Happy New Year!

Our New Year’s Resolution

Build on our 42 year tradition of providing quality services and programs for Chatham seniors and their families.

What’s Your Resolution for 2017?

www.chathamcouncilonaging.org
“Keep on Keepin’ On” is a common expression of one of my favorite people—Dorothy (Dot) Crawford. Mrs. Crawford, who will be 97 this April 24th, has been a lifelong advocate for aging and other health and human services. Dot knows firsthand the importance of making your voice heard and passion felt in pursuit of goals.

She has regularly traveled from Macon County to Raleigh (about five hours) over six decades to share stories of people in need of a helping hand. You may note that I said “has” not “had” because Dot still hits the road whenever she can catch a ride.

While Dot has helped shaped state and national public policy through her leadership and advocacy, her impact locally in Macon is equally impressive. For example she has served as a volunteer counselor for the Seniors’ Health Insurance Information Program (SHIIP) for 34 years—and still being sought out day and night for help in navigating health insurance issues.

As a professional, volunteer, and mentor, Dot is nearly unparalleled—that is why when Dot speaks, I listen. She recently became the first recipient of the N.C. Coalition on Aging’s Pioneer Award.

As the Macon County Social Services Director for 26 years, Dot witnessed how home and community services are vital for older adults—even for those fiercely independent ‘mountain folk.’ As past Speaker of the NC Senior Tar Heel Legislature, she joined others in outspoken disappointment about a reduction of nearly $1 million in State support for home and community services for the elderly. This was the third reduction in State funding since 2008. When the N.C. General Assembly restored the 2014 reduction, they only did so on a non-recurring (meaning temporary) basis that is set to end this coming June. The Chatham County Board of Commissioners has joined others—including the Senior Tar Heel Legislature—in recommending not only the restoration of the State reductions but also an increase in support for home and community services for older adults and family caregivers.

I recently asked Dot to share with us in Chatham County what we must do at this time in the history of our state and nation. Here’s how Dot responded:

“I am a firm believer in the three C’s: collaboration, cooperation, and compromise. I also firmly believe in advocating for what you believe in—and I definitely believe in the importance of home and community services. Over my many years, I have seen the importance of such services as Meals on Wheels, in-home aide personal care, transportation, family caregiver support, and other assistance that help seniors stay at home. I also know firsthand the value of quality Senior Centers and congratulate Chatham County for having two Senior Centers of Excellence. I implore the citizens of Chatham to continue their support of this vital work through your donations, volunteerism and advocacy. I ask you to ‘keep on keepin’ on.’”
When I retired from a busy practice of Pediatric Pulmonology at East Carolina University in September 2012, my wife and I moved to the house we owned in Chatham County. I do not miss my previous activities very much. I have kept busy remodeling our home, building a garage, getting used to a new tractor, and clearing the woods around our house.

After moving to Chatham, we began to find our way in the community, found a church, and The Chatham News. I learned reading the “News” of various volunteer activities and of the activities of Non-Profits in Chatham County. I volunteered to review grants for the Chatham County Nonprofit Allocation Process and found myself assigned as a panel chairperson. This activity was rather intense for several weeks with no subsequent activity until the following year. I subsequently volunteered for membership on the Chatham County Community Advisory Committee for Nursing Homes, Adult Care Homes and Family Care Homes. Activities on this committee included visits to nursing homes and assisted living facilities in Chatham County.

At these facilities, I was able to meet people who had come from many communities in Chatham as well as surrounding counties and many other communities of our country. Another volunteer activity I discovered reading the “News” was about minor home repair for older persons at the Chatham County Council on Aging. This turned out to be a rewarding and challenging activity. Another member of the Community Advisory Committee heard of my activities. She encouraged me to volunteer for the board of directors of the Council on Aging. The board invited me to join them which has been very rewarding.

