The National Older Americans Month theme for May is

Age Out Loud!

The goal is to give Aging a new voice that reflects what today’s older adults have to say about it. In that theme, we asked seniors 3 questions and in the newsletter you will read their answers. You might be surprised by what they say. So, what did we ask?

What’s the most fun about getting older?

What advice would you give the younger generation?

If you could do anything you wanted to, what would you do?
A 102-year-old Missouri woman was handcuffed and placed in the back of a police car last October—not because she committed a crime—but because she wanted to check “riding in a patrol car” off her bucket list. A 102-Chicago Cubs fan celebrated their 2016 World Series win and remembered being a hot dog vendor at Wrigley Field 71 years before when the Cubs had last played in a series (1945). And how about the 102 year old teacher of children ages 3 to kindergarten who explains her purpose this way: “Just be happy with what you’re doing. My favorite part of teaching is taking care of the children...this is happiness for me.”

Why am I fixated on folks who are “102”? You might say for a number of reasons. First, I think we should celebrate such longevity—especially those survivors who are making the most of life and still bringing joy to others. Second, we must reflect on what these centenarians have witnessed and experienced. They are our living history. Let’s think a bit about some happenings in 1915.

- The US House of Representatives rejects a proposal to give women the right to vote—despite thousands of women marching in New York City and elsewhere demanding this right—finally getting it in 1920.
- US President Wilson refuses to prohibit immigration of illiterates.
- Edward Stone is the 1st US combatant to die in WW I.
- US Iron and Steel workers begin a 3-week strike in Ohio for an eight-hour-day; they are successful as the US needs steel for armaments.
- 1st transcontinental radio telephone message is sent.
- Ford Motor Company under Henry Ford manufactures its 1 millionth Model T automobile.
- Jack Johnson becomes the 1st black world heavyweight boxing champion.

Author Syd Moore put it well, “Disregard for the past will never do us any good. Without it we cannot know truly who we are.”

A third reason is personal. One of my favorite people is Nelzie Toomer, who at 102, still brightens so many lives with her smile, beauty and graciousness. Nelzie was manager of the former Senior Citizens Center in Moncure, which preceded our current Center in Pittsboro. Subsequently, Nelzie became a regular participant at our Eastern Center where she enjoyed sewing, knitting, cross-stitching and crocheting. “I only have to see once how something is made and then I can do it,” Nelzie humbly explains. Nelzie still visits the center whenever she can get a ride and escort.

Born January 26, 1915 (same day that the Rocky Mountain National Park was established in Colorado), Nelzie grew up on a farm in Lee County helping raise not only crops but her three younger siblings. Her mother died when Nelzie was just 9 years old. “We raised most of the food we ate,” notes Nelzie.
When I asked Nelzie what has helped her live so long, she didn’t hesitate. “My life is not in my hands—it’s in God’s hands. He has given me a long life—I have trusted in him.” She went on explain that church “has been everything to me.” Nelzie served twice as her church’s Missionary President.

Nelzie also proudly shared “I have tried to be as nice as I can be to everybody.” She has done this in many ways, including serving as a foster parent to three brothers—all of whom still stay in touch with her and show their appreciation for her loving care. As Nelzie explains her compassion: “In the darkness of nights and rainy days, there is always an opportunity to help others.” What a wonderful expression of the importance of having a meaningful purpose in life.

Through Nelzie, one can come to understand and appreciate many of the secrets to successful living through the age of 102 and beyond. Her story is not unlike what Dan Buettner and other researchers discovered as they visited places around the world where people live the longest. Among these longevity hotspots are Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Icaria (Greece), and Loma Linda, California. These called “blue-zones,” as reported in National Geographic, share common elements, including:

- Putting family ahead of all else
- Staying physically active as an inseparable part of life
- Having a purpose for living
- Finding ways to reduce stress
- Eating moderately, with plenty of vegetables
- Staying socially active with people of all ages
- Enjoying spirituality or religion.

These characteristics aptly describe Nelzie and how she has led her long life. My final reason for sharing all of this is my belief—no, actually my firsthand experience—in how our two Senior Centers help people achieve and enjoy longevity.

