

Events for January!  
Reserve Your Place Today!

[View this email in your browser](#)



## I'ON AT HOME NEWS

### Member Newsletter for January 2019

#### TO ALL OUR MEMBERS:

I hope everyone has enjoyed a holiday filled with people you love, good food, and an experience of some kind that brought you delight!

For my last newsletter introduction of the year, I'm so pleased to thank IAH Board members and committee volunteers!! Starting with a disclaimer that I've tried very hard to include all of them, but I do apologize if I've left out someone. Please let me know, and I'll correct that in the next newsletter.

Stick with me here. Thankfully, this list is long, and every person deserves recognition for her or his work. In addition, our part-time Member Services Coordinator, Arlyn Stoy, provides outstanding support for all of these activities. **I'On At Home is most grateful to the following volunteers:**

1. Retiring Board of Directors members

Kay Chitty  
Barbara Fowler

Brenda Uttaro  
Jerry Uttaro

2. Continuing Board of Directors members for 2019

Deborah Bedell  
Barbara Cole  
Lori Feehan

Anne Register  
Becky Van Wie  
Fred White

3. New Board of Directors members (as of 1/1/19)

Carol Degnen  
Mary Kaplan  
Kathryn Murray

Cheryl Pitts  
Harriet Ripinsky  
Yannis Tsavalas

4. Board of Directors officers for 2019

Becky Van Wie (President)  
Barbara Cole (Vice President)  
Yannis Tsavalas (Secretary)  
Anne Register (Treasurer)

5. Communications and Marketing Committee members for 2019

Deborah Bedell (Chair)  
Lori Feehan  
Yannis Tsavalas

6. Finance Committee members for 2019

Anne Register (Chair)  
Sally Raver

7. Membership Committee members for 2019

Barbara Cole (Chair)  
Kathryn Murray (Chair beginning May, 2019)  
Kathy Coffman  
Libby Eble

Barbara Fowler  
Don Wilbur  
Mary Wilbur

8. Retiring Programs Committee members

Barbara Fowler  
LaVon McNaughton

Delores Rosebrock  
Barbara Wade

9. Program Committee members for 2019

Cheryl Pitts (Co-chair)  
Harriet Ripinsky (Co-chair)  
Lori Bate  
Kathy Coffman  
Carol Degnen  
Linda Felner

Karen Fisher  
Debra Nelson  
Myrto Tsavalas  
Peggy Watt  
Fred White  
Gayle White

Sheron Elliott  
Lydia Engelhardt  
Joe Fanelli

Herb White  
Pam Wilkes

10. Volunteer Services Committee members for 2019

Mary Kaplan (Chair)  
Lori Feehan  
Bob Hardie

Sally Little  
Anne Register  
Anne Spees

11. Volunteer Call Managers for 2019

Kathy Coffman  
Joe Gaddy  
Lydia Engelhardt  
Mary Ellen Raphael

Amy Sage  
Jerry Uttaro  
Mary Wilbur

Wow, even I didn't realize how long this list would be when I started it!!! IAH has had a VERY successful first 21 months of operation, and we continue to grow!! None of this would have been possible without the help of all of these volunteers. THANK YOU!!! Want to join the fun and volunteer on a committee or to help members directly? Contact Mary Kaplan ([mkaplan2190@yahoo.com](mailto:mkaplan2190@yahoo.com) or 843-388-4489).

*One final note – IAH holiday office closings include:*

- *December 24-26*
- *New Year's Eve and New Year's Day*



*Becky*

[Becky Van Wie](#), President

843-860-2990

---

**FROM THE MEMBERSHIP COMMITTEE**

---

We're pleased to add Janet Harper as a new member this month! Please welcome her if you meet her in the neighborhood.

Happy Holidays to all! What a fun time we've had with holiday IAH activities.

Many thanks to all our renewing members. You are the core of our organization, and we greatly appreciate your memberships. It is in this way that we insure our sustainability and have fun at the same time. We hope to be serving our residents for a very long time, while making our lives more carefree now.

In the next couple of months many of you will be receiving reminders to renew your IAH membership. Good news: no increase in membership dues. We've had an excellent retention rate through our first year.