Activities at the Chatham County Council on Aging have complimented my previous activities. I grew up on a farm in Nebraska and continued to farm with my father for 3 years after high school. During that time, my father taught me many handyman skills including carpentry and mechanical skills. Over the years, I have retained many of these skills and even used them at various times. During my career in medicine, I felt some of these skills helped me provide care for children with complex medical conditions. I was able to make care plans that would allow my patients on mechanical support systems to remain at home instead of staying in the hospital or being institutionalized.

As I grew older, I had the experience of observing my parents as well as my wife’s parents age and recognized many of the specialized needs they had which could be fulfilled by an agency such as the Council on Aging. Following a career in medical care of children and experience with parents, the opportunities at the Council on Aging have been a continuation of my life’s work. This experience has emphasized for me the importance of being able to age-in-place.

The Council’s programs and services that help maintain older persons in their homes are extensive and effective. It has been very gratifying to participate in the planning of, developing support for, and carrying out of these activities.

At this time, my wife and I feel it necessary to enter another phase of our lives and join family in another community. Personally, participating in the activities and programs of the Chatham County Council on Aging has been most rewarding. I have been able to work with many wonderful people in Chatham County and will continue to value many fond memories.
Chatham Senior Games and SilverArts

For Persons Age 50 and Better
Registration February 6-March 24!

It’s time to start thinking about Senior Games! This year’s Games and SilverArts will take place from April 19th through May 5th. We promise that there is at least one event for you—among the 18 sporting events and 33 arts activities. Contact lindsay.hickling@chathamcoa.org or 919-542-4512.

Sporting Events
archery, basketball shoot, billiards, bocce, bowling, cornhole, croquet, cycling, football throw, one-mile fun walk, golf, horseshoes, pickleball, softball throw, swimming, tennis, track and field events

Heritage Arts
basket weaving, china painting, crocheting, rugs, jewelry, knitting, needlework, pottery, quilting, stained glass, tatting & needlcelace, tole/decorative painting, weaving, woodcarving, woodturning and woodworking

Literary Arts
essays, life experiences, poems and short stories

Performing Arts
comedy/drama, dance, line dance, instrumental and vocal

Visual Arts
acrylics, drawing, mixed media, oils, pastels, photography, sculpture, and watercolor

North Carolina Senior Games, Inc. is a nonprofit organization dedicated to providing year-round health promotion and wellness for adults 50 years of age and better. NCSG, Inc. is sponsored statewide by the N. C. Division of Aging and Adult Services.

Income Tax Assistance with VITA

The Volunteer Income Tax Assistance service is provided February-April 15 for people of any age whose income is low to moderate and who meet the eligibility requirements. Trained and certified volunteers prepare computerized federal and state tax returns (including free electronic return transmitting). There is no charge for using VITA. If your tax return is lengthy, please contact a paid tax consultant.

Appointment required starting January 16, 2017
To make an appointment call (919) 542-4512

Locations and Days
Pittsboro Senior Center
Tuesdays— appointments each hour from 1-4pm.
Saturdays— appointments each hour from 10am-3pm.

Siler City Senior Center
Wednesdays—appointments each hour from 12-3pm.
Saturday February 18th—appointments each hour from 10am-3pm.
Saturdays March 4 and March 25—appointments each hour from 10am-3pm.

For more information contact Rhonda Hampton at (919) 542-4512
NEW – Caregivers Lending Library - The Eastern Chatham Senior Center has puzzles, games, books and videos that are available for caregivers to borrow. The games and puzzles were donated to the Senior Center by a long-time caregiver who cared for a loved one with dementia. Please stop by the Senior Center in Pittsboro or contact Susan Hardy, 919-542-4512, if you would like to borrow any of these items to help in your caregiving role.

Caregivers Support Group – Meets monthly on the third Monday of each month at 6:00 PM at the Senior Center in Pittsboro. Meetings alternate between featured speakers and times for sharing and reflection.