For Valentine’s Day, participants of our centers expressed what the Council on Aging means to them. Here are just a few of their many expressions of appreciation:

- “There are so many nice people.”
- “It gives my life purpose.”
- “I love the fellowship.”
- “The Council on Aging loves me.”
- “I love the people and communication, and doing Meals on Wheels and exercising.”
- “I love the people. I never want to miss a day.”
- “Everything is so nice—the people, food, lunch bunch, day trips.”
- “I love getting out of the house.”
- “They keep me on my feet and care for me.”
- “I meet so many people with so much love.”

And Nelzie added these thoughts: “I loved everything about the Senior Center—socializing with other seniors—the entertainment—the crafts—everything—I went regularly as long as I was able to go.”

Thanks for letting me share this history and perspective and please know that we—all of us at the Council on Aging—staff, Board, volunteers, participants and other friends—stand ready to help you enjoy your later years—no matter how many those turn out to be.

Women’s Rights Cartoon 1915: A woman worker facing poverty.
I appreciate the opportunity I have to explain why I am a board member at the Council on Aging in Chatham County. This is not an easy topic as there are multiple reasons why I and others choose to do this activity. For me, these include the opportunity to contribute to society, the opportunity to add value to an organization with a valuable mission, and finally the personal benefits one gets from this endeavor.

The first reason to contribute to society goes back to my family background. My parents did not have a great formal education; both only went as far as 8th grade, which was not uncommon in rural Wisconsin in the pre-WWII timeframe. They did though have a very strong value system which had a strong influence over my 3 older siblings and me. All of us, in one way or another have been involved in some manner in helping others. For my brother it meant working as a Boy Scout Ranger for 45 years. For my oldest sister, it reflected in work with not-for-profits which she continues to this day on a volunteer basis. For my other sister, she received a Master in Social Work and continues to work on a part-time basis in this field. In my case, whenever possible, I have volunteered as a board member such as now with Council on Aging or periodically in other capacities such as answering phones for a UNCTV fund drive or helping at North Carolina food centers. One thing I am aware of now more than ever, is the great importance not-for-profits have in our society.

The second reason for board membership is the opportunity to add value to an organization. Most boards are in great need of people willing to contribute, and the Chatham County Council on Aging is no exception. It also provides opportunities for those with the motivation to directly influence the decision-making process of an organization. I find my background as a CPA and certified project manager (PMP) to be helpful in assisting in this process. And finally, the experience I have had with nearly 40 years in business also provides a useful framework for any decision the board makes.

The third, and perhaps most important reason, is that I personally get a lot of benefit from this association. There is a lot of satisfaction in knowing that you are identified with a mission in assisting our senior citizens live a more active and independent lifestyle. We as board members have the opportunity to work as a team and to see helpful changes in an organization. We get to see a breadth of issues and decisions to address that would be difficult to experience in any other capacity. The final benefit for me in my current capacity as chairman of the nominating committee is to see a board grow and be stronger at the end of my final term than it was at the start. That maybe the greatest benefit of all.

Q: Did you hear about the chicken who could only lay eggs in the winter?

A: She was no spring chicken.
We are thrilled to announce with the help of sponsors, we got new trees planted this Winter. With help from a professional landscaper, we chose Shantung Maple trees, Inkberry Hollies for the complementary shrubs and Black-eyed Susans for flowers. Last year we had to remove the existing red maple trees that were diseased and dying from 'gloomy scale.' A tulip poplar and a redbud also had to be removed due to physical damage to the bark of the trunks. We are grateful to our sponsors who are listed on a plaque which is displayed at the Eastern Chatham Senior Center.

The canoe raffle brought in $1900!

**Congratulations to Randy Kabrick!**

(The winner of the Mad River Journey 156 donated by the Great Outdoor Provision Company of Chapel Hill, is the spouse of one of our Meals on Wheels volunteers!)

The 29th Annual Cake Bake Off brought in $2,400!

