

Events for December and January!  
Reserve Your Place Today!

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## I'ON AT HOME NEWS

**Member Newsletter for December 2017**

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The Board of  
I'On At Home  
wishes you all the  
blessings of this  
special season and  
a safe and happy  
new year!!!

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## PARTICIPANTS ENJOYED RECENT IAH EVENTS

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**Thanksgiving in I'on**

(Hosted by Cheryl and Bob Pitts)



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### **Holiday Sunday Salon**

(Coordinated by Delores Rosebrock at the home of Peg and Joe Gaddy)



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## **SAVE THE DATE**

(and more information to come)

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### **I'ON AT HOME MEMBERSHIP AND VOLUNTEER APPRECIATION CELEBRATION**

**JANUARY 31, 2018**

**6:00-8:00 PM**

**FRATELLOS ITALIAN TAVERN I'ON**

(Reservations are available now on our [website](#))

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## **NEW IAH BOARD MEMBERS and Officers**

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Welcome to new Board members Deborah Bedell, Lori Feehan, and Jerry Uttaro for their 3 year terms. We are grateful for their willingness to help IAH continue to grow and serve our members. Our thanks go out to retiring members, Lori Bate, Bill Settlemyer, and Don and Mary Wilbur. Their dedication saw us through the critical planning and launch phase of IAH.

As Brenda Uttaro completes her 2 years as IAH President, we offer our deep appreciation for her leadership and hard work. Her efforts have been a significant part of getting us where we are now. Officers for 2018 include:

President – Becky Van Wie

Vice President – Barbara Cole

Secretary – Jerry Uttaro

Treasurer – Kay Chitty

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## **MEMBERSHIP BENEFIT – VOLUNTEER-PROVIDED SERVICES**

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What are the things around your house that are difficult for you to do? Or what are the things that you can do, but you dread doing them? Is it taking holiday decorations down from the attic and putting them back up there? Is it replacing the broken latch on the garden gate? Is it changing the burned out floodlight on your driveway?

I'ON AT HOME CAN HELP WITH THOSE THINGS AND MANY MORE! BE CREATIVE! WE'RE HERE TO ASSIST YOU!!!

If you are a full IAH member, all you have to do is enter the service request on our [website](#). Or you can call us at 843-284-3590. If you are a supporting member, you can qualify for these services easily by changing your membership to become a supporting member at no additional charge. Just contact Barbara Cole ([brcole60@comcast.net](mailto:brcole60@comcast.net) or 843-388-0249).

Examples of additional IAH services

- Insulating your water backflow preventer to prevent freezing
- Moving outdoor items into storage
- Taking out garbage cans or recycling (especially when you've been ill, injured, or are recovering)
- Running errands
- Providing meals
- Keeping an eye on your home when you're out of town (including



watering plants, etc.)

## **Battery Brigade**

Start the New Year off with one less worry – sign up to have your smoke alarm batteries changed in early January! One of our service volunteers will come to your home at your convenience and take care of this chore. Then you can look forward to peaceful 2018 sleep, uninterrupted by “BEEP, BEEP, BEEP” in the middle of the night (it seems to always happen during the nighttime hours). Contact Anne Register ([awregister44@gmail.com](mailto:awregister44@gmail.com)) to be on the list.

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## **HOORAY FOR VOLUNTEERS!**

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A huge reason for the successes of I’On At Home in 2017 is the commitment of numerous volunteers who have given their energy, time and enthusiasm. More than 60 folks have been involved this year. They deserve much gratitude!!

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## **MEMBERSHIP UPDATE**

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We now have 74 memberships with 120 members! Thanks to all of you who have joined in support of IAH. For those who have not yet joined, do you know that if you join at the beginning of a month, you will have that month plus the whole next year--in essence, a free month?! So check our website for [membership information](#). There you can download an application and forward it with your check to IAH.

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## **SUPPORT IAH WHEN YOU SHOP!**

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**This holiday season you can  
support us when you shop!**

Shop for everyone on your  
list at [smile.amazon.com](http://smile.amazon.com).  
You shop. Amazon donates.

**amazon**smile



You must first go to [smile.amazon.com](https://smile.amazon.com) to register so that IAH can receive the matching contribution. You will place your Amazon order from this site. On your initial visit, it asks what charity you want to support. We are registered as "Ion at home.com".

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## IAH EVENTS

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The IAH Programs Committee does a terrific job of planning our programs and activities. Most are for members only, but each month at least one is open to all I'On neighbors.

We've had some wonderful events the last 2 months!

- IAH Thanksgiving Dinner at Cheryl and Bob Pitts' home (see the photos at the beginning of the newsletter) – DON'T MISS THIS ONE NEXT YEAR!
- If you missed "Sizzling Silly Stocking Stuffer Ideas," here is a [link to the list](#) (fair warning – some are naughty and some are nice)
- Holiday Sunday Salon at Peg and Joe Gaddy's home (see the photos at the beginning of the newsletter) – ANOTHER DON'T-MISS IAH EVENT FOR NEXT YEAR!

The following **December events** still have room for more participants – register today:

- [Let's Go to the Movies](#) (12/27, open to all I'On neighbors)
- [IAH New Year's Eve](#) (12/31, IAH members and volunteers only) – Cheryl and Bob Pitts will host this opportunity to ring in the new year with your friends, right here in I'On.

We have several great events planned for **January**:

- [Strategies for Long-Term Care Planning to Maximize Aging in Place](#) (1/9, open to all)
- [Books That Changed History](#) (1/11, IAH members only)
- [Join Us for a Documentary Discussion](#) (1/12, IAH members only)
- [The Prepared Nest Workshop, the First Three Years](#) (1/18, IAH members

and volunteers only)

- [Launch for Brad Taylor's New Book](#) (1/20, open to all)
- [Strategies for Long-Term Care Planning to Maximize Aging in Place](#) (1/23, open to all)
- [IAH Thank You Event for Members, Volunteers, and Supporters](#) (1/31, IAH members, volunteers, and supporters)

Follow the links above for more information on our website and to register. If you see that an event in which you are interested is full, please e-mail [ion@ionathome.org](mailto:ion@ionathome.org) or call 843-284-3590 to let us know you'd like to attend. Sometimes our numbers can be stretched a bit, or there may be a cancellation.

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## RESOURCES AND INTERESTING INFORMATION

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In this section, we include links to articles 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 Becky Van Wie ([brvanwie@gmail.com](mailto:brvanwie@gmail.com)).

- Saturday Night Live Skit, ["Alexa for Seniors"](#) (good for a laugh)
- Brody, Jane E. (November 20, 2017) ["Clearing Up the Confusion about Salt"](#) New York Times
- Brody, Jane E. (December 4, 2017) ["Cataract Surgery May Prolong Your Life"](#) New York Times
- Brody, Jane E. (December 11, 2017) ["The Surprising Effect of Loneliness on Health"](#) New York Times
- Keller, Bert and Simpson, Bill (November 27, 2017) ["Aging for Amateurs: The 'Wild Edge of Sorrow'"](#) Post and Courier
- Keller, Bert and Simpson, Bill (November 11, 2017) ["Aging for Amateurs: Taking Better Care of our Brains to Mitigate Alzheimer's Risk"](#) Post and Courier

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## CONTACT US

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Just to be sure you have this information:

- Website: [www.ionathome.org](http://www.ionathome.org)
- E-mail: [ion@ionathome.org](mailto: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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