Powerful Tools for Caregivers – The Powerful Tools for Caregivers classes will provide you with tools and strategies to better handle the unique caregiver challenges you face. The tools learned in this six-week series benefit caregivers by helping to reduce stress, improve caregiving, increase confidence, establish balance, communicate needs, make tough decisions and locate helpful resources. Balance YOUR life while taking care of others. The Caregiver Handbook is free to participants but donations are welcome. Refreshments will be provided. Registration is required. Please contact Susan Hardy, 919-542-4512, susan.hardy@chathamcoa.org

Tuesdays, March 7th thru April 11th from 3:30 – 5:00PM
Western Chatham Senior Center, 112 Village Lake Road, Siler City

Respite – (Temporary Relief) for family caregivers, typically in the form of in-home aides. This gives caregivers a chance to do some things for themselves or simply provides a time for rest and rejuvenation.

Options Counseling – helps individuals and their families learn about, consider and plan for ways to address their issues. The Council has two State – certified Options Counselors: susan.hardy@chathamcoa.org and brett.moraes@chathamcoa.org.

Companion/Sitter List – is a tool that the Council maintains for persons looking for someone interested in hiring an individual to serve as a home companion or sitter with their loved one. A background check is done prior to adding a name to the list.

Music & Memory – is a program that uses the power and comfort of music to help both the care recipient and caregiver. The Council is a certified provider of the Music & Memory program.

Memory Lane Café – is a variation of the Memory Cafes where seniors and their caregivers are treated to an afternoon of camaraderie, entertainment, and pampering. Having something to look forward to is not only advantageous for Senior Loved Ones but for Caregivers as well. Join us each month for refreshments and delightful entertainment. RSVP Please susan.hardy@chathamcoa.org, or 919-542-4512.

Memory Lane Café
Every 4th Monday, 3:30—5:30pm
Location: Piedmont Health SeniorCare (PACE)
163 Chatham Business Drive, Pittsboro
Sponsored by Piedmont Health SeniorCare and Chatham County Council on Aging
Winner Winner, Chicken Dinner!
Coming in March
More Details to Come...

Check our website and Facebook for announcements.

29th Annual Cake Bake Off
February 12th 3-5pm

Pittsboro Senior Center
365 NC 87 North
Pittsboro

We are going to "mix" it up this year and have several categories from which to choose:

Chocolate Cake
Veggie Cake
Fruit Cake
Cheese Cake

To enter call Melanie Girard at 919-542-4512 or email Emily Foushee at emilymrf@gmail.com

Raffle Tickets: $5 per ticket

Tickets can be purchased at the
Pittsboro Senior Center
365 Hwy 87N, Pittsboro
919-542-4512
or
Siler City Senior Center
112 Village Lake Road, Siler City
919-742-3975

Drawing: February 12th, 4pm
at the Cake Bake Off
Chatham Council on Aging,
365 Hwy 87N, Pittsboro, NC

Canoe provided by
Great Outdoor Provision Company of Chapel Hill

All Proceeds to Benefit
Chatham County Council on Aging

The Chatham Senior Times

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Check our website and Facebook for announcements.
We met our fundraising goal for our annual appeal!

Thank you to all the people who donated to us! Citizen donations are vital to our mission. The Chatham Council on Aging is a non-profit with some funding from the County, State and Federal governments. Without donations, though, we cannot begin to reach all who need our help.

To see a list of corporate sponsors, please go to our website. These organizations generously help us throughout the year with their support. Patron them when you can!

Visit our website at www.chathamcoa.org to learn about other ways to give and to further discover what we are doing and what we can offer you and your loved one.

Other Ways You Can Help

- Write us a note about what our services mean to you. Testimonials help when we are appealing to public and private grant opportunities or publicizing our services in the newspaper and other media.