**Congratulations to our winners:**

1st in Chocolate Cake: “Not Your Mama’s German Chocolate Cake” by Janet Ferrell
Honorable Mention in Chocolate: “Hannah’s Minted Chocolate Cake” by Hannah Shelby
1st in Cheesecake: “Tropical Vacation Cheesecake” by Chastity Hart
1st in Veggie-based: “Carrot Cake” by Gwen Higgins
1st in Fruit-flavored: “Hummingbird Cake” by Sylvia Rouse
Honorable Mention in Fruit-flavored: “Hummingbird Cake” by Cynthia Shelby
Tony Williamson on May 21st at Carolina Meadows

The Council on Aging is excited to announce a fundraiser with Chatham's very own mandolin hero, Tony Williamson. Williamson will be performing at Carolina Meadows with his brother Gary, along with Nixon, Blevins and Gage and Diali Cissokho for a special, local performance. Also, local members of the North Carolina Youth Tap Ensemble will entertain us with their great talent. Mandolin virtuoso Tony Williamson was born and raised in rural Piedmont North Carolina in a family of woodworkers and musicians. With his brother Gary on banjo, the two became child sensations and by 1969 had won First places in the coveted "World Championship" in Union Grove, North Carolina.

In 1976, Tony answered the call to go on the road with the Bluegrass Alliance, whose alumni include Vince Gill, Sam Bush, Tony Rice and many others. Afterwards, his credits include performances on stage and in the recording studio with Alison Krauss, Chris Thile, Earl Scruggs, Bill Monroe, Bobby Hicks, Tony Rice, Vassar Clements, David Grisman, Sam Bush and Jerry Douglas. He has received many awards for his music, including the IBMA recorded event of the year in 1994, and has even performed for Luciano Pavarotti!

David Ryoko of the Chicago Tribune wrote: “Tony Williamson is among the finest mandolinists alive, and the instrumental passages... dazzle without ever lapsing into flashiness. This is great music hiding behind genuine humility.” The latest recordings by Tony include his solo "Lloyd Loar Mandolins" and with his brother, Gary, and an all star band, the Williamson Brother's "Bluegrass!"

Pinecone describes the Williamson brothers as “North Carolina Bluegrass icons. Tony and Gary Williamson perform the old-time style of music that dates back nine generations in central North Carolina.” For more information on on Tony Williamson, see www.mandolincentral.com.

Tickets Purchased at Eventbrite
https://tonywiliamson.eventbrite.com

$15 General Admission (Show time 6:30-8:30pm)
Ticket includes performance in auditorium with light dessert.

$50 VIP with Dinner (Dinner from 5pm-6:15pm)
Dinner at Carolina Meadows with special, private performance with Tony Williamson. Ticket includes second performance with other musical guests and entertainment in Carolina Meadows auditorium.

*Net proceeds go to Meals on Wheels and other programs and services at the Chatham County Council on Aging.
Raised Garden Beds!

The Council finally got raised beds at the Eastern Center and hopes to have them before too long at its Western Center in Siler City.

Why did it take so long? As with most things, the Council needed support—in terms of monetary contributions for materials, volunteer labor, and staff time. We raised $600 using a combination of crowd-funding, donations and grants from SeedMoney and Chatham County Soil and Water Conservation. As a bonus, Gardner’s Supply Company in partnership with SeedMoney donated a gift card for $100 to buy supplies. Alan Russo, the Eastern Center’s nutrition site manager, designed and built the two beds with help from volunteers, Robert Nevels, Ken Oxendine, Denny Costello and J LeBlanc.

Two Chatham residents donated rain barrels for use in watering the beds. School Board Member David Hamm and daughter, Allison Andrews (Wellness and Activities Manager for the Council), and volunteer Robert Grassi helped unload the soil.

The gardening is already underway. There have been educational discussions about various vegetables that could be planted. To help our senior center participants get ready for this work and fun—the participants are “shaping up” through stretching their backs, legs, necks and shoulders. And the Council wants to remind everyone about the importance of staying hydrated—especially in hot, humid weather. Here’s what our seniors had to say before we announced the project:

“I love to garden. It is good for the soul. It makes me so happy when I can put my hands in the dirt and grow things.”

“I would really like to garden but since I’m in my wheelchair, I can’t. If you got the raised beds, I would love to grow tomatoes and cucumbers because they are my favorite.”

“It’s one of my favorite things to do! It brings back so many good memories.”
Caregivers Lending Library - The Council on Aging has puzzles, games, books and videos that are available for caregivers to borrow. The games and puzzles were donated 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.

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.

