

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

I'ON AT HOME NEWS

Member Newsletter for February 2019

HAPPY NEW YEAR, EVERYONE!!!

In many ways, this is a time of new beginnings for I'On At Home: six new Board members; new committee leadership, and in some cases new committee members; a host of new events in the works, along with the continuation of some favorites. We are energized and ready for a great year!

Please take a few minutes to check out the program offerings below. There's something there for everyone. We're always looking for event ideas. Please e-mail ion@ionathome.org or call 843-284-3590 with your suggestions.

Now is the time to change your smoke alarm batteries, so you won't be awakened in the night with that irritating chirping noise. Full IAH members, go to the website (www.ionathome.org) and request this as a service. Or call 843-284-3590 and someone will help you complete that request.

I recently attended the Franke at Seaside advisory committee meeting, representing IAH. As most of you know, we have a special partnership with Franke. From the very beginning of our planning in 2015, they have provided advice, support, and assistance. I continue to be impressed with the services

they provide on their campus, and now they are taking those services into the community through their Be Well programs.

As a reminder, Franke has made available to IAH members a pro bono session with one of their care coordinators. These professionals are experts at helping those of us with health challenges understand the issues we may face and possible solutions. In addition, they can provide guidance as we navigate the world of available supportive services and service providers. Beyond the pro bono session, Franke offers these case management services for a fee. If you want more information, please contact IAH (ion@ionathome.org or 843-284-3590) and we will put you in touch directly with the folks at Franke.

I welcome your questions and comments. AND I AM ALWAYS GRATEFUL for your support and your participation in I'On At Home!! Hopefully I'll see you soon, at an IAH event or around the 'hood.

Becky

[Becky Van Wie](#), President
843-860-2990

FROM THE MEMBERSHIP COMMITTEE

We're pleased to add Roy and Karen Rathbun as new members this month! Please welcome them if you meet them in the neighborhood!

The Membership Committee holds several information sessions each year. If you are interested in coming to one, please contact Barbara Cole, brcole60@comcast.net. If you would like to know more about IAH before one of those sessions is to occur, one of the Membership committee members is happy to come visit with you. Again, please contact Barbara.

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](#).

PARTICIPANTS ENJOYED RECENT IAH EVENTS

Happy Hour at The Shellmore



Charleston Historic Walking Tour

Organized by Kathy Coffman



I'On's own Brooke Niznik led IAH members on a Historic Walking tour of Charleston.



IAH EVENTS AND PROGRAMS

Sign up for a variety of interesting and enjoyable events during the short

month of February. Fred's Great Decisions, an afternoon with Beverly Jenkins, and the California Typewriter documentary offer mental stimulation in comfortable home settings, while the Oscar Party and Facial Fitness get-togethers offer lighter fun. You can enjoy a tour of the Nathaniel Russell Museum and the Halsey Institute for Contemporary Art with us as well as an evening of "Love" at the South Carolina Aquarium. If you are planning on venturing out of the Charleston area any time soon, you don't want to miss Kathy's Travel Tips and Tricks event.

The next Happy Hours at The Shellmore will be January 29 and February 28. We're also having our first Super Bowl Party!

Events below are Members Only unless otherwise noted.

We have one remaining get-together in January, and we're looking forward to some exciting events in February:

- [Happy Hour at the Shellmore](#) (January 29)
- [Super Bowl Party](#) (February 3)
- [Great Decisions](#) (February 4)
- [Nathaniel Russell House Museum](#) (February 6)
- [Facial Fitness](#) (February 7)
- [Aquarium Event: Love on Land and Sea](#) (February 7)
- [Travel Tips and Tricks](#) (February 18)
- [Halsey Tour of the Southbound Exhibit](#) (February 20)
- [Traveling Into History, Beverly Jenkins](#) (February 22)
- [Oscar Party](#) (February 24)
- [Documentary: California Typewriter](#) (February 26)
- [Happy Hour at the Shellmore](#) (February 28)

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 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.

- Mary Pipher, [The Joy of Being a Woman in Her 70s](#) (*New York Times*, Jan. 12, 2019)
- Abha Bhattarai, [“It’s Become a Gold Rush:” Inside the Race to Create Smart Shoes, Custom Razors and High-Tech Devices for the Over-65 Crowd](#) (*Washington Post*, August 31, 2018)
- Marci Alboher, [Why Life Gets Better After 50](#) (*NextAvenue.org*, May 3, 2018)
- WIVBTV, [Collectibles and Clutter are Out](#) (*YouTube*, Sept. 2, 2016)
- Noel Kirkpatrick, [How to Fall Safely](#) (*MNN.com*, Jan. 13, 2019)

FEBRUARY HOLIDAYS

OK, this is an early warning system reminder: Valentine’s Day is coming! If you’ve got that one locked down, then you can relax and enjoy some additional February holidays. For a different kind of party, get ready for Chinese New Year on February 1—it’s the Year of the Pig, so the timing is perfect for Eat Ice Cream for Breakfast Day (first Saturday of the month)! (Hey, we’re not judging!) Our weather’s been very changeable this winter, but we still want to check with Punxsutawney Phil for the advent of spring on Groundhog Day (February 2). If you miss the actual Chinese holiday, you could still participate in National Chopsticks Day on February 6. In memory of youth: Boy Scout Day on February 8. We could all get behind Random Acts of Kindness Day on February 17. Loads of folks in I’On are eligible to observe Walking the Dog Day on February 22. And in case Punxsutawny Phil has given us bad news, there’s always Polar Bear Day on February 27. But no Leap Year in 2019!

Normally, in this newsletter, we avoid politics like the plague. But we couldn’t resist these Valentine’s wishes.



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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