- Donate your assistive equipment when you don’t need it anymore. Wheelchairs, walkers, hospital beds and transfer benches are always needed for our equipment loan program. We prefer donations to be dropped off or picked up on Tuesdays and Thursdays 1pm-4pm. Please call ahead if you need equipment to make sure we have it. 919-542-4512 ext 226

- Consider the Council on Aging in your estate planning. Leaving a gift from your estate or some other personal property including real estate would help many seniors receive needed services.

For Sale!! Great for Winter!

Chatham County Afghans

$40 (reduced price)

Comes in red, blue or green

Contact us or stop by!
How to Avoid Home Maintenance Scams
by Sara Pack & Mike Copeland, Chatham County Sheriff’s Office

Knock, knock. Who’s there?

- A generous truck driver with “leftover” materials willing to repair your driveway/roof/lawn at low cost.
- A down-on-their-luck, single parent struggling to start their own housecleaning business.
- A stranger in a van offering free “installation surveys” for home security systems, appliances, and so on.
- A quick-talking salesperson with a business card offering too-good-to-be-true, limited-time service deals.

If any of the above scenarios sounds familiar to you, you’re not alone. Home maintenance scams are designed to provide criminals with access to your money, property, or both. Scammers may initially try to gain a victim’s trust or trigger feelings of obligation, sympathy, fear, or necessity in order to gain control. Luckily, there are ways to stay ahead of the game!

Answering the Door

1 Any time a stranger approaches your home, stay alert. Be wary of individuals going door-to-door within your neighborhood and call 911 to report any suspicious activity. Do not open the door if you are alone or feel uncomfortable doing so.

2 Check the paperwork. Ask for a business license or card, but don’t trust it. Anyone can print their own business cards online! Research the company, check online reviews, or ask for a résumé with references before moving forward. Does the business have liability insurance to cover accidents, damaged/stolen items, etc.? Will the service provider submit to a background check? If the individual cannot provide proof of the required paperwork, it’s probably a scam.

3 Do not sign any immediate contracts or agree to any services on the same day! Tell the representative that you will contact them to schedule services if you decide to use their company. If a salesperson tries to rush your decision with a “one-time offer” to force you into an agreement, don’t fall for it!

Accepting the Offer

1 Do your research. Get written estimates from at least three companies to compare pricing for a project. If your project is especially elaborate, request an in-person visit to ensure the estimate is accurate before moving forward.

2 Be specific in your requests and get everything in writing. For instance, will the contractor simply be mowing your lawn or will he/she also be providing weeding, seeding, and fertilizing services? How often will the service be provided? Will it be provided 12 months of the year or only during certain seasons? What kinds of chemicals, if any, will be used? What happens if the weather is
poor? Will the contractor dispose of yard waste or does that responsibility fall on the customer? Again, beware any contractor who attempts to bypass this process or refuses to provide these details in writing prior to performing a service.

3 **Clarify payment, service guarantees and cancellation rights.** In other words, if you are not satisfied with the quality of service, what is the process for terminating the contract? Will payment be hourly or a fixed sum? Never pay a large sum of money in advance, especially in cash. Reputable contractors should be able to pay for the necessary supplies and permits without demanding half of the cost up front. If the contractor insists on cash-only payments, decline their service; don’t give them the chance to vanish with your money in hand! Be sure to spell out your expectations in advance of the performance of any services and never agree to employ someone out of feelings of pity, fear, or guilt.

**The Takeaway**

No matter what, don’t give into pressure or become fearful of asking questions! If you are planning a project, do your research, check the paperwork, and get all agreements in writing AFTER thorough consideration. If you suspect a home maintenance scammer could be targeting your neighborhood, or if you believe you have been a victim of a scam, call the Chatham County Sheriff’s Office or your local law enforcement right away at 919-542-2811 and file a report. If someone is interested in more information about scams to the Federal Trade Commission’s website (www.ftc.gov).

**Chatham Realtors Helping Seniors**

We asked Chatham County real estate companies to donate a small portion of their commissions to the Council on Aging for the month of November celebrating Family Caregiver Month. We graciously thank the following participating companies!