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 before 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.

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.

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
RSVP:
susan.hardy@chathamcouncilonaging.org
919-542-4512

FREE MEDICARE SEMINAR

SHIIP, the Seniors’ Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIIP will be conducting a free seminar entitled:

Medicare 101
The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session.

Date: Tuesday, June 13, 2017
Time: 3:00-5:00 p.m.
Location: Eastern Chatham Senior Center
365 Hwy 87 North
Pittsboro, NC 27312

To register, call:
Susan Hardy at 919-542-4512
For additional information, contact:
susan.hardy@chathamcouncilonaging.org
What advice would you give the younger generation?

"Work for a living and you will be ok. I raked leaves to earn an honest dollar. It was not just given to me." - Jazz Siler

"Enjoy every day" — Anneke Jakes

"Stay in shape" — Cynda Bremer

"Listen more. Don't think you know everything and be more respectful to your parents and to the world." — Phyllis Blair

"Stay young" — Glenda Dixon

"Take care of your health, otherwise you'll feel it in later years." — Vivian Freeman

"Slow down. Don't move too fast and enjoy life one day at a time. Always thank God for your life and help all elderly people. Be kind to everyone you meet." — Esther Neal

"Don't take anything for granted, don't make assumptions and always do your best." — Ruth Slates

"Get a hobby" — Dorothy White

What's the most fun about getting older?

"Getting a senior discount." — Glenda Dixon

"It's a blessing to be getting older. God has left us here for a reason. I don't question why, out of eight siblings, I am the only one here. Thanks be to God." — Vivian Freeman

"Learning for no good reason. Meeting people. Not having to be somewhere that you don't have to be. My kids are grown. That's a relief." — Ruth Slates

"Lot of fun if you are not sick. You can do a lot of things." — Mexie

"Not going to work every day all week!! Don't have to dress up and wear heels. Doing what you want to, when you want to and if you don't—who cares!! Watching all the new things that have developed since we were born." — Phyllis Blair

"Freedom" — Cynda Bremer and Anneke Jakes

"I get to come to the COA and meet new friends and don't have to punch a time clock. I don't have to wear heels or wear makeup. Read Circle books and watch soap TV." — unsigned

"A lot of the pressures of life are relieved and I have more time to enjoy my family, friends, and church." — Ruby Louise Holt

"Living long enough to get old." — Jazz Siler
Scammers

Can You Hear Me Now?
by Sara Pack & Mike Copeland, Chatham County Sheriff’s Office

Telemarketing and phone scams have been around for decades. However, scams are becoming increasingly elaborate and may use robot callers who sound like real people. Some scam calls include voices that make small talk, laugh, and are combined with realistic background noises.

Unfortunately, senior residents are often primary targets of these scams and may be the first to be victimized. In an effort to combat fraud, the Chatham County Sheriff’s Office is alerting the public to the latest scam circulating in Chatham County.

Imagine you are sitting at home when your phone rings. You pick up the phone and hear a seemingly desperate voice on the other end implore: “Hello? Can you hear me?” Whatever you do, DON’T answer “Yes” to this question. It’s part of an elaborate scam to capture your responses for illicit purposes.

“Scammers on the other end of the line are hoping to record your voice when you answer ‘Yes’ automatically,” explains Mike Copeland, Fraud Investigator for the Chatham County Sheriff’s Office. The recordings could theoretically be used to sign up for services in the victim’s name or attempt to blackmail the victim into paying a fee.

Among others, some phrases intended to elicit a “Yes” response could include: “Are you a resident at this address?” or “Are you the homeowner?” The questions prey on a resident’s instinct to answer quickly when caught off guard.

As a general rule, you should never confirm your number or give out personal information over the phone. Pressing numbers, answering questions, or providing personal details could lead to additional phone calls since it tells a scammer that your number is active and you are prone to picking up.

“When you receive one of these calls, you can report your experience to the Federal Trade Commission. You can also add your number to the ‘Do Not Call’ registry to deter some fraudulent calls,” says Copeland. “If you believe you have been the victim of fraud, especially if you have provided personal or financial information to a potential scammer, contact 911 immediately to file a report.”

