

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

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## I'ON AT HOME NEWS

### Member Newsletter for March 2019

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#### **GREETINGS, EVERYONE!!**

I have a couple of things on my mind I'd like to share with you. One is a reminder about ways I'On At Home can help our members in challenging times, and the other is good news about a way to include more folks who want to be IAH members.

I've become aware of an IAH member who is undergoing treatment for a serious medical condition. Of course, I'm concerned about this individual and want to help at a personal level. In addition, the situation started me thinking about how to position IAH to be able to assist in this and future similar circumstances.

Among the services we offer is transportation to appointments (including medical ones). In addition, we can provide a volunteer with some healthcare background to accompany a member to the visit and take notes.

Privacy and confidentiality are often a worry for the member in these instances. So I want to be sure that you all understand two significant points:

- IAH volunteers receive explicit training about the importance of privacy

and confidentiality. These are compassionate neighbors who want to help and commit to respect the member's wishes.

- A request for assistance can be made and filled confidentially. A member usually requests a service through our website, and that request is automatically e-mailed to all volunteers who have agreed to provide the type of help requested. However, if a member wishes to keep the request private, he/she may contact me directly. In this case, the request will be handled "behind the scenes" and a volunteer contacted privately.

Unfortunately, difficult times, for medical or personal reasons, are inevitable for all of us. I encourage all of you to remember that offering help and support during these times is a primary reason that I'On At Home exists. So enjoy all of the fun and educational events that we offer – the good times – but please remember that we're here in the not-so-good times too.

Now for the good news: We are pleased to announce that IAH is now offering a new type of special membership. It's designed for two groups. One is I'On neighbors and IAH members who have moved out of the 'hood. The second is people who live in nearby neighborhoods, have friends in I'On, and want to participate in events and programs with IAH. For more information, see the Membership item below.

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

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## FROM THE MEMBERSHIP COMMITTEE

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We had a big recruiting month! We're pleased to add Jennifer Welham, Lucy and Bob Scribner, Anne and James Blair, Jane Sheahan McLaughlin and Colleen Kraft as new members this month! Please welcome them all if you meet them in the neighborhood!

As Becky mentioned above, we've started a pilot program for a new membership category: Non-Resident Supporting Member. It's for former IAH members who've moved out of I'On and for nearby residents who'd like to meet and mingle with I'Onites at our various social and cultural events. We're going to try this out for a year and see how well it works for IAH and the

members. If you or someone you know would like to try out this new membership, please contact [Barbara Cole](#).

The Membership Committee holds several information sessions each year. If you are interested in coming to one, please contact Barbara Cole, [brcole60@comcast.net](mailto: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.

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## VOLUNTEERS

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Why should you request a volunteer service?

- It's an opportunity to get to know your neighbors, and perhaps make a new friend.
- Give our volunteers a chance to show off their talents and skills - they are itching to be put to use.
- You have paid for it - get your money's worth!

For example: Might you be planning a surgical visit to the hospital?

- Did you know that our own Dr. Barbara Cole will provide information about the hospital experience, both pre- and post-surgery, and help you make a plan for your needs during those times?
- Did you know that you can borrow crutches, a walker, a cane, and similar short-term use medical equipment or items from fellow IAH members?
- Did you know that during your absence or recovery an IAH volunteer will go to the grocery store, drive you to a doctor's appointment, walk your dog, take out the garbage, bring a meal, water your plants, and much more?

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## PREFERRED PROVIDERS

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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](#).

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## PARTICIPANTS ENJOYED RECENT IAH EVENTS

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**Happy Hour at The Shellmore**

Coordinated by Peggy Watt

**Facial Fitness**

Hosted by Cheryl Pitts





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**Super Bowl Party**  
Hosted by Gail and Bob Hardie



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**Nathanial Russell House Tour**  
Presented by Sheri Elliott



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**Halsey Tour of the Southbound Exhibit and lunch at Blossom**  
Coordinated by Carol Degnen





### **Afternoon with Author Beverly Jenkins**

Hosted by Harriet Ripinsky



### **Oscar Night! Let's Watch Together**

Hosted by Wanda and Tom Martin



## **IAH EVENTS AND PROGRAMS**

I'On At Home has a whirlwind of events coming up, but then again, it *is* windy March roaring in! We can look forward to Happy Hour at the Shellmore in just a few days on February 28, and then again on March 28.

