amateurs: Home Territory for Elders, the ‘Inner Life’”](#) Post and Courier

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