Straight Up Realty
Lynn Hayes Properties
Real Estate Services of NC
Grapevine Realty Services
Planning for a Safe Winter
Anne Lowry, REHS, Chatham County Environmental Health Director

Winter is a time to enjoy fun indoor games, reading, lots of hot chocolate and cozy blankets (buy a Chatham afghan, see page 7) Winter also requires that people be prepared to stay healthy, stay

The first step to staying healthy this winter is getting your flu shot. “Flu vaccines are the most important tool we have for preventing the flu,” says Debbie Garrett, Director of Nursing at the Chatham County Public Health Department. Find a place near you that is providing flu shots by visiting the HealthMap Vaccine Finder at vaccinefinder.org. You can also make an appointment with the Chatham County Public Health Department to get your flu shot. If you have not received a pneumonia vaccination or the booster, you should speak with your medical provider about that as well.

Another thing you can do to stay safe is to be prepared for the freezing temperatures in your home and car. When you are outside for extended periods of time while shoveling snow or exercising, be sure to wear a hat, mittens, coat, scarf, and boots; loose layers are always a good idea. Be sure to ask your doctor if you should be shoveling snow. Your heart works twice as hard keeping you warm in the cold weather, which adds additional strain if you have a heart condition.

When you are inside, keep your thermostat at 65°F or warmer. Take time now to have your heating system inspected, whether it is central HVAC or a space heater. If you are using a kerosene heater, make sure it is three feet away from anything that might catch fire, like curtains, beds, and furniture, and open a window - just a crack will do. Finally, remember to turn off the kerosene heater when you leave home. Thomas Bender, Chatham County Fire Marshal, reports that “about one third of all winter house fires and 80% of all winter heating fire deaths are caused by space heaters.” Fire Marshal Bender recommends that all homes have a working smoke detector and carbon monoxide detector. If you do not have a working smoke detector, contact the Chatham County Fire Marshal’s Office for a free one at 919-542-8259.

Slips/trips/falls on icy decks, walkways, and driveways are also a common winter occurrence. Make sure steps and walkways are clear before you walk; be especially careful if you see wet pavement - it could easily be iced over. Salt your walkways at home, wear boots with non-skid soles, change the rubber tip on the ends of canes if the tip is worn, and consider an ice pick attachment for the ends of a cane for additional traction.

Stay safe, whether at home or on the road. Keep a preparedness kit in the home and in the car. The car kit should include a first aid kit, blankets, extra clothes, booster cables, windshield scraper, shovel, rock salt/sand/or kitty litter, water, food, and a flashlight. The home kit should include water, food, blankets, a flashlight, batteries, a first aid kit, medications, and a multi-purpose tool. For more information on what should be included in your emergency supply kit, contact the Chatham County Environmental Health Division at 919-542-8310.
Finally, if you have any special needs, such as mobility problems, vision or hearing impairment, lack of transportation, critical health issues, or other needs that are impacted by emergencies or disasters, consider registering with the Chatham County Emergency Operation Center SAFE (Strategic Action For Emergencies). Janet Scott, Chatham County Emergency Operations Director, says “the SAFE system provides special needs residents of Chatham County a better sense of security and gives emergency responders more knowledge to locate and assist residents in need.”

**Is my information kept private?**
Yes. Your privacy is important to us. All information provided remains confidential and is only used in an emergency situation. The information gathered will allow county agencies in the event of an emergency to locate citizens with special needs and provide assistance, when it is necessary.

**How does SAFE work?**
The data collected will display a balloon on a map of the county. This mapping will provide responders with your location along with your specific needs, so that assistance can be provided as quickly and appropriately as possible.