Please let us know if you have suggestions for people who might be interested in hearing about us. Perhaps you have new neighbors who would like to come. Contact Barbara Cole at [brcole60@comcast.net](mailto:brcole60@comcast.net). We will be having another information party in January.

---

## PREFERRED PROVIDERS

---

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

---

## VOLUNTEER NEWS

---

A Reminder for the New Year:

Last January, IAH offered a special program to have volunteers change smoke alarm batteries for our members. A number of you took advantage of this, and now we want to come back to you to offer to change the batteries as 2019 begins. We will also do this for any other members who want the service.

We realize that changing smoke alarm batteries can be requested any time, but we're focusing on the beginning of the new year to do this, thinking it is an easy time to remember to do it again.

If you'd like this service, just submit a request through our website as you normally do.

---



# PARTICIPANTS ENJOYED RECENT IAH EVENTS

---

## Celebrity Chef

Chefs Lori Bate and Cindy Smithy



## Holiday Bubbles and Bites

Hosted by Peg and Joe Gaddy



## Wine Tasting with Des and Debra

Hosted by Harriet Ripinsky



---

## IAH EVENTS AND PROGRAMS

---

End the year with a Happy Hour at the Shellmore! And then look at the events coming up in January. Start with Fred's Film Forum, followed by a Gibbs Museum tour, a facial fitness workshop, a walking tour of Charleston and an event at the Mace Museum. And more will be added!

Events below are Members Only unless otherwise noted.

We have some great ways to get together in the New Year!

- [Happy Hour at the Shellmore](#) (December 28)
- [Fred's Film Forum—"Days of Heaven"](#) (January 3)
- [Gibbes Museum of Art Tour](#) (January 9)
- [Facial Fitness](#) (January 10)
- [Documentary 13<sup>th</sup>](#) (January 15)
- [Unearthing Mystery: Stories from Marine Mammal Paleontologists](#) (January 16)—Open to All
- [Charleston Historic Walking Tour](#) (January 22)

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](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.

---

## RESOURCES AND INTERESTING INFORMATION

---

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 [Deborah Bedell](#).

**In case you have some spare time around the holidays, you might find some of the following interesting.**

- Jennifer Wolff, [Re-Created 1950s City Helps to Ease Dementia's Grasp](#) (AARP, December 2018)
- Joe Graedon, [Will Hospitals Adopt Ways to Reduce Harmful Medical Errors?](#) (*The People's Pharmacy*, December 13, 2018)
- Kelly K. James, [6 Simple Ways to Boost Your Energy](#) (NextAvenue, July 24, 2018)
- Richard Caro and John Milford, [Fall Proofing ME: What Can I Do?](#) (TechEnhancedLife.com.)
- Janet Adamy and Paul Overberg, [The Loneliest Generation: Americans, More Than Ever, Are Aging Alone](#) (*Wall Street Journal*, December 11, 2018)

## **JANUARY HOLIDAYS**

Well, duh, there's New Year's Day. Fortunately, most of us have matured enough that we're not all planning to be suffering from hangovers the next day. (It would be an interesting poll to see how many stayed up to actually usher in the New Year!)

But January has a few other causes for celebration that might be fun to observe as well. One of my favorites might be Festival of Sleep Day (January 3<sup>rd</sup>), which I guess is what we can do after enjoying Fruitcake Toss Day on the same day. The sedentary among us might observe Houseplant Appreciation Day (January 10), while the more active can go in for Dress Up Your Pet Day (January 14<sup>th</sup>) or the marvelous Appreciate a Dragon Day (January 16<sup>th</sup>). For nihilists, there's always National Nothing Day (January 16<sup>th</sup>, and for the will-power lackers, Ditch New Years Resolutions Day (January 17<sup>th</sup>—apparently they didn't last long!) Then we can all entertain each other on National Kazoo Day (January 28<sup>th</sup>).

Perhaps in a triumph of hope over experience, many of us make New Year's Resolutions. Others, however.....





---

## CONTACT US

---

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)

*Copyright © 2018 I'On At Home, All rights reserved.*

Want to change how you receive these emails?  
You can **update your preferences** or **unsubscribe from this list**