Copeland emphasizes that residents should never trust an incoming call from a stranger. “The best approach is simply to let it go to voicemail when you see a number you don’t recognize or hang up immediately when in doubt,” he says. “By being vigilant, you are much more likely to stay in control of your finances and deter would-be scammers.”

Do Not Call Registry

Add your phone number for free by visiting donotcall.gov, or calling 1-888-382-1222 from the phone you want to register.
Advocacy Season is Here!
Anne Kissel, Chatham STHL Delegate and C.A.S.T Chairperson

The NC General Assembly is back in session; new legislation is being proposed, budgets prepared and committee meetings ramping up. This is what is called the “long session,” that is, the General Assembly is setting the course for the next two years.

Those concerned with the health and well-being of our older citizens are also busy with advocacy efforts. Groups such as the NC Senior Tar Heel Legislature (STHL) are contacting their state legislative representatives to encourage support for important services such as home-delivered meals, medical transportation, personal care assistance and our wonderful Senior Centers.

While group efforts like the STHL are important, individuals like you can also be advocates for the services needed in Chatham County. How can you help? The most important thing to know is your voice can make a difference - but only if it is heard. Here are simple tips on doing just that.

- Make a phone call, mail a letter or postcard, or send your message in an email. Choose the way easiest for you.
- Personal visits to your representatives are also effective. Make an appointment to see them in their local offices or while in Raleigh.
- Whichever way you deliver it, your message is most effective when it briefly states, in your own words, your concern and what action you want the legislator to take.
- You don’t need to be an expert on the issue but it helps to know as much as you can about the service—how it is funded and why it is important to you and others in Chatham County.

Contacting your elected representatives is your right and the right thing to do when you feel strongly about supporting services for senior citizens. Let your state Senator and Representative know you are a concerned voter and engaged citizen. Your voice and your vote count—so let both be heard!

In addition to the decisions that will be made by the General Assembly, there are also important matters being debated and decided at the Federal level. For example, there are questions about the level of funding for such “discretionary” programs as the Older Americans Act which supports Meals on Wheels, the Senior Centers, and other important programs such as family caregiver supports.

Contact information about US Senators and Representatives can be found at: https://congress.gov/

Here is the contact information for Chatham County’s State Legislative Delegation:

<table>
<thead>
<tr>
<th>Representative Robert T. Reives, II</th>
<th>Senator Valerie P. Foushee</th>
</tr>
</thead>
<tbody>
<tr>
<td>N.C. House of Representatives</td>
<td>N.C. Senate</td>
</tr>
<tr>
<td>16 W. Jones Street, Room 1323</td>
<td>300 N. Salisbury Street, Room 517</td>
</tr>
<tr>
<td>Raleigh, NC 27601-1096</td>
<td>Raleigh, NC 27603-5925</td>
</tr>
<tr>
<td>Raleigh Phone: 919-733-0057</td>
<td>Raleigh Phone: (919) 733-5804</td>
</tr>
</tbody>
</table>

Robert.Reives@ncleg.net  Valerie.Foushee@ncleg.net
If You Could Do Anything, What Would You Do?

“More traveling”— Glenda Dixon

“Travel, be around children more—love them, feed them and love them more.”— Phyllis Blair

“Nothing much”— Mexie

“Going to the center (senior center) with my friends.”— Dorothy White

“Hire a landscape architect.”— Cynda Brenner

“Go to Peru”— Anneke Jakes

“Make a recording of my piano music and market it.”— Ruth Slates

“Take better care of my health, and enjoy my children, grands and great grands.”— Vivian Freeman

“Travel. I would drive to Florida and go to Disney World and stay for a week. I also would want to attend different churches at all the places I travel to.”— Jazz Siler

“I would want to live alone and be able to take care of myself with no limitations at all. Be in perfect health.” — Ruby Louise Holt

Here’s what we didn’t ask but were told...

**What Else in Important About Getting Older?**

“We need lots of love, all the time.”

“We need more attention from our children.”

“Everybody needs to believe us when we say we hurt—we need things (groceries, church, companionship, doctors and medicine).”

“Being lonesome.”

“Hurting all the time.”

“Nothing is fun about getting older, your eyes get dim and you hurt all over.”

