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I'ON AT HOME NEWS

Member Newsletter for April/May 2018

HAPPY SPRING – FINALLY!

Thank you, thank you to our I'On At Home members! We've been asking you to renew your memberships as they expire this year, and you are responding! Although we've lost a couple of members who are moving out of I'On, our **renewal rate through April is 98%!!! We are also grateful to several newer neighbors who have joined.** It's never too late to join--your membership term will be 12 months.

As you know, the membership benefits include our wonderful activities as well as the opportunity to make your life more care-free by getting help with a multitude of tasks. Our monthly newsletter, as always, has lots of information about upcoming events and the many ways our volunteers can assist you (including some that have probably not occurred to you).

I was reminded recently about the importance of each of us having our emergency medical information readily available in case of an accident or sudden illness. Did you know that your smart phone is a great tool for this? You can enter your data and have the link appear on your phone's lock screen, so that it can be accessed without unlocking your phone. [Here](#) are the instructions

for iPhones. [Click here](#) to learn how to set up your Android phone.

And one more thing, in case you hadn't heard: we will be getting new Medicare cards in the mail sometime in the next 12 months. The Centers for Medicare and Medicaid Services (CMS) will be sending them out in waves, and they will include a new unique account number instead of your social security number.

As always, please contact me directly if you have questions or thoughts to share (brvanwie@gmail.com or 843-860-2990).

Becky Van Wie
President, IAH Board of Directors

FROM THE MEMBERSHIP COMMITTEE

Please welcome Margie and Dick Bondy, who have recently joined IAH. We are so pleased to have them.

Many thanks to all of you who renewed your memberships in February and March. We take this as a measure of your outstanding support for IAH. Do let us know if you have ideas for programs or services that are not yet offered. We want to hear your ideas.

Our current membership numbers 74, with one more slated to join this month. We know there are new residents to I'On who might like to join. Word of mouth may be the most effective way to reach these folks, so if you have new neighbors who you think would enjoy what IAH has to offer, please talk to them about us. In addition, Barbara Cole (brcole60@comcast.net) or Mary Wilbur (marywilbur44@gmail.com) would be happy to visit with them.

As is described more fully in our Volunteer section below, we are expanding our Liaison program to ALL IAH members. We are hoping this will help us to get to know each other better and to make our organization even more vibrant and relevant than it is now. You'll be hearing from your Membership Liaison in the coming month.

VOLUNTEER NEWS

Check out our [website](#) for services – a couple of new ones are now there, and in the near future we anticipate adding:

- Assistance and advice on preparing for surgical procedures
- Consulting from a Wellness Coordinator at Franke (free to IAH members)

We are exploring additional assistance for members related to medical appointments and/or hospital stays. An ad hoc committee of several IAH members who are experienced medical professionals is discussing options.

Remember to consider “convenience” as a reason to make a service request. Some household tasks require two or more persons to get the job done, such as moving furniture. We have volunteers who are able to take on these jobs, so just ask for their help. And the availability of all services is supposed to make IAH members’ lives more care-free!

MEMBERSHIP LIASONS – Chapter Two

IAH Liaisons will link the I’On At Home Board and staff with IAH members to share communication, to be a resource to explain IAH programs and procedures, and to be a caring friend to members, especially in times of special needs.

Last year, all IAH Full Members were assigned a Membership Liaison to help introduce members to our group, our services and programs, and to offer advice on using our website.

Now that we are well into YEAR TWO of IAH, the Membership Committee and the Volunteer Services Committee are expanding this program, and we’re assigning Liaisons to all members, Full and Supporting. This expansion will let us be more proactive with our members as IAH moves forward.

Liaisons not only know IAH, but they get to know our members in more depth. You can think of your Liaison as a “buddy,” someone who will keep you informed of IAH news (coming events, new services, changes in the organization) and who will be available as you have questions or need advice or instruction (“how do I sign up for a service on the website?”). Our Call Managers monitor the phone on weekday mornings and do an excellent job with such questions, but sometimes you may have a question for your Liaison outside “office” hours.

We now have 14 volunteers who’ve agreed to help the Membership Committee members as Liaisons. Each Liaison will have only three or four members to be buddies for.

All the Liaisons are well-trained and are current on any information to be shared with members. We hope you’ll remember to contact your Liaison if any of your personal information changes, if you have specific circumstances

coming up where you might need extra help (surgery or an extended stay away from I'On, for example), or if you have suggestions for improvements or additions to IAH.

Your Liaison will be contacting you soon---by email, phone, text or even in person. Our expanded program kicks off in early May, so do expect a contact!

SERVICE FAQs

What's the difference between a Full Household Membership and a Full Individual Membership?

- Full Household Members (two people living in the home) are entitled to 120 services a year (averaging 10 per month). A Full Individual Member is entitled to 72 services a year (averaging 6 per month).

When should I request a service?