Speaking of happy, Happy Face yoga is the idea behind our Facial Fitness events. If you enjoy these walking distance events, you'll also have the option of attending Great Decisions, the "Tea With the Dames" documentary and our new conversation group, "Getting to Know You."

The only thing to "beware" as we approach the Ides of March is a month from then, April 15, and we have a Tax Laws program to help you get through it. Make sure you sign up for the Drayton Hall Speaking Event and the Drayton Hall Tour. You don't want to miss these.

World of Wonder: "What Lies Beneath" is world-centered, as is our Great

Decisions group, but on the local level, The Town of Mt. Pleasant Planning event will give you a chance to learn about and take part in plans for Mt. Pleasant's future.

Events below are Members Only unless otherwise noted.

We have two remaining get-togethers in February, and then move on to some exciting events in March:

- [Documentary: California Typewriter](#) (February 26)
- [Happy Hour at the Shellmore](#) (February 28)
- [Great Discussions](#) (March 4)
- [The Future for Mount Pleasant](#) (March 6) Open to All
- [Tax Talk](#) (March 7)
- [Wine and Grits: Its Role in Southern Culture](#) (March 8)
- [Drayton Hall—Distinguished Speaker Series](#) (March 13)
- [Tour of Drayton Hall](#) (March 14)
- [Facial Fitness](#) (March 19)
- [World of Wonder: What Lies Beneath](#) (March 22)
- [Documentary: Tea with the Dames](#) (March 26)
- [Happy Hour at the Shellmore](#) (March 28)
- [Getting to Know You](#) (March 29)

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.

## **Can We Talk?**

Did you know the I'On at Home website has a [Village Talk](#) page? We've had a lot of requests from folks who'd like to make up a golf foursome, start a book group, or arrange some other common-interest get-together. Or maybe you're selling a bookcase or looking to borrow some baby equipment for the visiting grandchildren or trying to find a good dog-walker. You can do all of that on our Village Talk page. The page can't yet notify you if someone replies, so once you post something, check back often for members who've replied—or remember to put your contact information in your post. It's a private, members-only page for IAH members—so take advantage and talk it up!

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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 [Deborah Bedell](#).

## **Some fascinating pieces to keep the little grey cells working well.....**

- Barbara Stepko, [“Every Vaccine You Need After Age 50”](#) (AARP, August 10, 2018)
- Jessica Bennett, [“I Am \(an Older\) Woman. Hear Me Roar”](#) (*New York Times*, January 8, 2019)
- Maria Popova, [“Grace Paley on the Art of Growing Older”](#) (Brainpickings.org, September 3, 2015)
- Dr. Richard Caro et al., [“Medic Alert Systems: Help!”](#) (TechEnhancedLife.org)
- AARP Foundation, [“Making Room: Housing for a Changing America”](#) (AARP, January 2018)

## **MARCH HOLIDAYS**

As March does its arriving-like-lion-and-leaving-like-lamb thing, it’s easy to lose track of how many days we have for celebration this month. We at IAH are here to remind you that there’s always time for fun! Of course, there’s the very obvious St Patrick’s Day on the 17<sup>th</sup>, but did you know that all of March is in fact Irish American Month? And while we’re talking green, it’s also National Celery Month!

In keeping with Chinese New Year (although technically that already happened), remember that March 1 is National Pig Day, as well as Peanut Butter Lovers’ Day—although we wouldn’t recommend combining the two on your dinner menu. In keeping with our demographic, March 2 is Old Stuff Day (our things, not us!) Here’s a scary thought: March 3 is If Pets Had Thumbs Day! No telling with Spot or Puff could get up to! After all your pork and peanut butter, you’ll be ready for Mardi Gras on March 5 (which we all know really means “Fat Tuesday”). But we can revert to healthy eating on March 11 with a nod to Johnny Appleseed Day. Beware March 15, the Ides of March, and try to stay away from crowds of politicians with knives. An excuse for socializing, if you need one: March 19 is Tea for Two Tuesday. And if none of these holidays tickles your fancy, March 26 is Make Up Your Own Holiday Day! We’d love to hear some of your suggestions!

By March, many of us are just sick to death of even a Charleston winter.....but don't do anything crazy!



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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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