**“Love us more like the COA does every day.”**
If you have any reason to believe a senior is being abused, neglected or exploited then you are **required by NC law** to make a report to the **Department of Social Services in your county**. You do not need to have proof and you do not have to reveal your name. All reporter information is kept confidential.

**Signs of Abuse**
- Unusual and unexplained bruises, welts, fractures, or burns
- Bed sores, weight loss, or dry skin and lips
- Clothing inappropriate for temperature and conditions
- Inadequate shelter or medical care
- Any willing confinement of the adult in a dangerous environment

**Signs of Exploitation**
- Unexplained withdrawal of money from bank accounts
- Use of deceit, treachery, or coercion to obtain money or assets
- Difference between assets and lifestyle
- Unusually large payment for services
- Mismanagement of person’s funds
- Failure to pay for essential services
- Inappropriate sexual activity

**Caretaker Neglect**
- Failure to provide adequate food, shelter, clothing, and attention to personal needs
- Failure to manage resources to meet needs
- Failure to provide a safe, healthy living situation
- Failure to provide appropriate supervision

*Help us raise awareness by wearing “Purple” from Mother’s Day (May 14th) to Father’s Day (June 18.)*
Scott Walker Receives and Delivers a Blessing

Just 4 months into his Meals on Wheels driver volunteer role, Scott Walker has made a huge impact on our Meals on Wheels program. It is with his help that we have been able to start an eleventh Meals on Wheels route.

Our new Bear Creek route enables us to fill in the gap between Bennett and Goldston. Scott modestly says he is “just another spoke in the wheel,” when in reality he was actually the hub that made the wheel possible.

Through his position as pastor for Tyson’s Creek Baptist Church, Scott has provided us a place for volunteers to pick up the meals to deliver. By encouraging his congregation to “become more involved in their community,” he helped recruit enough other devoted volunteers to start the new route. Scott says he truly enjoys being a Meals on Wheels driver because he “receives a blessing and he feels that it serves a great need.”

We are still in need of drivers, regular and substitute, for our Bennett route and we are hoping to start a fourth route in Siler City. When asked why he volunteers Scott said, “It makes me feel connected.” If you would like to “feel connected by volunteering,” please contact Rhonda Hampton at 919-542-4512 or Rhonda.hampton@chathamcoa.org to volunteer to help our Chatham County seniors.

Volunteer Appreciation Dinner
June 8, 2017
5-8pm
New Chatham County Agricultural Center
1192 US-64 Business, Pittsboro

We will be celebrating and thanking our volunteers who are generously giving their time to Chatham seniors.

Look for your invitation in the mail. RSVP required!

Come help us plant and harvest vegetables from the Central Carolina Community College garden in Pittsboro. Our Council partners with CCCC for an in-kind donation—trading labor for vegetables, which we then distribute to seniors. The Council needs volunteers on Fridays 9-11am throughout the year. Contact Rhonda Hampton (Rhonda.Hampton@chathamcoa.org) for more information.
Neti Pots

They may look exotic, but Neti pots are fast becoming a mainstream remedy for allergies and stuffed-up sinuses. The treatment, which involves rinsing your nasal cavity with a saline solution, flushes out allergens (like pollen) and loosens mucus. Using a Neti pot is simple. First, fill the pot with a mixture of salt and warm (not hot) water (you can buy premeasured kits). Then tilt your head to the side and pour the solution in one nostril until it flows out the other, repeating the process on the opposite side. **(Important note: Use boiled or distilled water only, as tap water can introduce potentially dangerous organisms into your system. Allow water to cool after boiling before use.**
**Dates to Remember 2017**

**Day Trips ($)**

$5 Per Trip

- April 4  Southern Pines, Pik-n-Pig
- May 2    Strawberry Patch, Soda Shoppe, Pittsboro
- May 11   Tryon Palace, New Bern
- May TBD  Boomer Expo, Asheboro
- May 22   Duke Gardens, Durham

For more information or to sign up, contact Faye at (919) 742-3975 or Allison at (919) 542-4512.

**Travelers Club**

**NC Outer Banks**

October 2-5, 2017

Trip sign up starts Monday, May 15th
$75 deposit is required at sign up.

Double Occupancy-$519

Call Lindsay Hickling at 919-542-4512 or Faye Tillman at 919-742-3975.