- It's most helpful if a service request is posted as far in advance as possible, at least three days before you need it. Even if your timing is flexible, enter a date that is several days out from the posting date. When the volunteer contacts you about the service, the two of you can determine what schedule works best for both of you.

Is there anything I need to pay for with a service request?

- You should expect to cover the costs of materials needed for maintenance and repairs (such as batteries and light bulbs), but no other costs are involved. IAH volunteers are your neighbors, and you don't need to worry about tipping them! These generous neighbors are ready, willing, and able to help you simply because they want to!

YOU LIKE US, YOU REALLY LIKE US!

We're so touched that several of you have written to tell us how much you've appreciated our efforts. Here are two samples:

Dear IAH Board and Committees,

Thank you for a memorable, fun, first year of membership. The particular activities I was able to attend have:

- *given me exposure to new venues and initiatives in our great city;*
- *enabled movie and speaker discussions that brought more depth to my thinking;*
- *given me, for the 1st time, an I'On At Home "family" to celebrate Thanksgiving with;*
- *enhanced my sense of belonging through new friendship bonds;*
- *helped me find an area of IAH service through my year on the Events Committee.*
- *Etc....*

Thanks so much for coordinating our alarm-battery-replacements, for airport rides, and for the added sense of security our Services Team bring.

Best Regards,

Kathryn Murray

And this:

We greatly appreciated the historical context and thought-provoking remarks by our journalist/neighbor Alex Jones. Thank you, I'On At Home, for providing members stimulating programs in intimate settings where asking questions is both encouraged and comfortable. ~~An IAH charter member

PREFERRED PROVIDERS

One of our goals is to maintain a list of service providers in our area who you've used and would recommend to others. If you'd like to share some names, please forward the contact information to [Arlyn Stoy](#).

PARTICIPANTS ENJOYED RECENT IAH EVENTS

Bread Making with Lucille
(Hosted by Donna Davis)

Terrarium Workshop
(Hosted by Lori Feehan)



Wine Tasting with Des from Crushed Fine Wine (Hosted by Barbara Wade)



Beer Event with Mike and Steve (Hosted by Mike Mitaro)



IAH EVENTS AND PROGRAMS

Our May offerings include programs from wine tasting to bourbon tasting—and some intellectual stimulation in between. We're particularly excited about our

Schooner Pride Dolphin Sale—open to all I’On residents! (Events are Members Only unless otherwise noted.)

- [Wine and Cheese Tasting at Goat.Sheep.Cow](#) (May 1)
- [Great Decisions](#) (May 7)
- [Schooner Pride Afternoon Dolphin Sail](#) (May 10, Open to All)
- [Charleston Library Society...Rare Treasures from the Vault; the Bookbinding Studio](#) (May 15)
- [Integrative Medicine](#) (May 17)
- [See the Sea Turtles](#) (May 22)
- [Want to Lose Weight Permanently? Try Hypnosis!](#) (May 22)
- [Calling All Bourbon Lovers or “Want to Bes”](#) (May 23)

Follow the links above for more information on our website and to register. If you see that an event you’re interested in is full, please e-mail 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.

RESOURCES AND INTERESTING INFORMATION

In this section, we include information and 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 [Deborah Bedell](#).

MUSC Center on Aging Senior Expo

MUSC will hold its Senior Expo at the Omar Shrine Center here in Mt Pleasant on May 24th. All seniors and caregivers are welcome. The Expo will offer free health screenings, exhibitors and raffle prizes. For more information see the [MUSC website](#).

The New Shingles Shot

You’ve probably heard there’s a new, two-dose shingles shot now available, Shingrix. The CDC recommends it for folks over 50, even if you’ve had the old Zostavax shot, or even if you’ve already had shingles. It’s more effective than the earlier shot, and Medicare is now covering the cost. Shingles is a miserable

ailment—if you haven't had it, you don't want it, and if you've had it once, that's more than enough! Check with your doctor to see if you should be getting yours soon. AARP has provided some helpful [background information](#).

FYI

Our list this month covers topics from good nutrition (getting enough magnesium?) to strategies for managing your life as you age, when you live alone or far from family (spoiler alert: joining a Village is a great step!). Here are some interesting articles:

- Peter Finch, [7 Ways to Judge a Retirement Community's Financial Health](#) (NY Times, March 9, 2018)
- Kerry Hannon, [Reaping the Benefits of an Aging Work Force](#) (NY Times, March 2, 2018)
- Kim Hayes, [Are You Getting Enough Magnesium?](#) (AARP, February 13, 2018)
- Susan Garland, [Single? No Kids? Don't Fret: How to Plan Care in Your Later Years](#) (NY Times, March 23, 2018)
- Marie Helweg-Larsen, [Americans Don't Need More Money to be Happier—They Need to be More Like Denmark](#) (Quartz, March 22, 2018)

APPROPRIATELY ENOUGH, MAY IS OLDER AMERICANS MONTH!

And in case you're looking for an excuse to sign on with I'On at Home.....



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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