**How do I register for SAFE?**
The link to sign up online is: [www.chathamnc.org/safelink](http://www.chathamnc.org/safelink)
However, if you do not have access to a computer, you can call:
- Emergency Operations, 919-545-8163
- Department of Social Services, 919-542-2759
- Council on Aging, 919 542-4512 (Pittsboro Office) and 919-742-3975 (Siler City Office)

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**The 2016 Subaru Share the Love Event**

From November 17, 2016 to January 3, 2017, Subaru will donate $250 for every new Subaru sold or leased to one of Subaru’s *Share the Love* charitable partners. You have to designate Meals on Wheels of America as your charity, so the Council on Aging can receive the benefit. Each donation supports the nutritious meals, friendly visits and safety checks that enable seniors to continue living safely in their own homes. Since its inception eight years ago, Share the Love has helped deliver more than 1.4 million meals to America’s seniors! The Chatham County Council on Aging is a proud member of Meals on Wheels America.
New Year, New Resolutions - NC Senior Tar Heel Legislature’s 2017 Priorities
Anne Kissel, Chatham STHL Delegate and C.A.S.T Chairperson

Annually the NC Senior Tar Heel Legislature (STHL) creates a list of issues which form the basis for its legislative advocacy for the current year. The goal is to provide STHL Delegates and others concerned about senior issues a clear statement of the needs and services considered most critical for our state’s older residents. The list is based on two main criteria: issues which affect the most vulnerable of our older citizens and programs that reach the most numbers of those in need across the state.

It is important to note there are many problems and needs which could be on any such list. However, by drilling down to a few key themes we can focus on more effectively advocating for those who may not be able to speak for themselves or are most in need. That voice is enhanced by the efforts of other organizations, such as the NC Coalition on Aging, which also advocate for elder issues. Below are the STHL priorities (not in any order of importance) for 2017 as well as some of the top 2017 concerns of the Coalition on Aging.

How can you help? Learn more about these issues and advocate for them in your own way - with friends and family as well as by personally contacting your state representatives to the NC General Assembly (www.ncga.state.nc.us). Want to learn more or share your own top priorities? Contact your Chatham County STHL delegates and alternate or members of CAST (Chatham Advocacy for Seniors Team) via email to cast@chathamcoa.org.

- Increase Home and Community Care Block Grant Funding by $7 million dollars in recurring funds. (This Grant funds many of the services provided by the Council on Aging.)
- Re-establish the Study Commission on Aging or a legislative committee to examine the needs of NC’s older citizens and make recommendations on addressing same.
- Increase funding for Senior Centers to meet the vital needs of North Carolina’s growing population of older adults.
- Sustain and Expand Project C.A.R.E (Caregiver Alternatives to Running on Empty) which offers information and support to those caring for loved ones with dementia.
- Strengthen and Fund North Carolina’s Adult Protective Services Program (APS) and guardianship services with $5 million in recurring funds for services and assessment of APS services.
- Pass legislation that will support working family caregivers and help to keep them in the workforce.
NC Senior Tar Heel Legislator Month
Advocacy Event

Please join
Anne Kissel
Senior Tar Heel Delegate

Date: January 17, 2017
Time: 11 am
Location: Eastern Chatham Senior Center
365 NC Hwy 87 N, Pittsboro

We Need Your Input

- Give delegates an opportunity to connect with those they represent
- Educate older adults about the Senior Tar Heel Legislator program
- Provide older adults the opportunity to share any issues they find important.

Please call Lindsay Hickling at 919-542-4512 to register. Refreshments provided.

NCSCA
North Carolina Senior Center Alliance

HAPPY NEW YEAR
My name is Paul Bauer and I'm a volunteer on the Minor Home Repair Team at the COA. I am from Wilson and my wife is from Concord. I am a chemical engineer who retired from working in the nuclear power industry and decided to live here in Chatham County. I decided to volunteer with COA because of their mission to assist our Chatham seniors and because I live in Chatham County. These folks are my neighbors and I have discovered that you only need to do a little to make a big difference in people's lives, if you just pay folks a bit of attention. I really enjoy it! Our team is there to help our Chatham County seniors stay safely in their homes. Our team of volunteers come in to do some simple home repairs things like fixing a leaking faucet, putting up a grab bar in the bathroom or installing a handrail near the front door.