**Hiking Group**

April 10—Crowder Park
May 17—SanLee Park
May 23—Harris Lake County Park (picnic after)

Contact Lindsay at (919) 542-4512.

**Raleigh Farmer’s Market**

April 13
May 18
June 15

For more information or to sign up, contact Faye at (919) 742-3975 or Allison at (919) 542-4512.

**Celebrate Senior Day—May 16th**

Northwest Park
2413 Woody Store Road, Siler City

*Come join us for fishing, games and cookout!*

RSVP by May 12th
Lindsay—919-542-4512
Faye—919-742-3975

**Lunch Bunch Pittsboro**

- April 7  18 Seaboard
- May 5    The Table
- June 2   S&Ts Soda Shoppe
- July 7   Picnic

Please sign up at least a week before. For more info or to sign up, contact Allison at (919) 542-4512.

**Lunch Bunch Siler City**

- April 21 Golden Corral
- May 19   Sir Pizza
- June 9   American Road House
- July 14  Elois’ Restaurant

Please sign up at least a week before. For more info or to sign up, contact Faye 919-742-3975.

For a complete calendar of events go to www.chathamcoa.org/activities
Senior Games Opening Ceremonies
Wednesday, April 19, 2017, 10:30am, Eastern Chatham Senior Center, Pittsboro. Join us for SilverArts display and awards, performing arts show, fun walk, free Pizza and demonstrations (bocce, cornhole, football/softball throw, and horseshoes!)
Special guest Louise Gooche from North Carolina Senior Games Board and guest speaker Sheriff Mike Roberson!

Arthritis Exercise Program at Both Centers (Donation based)
Eastern Chatham Senior Center, Pittsboro- classes on Mondays at 10:30 am & Wednesdays at 2:30 pm. Western Chatham Senior Center in Siler City-Class held on Mondays at 10:30 am

What’s Happening at the Eastern Chatham Senior Center? (365 NC 87 N, Pittsboro)

Wood Working Group-2nd Friday of the month at 2 pm. Call Alan Russo at 919-542-4512.

Windows Workshop— May 16, 2-4pm New Agricultural Center (1192 US 64 W Business, Pittsboro), learn to replace existing windows as part of our Minor Home Repair program.

Wellness Discussion Group—Discussing everything from healthy lifestyle, juicing, natural cosmetics, health problems, natural therapies to the environment, self sufficiency, meditation and anything else important to living a healthy and productive life. Meets the third Friday of every month at 2 pm in the Eastern Senior Center in Pittsboro. To sign up or for more information please contact Alan at 919-542-4512.

Geezers, Gulpers and Gardeners (3Gs)-Men’s group to meets every Thursday at 8:30am at the Eastern Chatham Senior Center. Come enjoy coffee, a breakfast snack and gaming or talking with the fellas. Bocce, horseshoes, cornhole, chess, checkers and a newspaper will be available.

What’s Happening at the Western Chatham Senior Center?
112 Village Lake Dr, Siler City

Arthritis Class (R) (Donation)
May 8th for 8 weeks at 1:00-2pm on Monday and Wednesday

Knitting Group
1:00 pm Tuesdays
Basket Class
Tuesdays at 5:30 pm.

Students will pay for the supplies they use

Line Dance class ($) 5:30pm cost is $3.00 a lesson.
Yoga ($) 
Tuesdays at 10:00 am to 10:30 am.

Senior Games Training
Wednesday from 1:00-3:00 and on Friday from 10:00am- until

Call Faye or Shirley at 919-742-3975 for more information or to sign up!

For a complete calendar of events go to www.chathamcoa.org/activities
($) Requires a fee and (R) Requires Registration
Serving Chatham Seniors for Nearly 43 Years

- AARP Chapter
- Assistive Equipment Loan Program
- Caregiver Respite & Support Group
- Chatham County Senior Games and SilverArts
- 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

www.chathamcouncilionaging.org

Eastern Chatham Senior Center
365 Highway 87 North
Pittsboro, NC 27312
PHONE (919) 542-4512
FAX (919) 542-5191

Western Chatham Senior Center
112 Village Lake Road
Siler City, NC 27344
PHONE (919) 742-3975
FAX (919) 742-7440