We have a small team of volunteers now, but are looking for others to help. We work from one end of the county to the other, so you get a chance to travel all around and meet new folks. It is very satisfying to be able to go into someone's home and help them fix a small problem. You have a feeling of accomplishment and you know your work is appreciated! We all want to be able to stay safely in our homes for as long as we can, and that's the purpose of the Minor Home Repair program at the Council. I like being part of our Minor Home Repair Team. We are a nice bunch of folks, and we learn from each other! Let us hear from you! This is an opportunity to put your "fix-it" skills to good use, maybe learn some new skills and use these to help others. Please contact us at 919-542-4512 or wynne.fields@chathamcoa.org

Join us at a workshop on Grab Bar Installation, scheduled for January 24th at 2pm at the Pittsboro Senior Center.

Keith Isley is a Meals on Wheels volunteer with his wife, Melanie (not pictured, of course) in Goldston for the past two years. Keith recently volunteered to bring his miniature pony, Pumpkin and his horse, Ginger, to our Subaru Rodeo (Meals on Wheels event) to get some petting and do some tricks. Keith has performed in rodeos in every state except Hawaii as a rodeo clown.

Thank you for the opportunity to assist a member of the community with help around their home. The gentleman we helped was very appreciative and kind. We were able to assist him by raking his yard. It might seem like a small thing to do for someone but it meant a lot to him. Our family was able to work together and get his yard raked. The boys got a bonus of jumping in a huge pile of leaves at the end of the morning! We were honored to help him. It is a great opportunity to help elders in the community and to teach our boys to look for opportunities to give of themselves to help others.

Thank you,
The Hurley Family
Bear Creek, NC
SNOW CREAM!

INGREDIENTS:
1 CUP MILK (ANY KIND)
1/3 CUP SUGAR
1 TSP VANILLA EXTRACT
A PINCH OF SALT
8 CUPS CLEAN SNOW

DIRECTIONS
IN A LARGE BOWL WHISK MILK, SUGAR, VANILLA & SALT UNTIL COMBINED. GO SCOOP CLEAN SNOW AND IMMEDIATELY STIR INTO THE MILK MIXTURE UNTIL YOU REACH YOUR DESIRED CONSISTENCY. THE ICE CREAM SHOULD BE FLUFFY AND NOT RUNNY! TOP WITH SPRINKLES OR OTHER FAVORITE TOPPINGS.

ANTIFREEZE
BLACK ICE
COLD
FIREPLACE
FOG
FROST
Hibernation
HOLIDAYS
ICE SCRAPER
ICICLES
MITTENS
SCARF
SKATES
SKI PANTS
SLEET
SNOW PLOW
SNOWBALL
SNOWMAN
SOUP
STORM
TOBOGGAN
WINTER TIRES
WOOL SOCKS

Find the words hidden in the grid of letters.

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- Congregate Meals
- Diabetic Support Group
- Disaster Preparation
- Emergency Meals
- Energy Assistance
- Family Caregiver Support
- Health Education
- Heat-Relief Fan Distribution
- Hiking Club
- Housing Information
- Income Tax Assistance (VITA)
- Information & Options Counseling
- In-Home Aide Service
- Legal Services
- Meals on Wheels and Frozen Meals
- Medical Transportation
- Minor Home Repair
- Reporting Neglect/Abuse/Exploitation
- Senior Center Activities
- Seniors’ Health Insurance Information Program-SHIIP
- Telephone Reassurance
- Transportation
- Travelers Club
- Volunteer Opportunities
- Wellness Program
- Information & Assistance
  - Mental Health
  - Hospice
  - Adult Day Care/Health Rehabilitation Services
  - Medicaid and Medicare A/B
  - Social Security Benefits

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