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"Autumn is a second spring when every leaf is a flower."
– Albert Camus

"Aprils have never meant much to me, autumns seem that season of beginning, spring."
– Truman Capote

"Life starts all over again when it gets crisp in the fall."
– F. Scott Fitzgerald
A number of years ago I had a chance to visit the Norman Rockwell exhibit at the North Carolina Museum of Art. As a child of the 50s, I remember seeing his illustrations of American culture on the cover of *The Saturday Evening Post*.

One can certainly now engage in spirited debate about how representative his art was of our society, but I do think he brought to life many of the issues we still are facing today.

You may remember his 1964 painting "The Problem We All Live With," which depicted Ruby Bridges – the first black child to attend an all-white elementary school in the South. I can vividly and painfully see the bright red smashed tomato laying on the ground after being thrown just a few feet behind her.

One of my favorites is his illustration of suburban integration in which it is said Rockwell was expressing his philosophy of tolerance. In his 1967 painting, entitled “New Kids in the Neighborhood,” you can see black and white inquisitive children checking out each other. Respectively holding their baseball gloves behind their backs, you can envision that they will soon be playing catch and becoming friends.

As I toured the museum that day with my family I was especially struck by an exhibit of Rockwell’s paintings of President Roosevelt’s Four Freedoms speech of January 6, 1941. These four paintings were published in *The Saturday Evening Post* on February 20, February 27, March 6 and March 13 in 1943.

In his Four Freedoms speech (technically the 1941 State of the Union address), President Roosevelt proposed four fundamental freedoms that people “everywhere in the world” ought to enjoy:

1. Freedom of speech and expression
2. Freedom of worship
3. Freedom from want
4. Freedom from fear.
When I left the museum that day, I could not leave behind the many images I experienced through the artistry of Norman Rockwell. At the time I was director of the North Carolina Division of Aging and Adult Services, from which I retired in April 2014 to then join our Council on Aging.

Drawing from the forceful imagery of the Four Freedoms paintings, I developed in my mind five core parallel ideas that have since guided my work with our aging population. I believe that each of these five principles are key to enabling us to successfully respond to the present and ready ourselves for the future. I am outlining each of these below.

**People Helping People**
- We are all in this together.
- We cannot and should not expect the government to have all of the answers to meeting the needs of the most vulnerable.

**People Getting Ready**
- We must acknowledge the importance of self-awareness and personal responsibility.
- We must value sound physical, mental and financial health throughout our lives.

**Aging in the Community**
- We must not only recognize but support the fact that most people want to remain in their homes and communities.
- We must value the importance of keeping older persons actively engaged in community affairs.

**Investing in Families**
- We must acknowledge the invaluable contributions of family members in supporting loved ones needing long-term assistance.
- We must value the important role that many older persons continue to assume within the family.

**Communities Embracing the Future**
- We must acknowledge that the aging of our population affects nearly every aspect of our communities.
- We must recognize the importance of being visionary and proactive in our planning and response for a maturing population.

Since drafting these ideas over ten years ago, I have come to realize their inadequacy in some respects. For example, I did not give attention to the inequality of opportunity that exists for many. As you read through my list, I am sure you will see many more shortcomings.

Still, I think these principles hold true and may have become even more important during this period of COVID-19.

[www.chathamcoa.org](http://www.chathamcoa.org)
Clearly with COVID–19, we are in this all together. Sadly, we have seen the consequences of the failures of too many not consistently following the 3W’s—especially of wearing a mask. In my view, protecting each other—helping each other—are the most patriotic acts we can take in this time of American history. It is a matter of accepting personal responsibility for ourselves and the larger community.

COVID–19 has also highlighted the importance of helping vulnerable older adults remain living safely at home, and of supporting families who are endeavoring to keep their loved ones out of facility care. This is the essence of the Council’s mission. We are working as hard as ever toward this end. We need and appreciate your continued support of our work.

We have also further grown in our appreciation of our many community partners. An effective response to the aging of Chatham’s population requires input and support from all sectors—our government, the business and faith communities, other nonprofits, and the general public.

As we strive to figure out what’s next in our efforts to better serve Chatham seniors and their families in light of COVID–19, we must do all we can to respond to the present while also readying ourselves for the future.

Some of you may have a print of one of Norman Rockwell’s paintings, or even one of the cherished postage stamps depicting the Four Freedoms that were used to promote the purchase of war bonds in the 1940’s. We can cherish such keepsakes from the past, but most importantly our eye must be on the present and future.

What are we doing today to help others? What are we doing to help ourselves stay as fit physically and mentally as we can be? What steps are we taking to be actively engaged while also following the 3Ws? What can we do to support the mission of the Council on Aging in its 46th year of service to Chatham seniors and their families?

Basically, we must live to age well. This belief may have been best expressed in these words of Dr. José Gabriel López-Plascencia: "It's not how old you are; it's how long you've been living."

Dr. Lopez, a general practitioner, died in June at the age of 99 (and had tested positive for COVID–19). According to an August report from NPR, he practiced medicine and surgery for over 60 years—even enlisting in the Arizona Army National Guard as a medical officer.

He served neighborhoods in South Phoenix that once faced decades of segregation and poverty. Dr. López arrived in the U.S. in 1947 after a Catholic priest in Arizona invited him to help provide health care for low-income families.

The story of Dr. Lopez is one that has many reminders for us. It would have been a life story that Norman Rockwell would have gladly illustrated to assure that we were all touched by its meaning.
COVID-19: What are we thinking and how are we responding?

By Dana Brinson, Founder of Consulting Betwixt

A note from Executive Director, Dennis Streets: We were fortunate to have received a COVID-19 response grant from Meals on Wheels America which enabled us to secure the help of Dana Brinson, an experienced consultant who is assisting us in exploring ways we can further serve Chatham seniors and their families during this pandemic. Dana helped plan and conduct surveys of our staff, Board of Directors, participants and volunteers. In this article, Dana provides a summary that is guiding our continued response to COVID-19.

The Chatham County Council on Aging had to close to in-person programming back in March in response to the COVID-19 pandemic. But, as Dennis says during each of his Friday update calls (319-527-2775, code: 617335), the Council on Aging is still here for you!

The CoA has continued to provide important services throughout the pandemic, including the delivery of frozen and shelf-stable meals for our participants; the provision of incontinence supplies, box fans, reading materials, puzzles, and much more; and the loaning of assistive equipment.

In addition, the Council offers friendly check-in calls and provides a calendar of programs including exercise classes, managing chronic disease, social programs, educational and musical events, and weekly bingo. Programs are accessible both over the phone and by video online. Recordings of past programs are there for you, as well! Our goal is for our programs to promote health and well-being and keep you connected to your Senior Center and the larger community.

We recently conducted a survey of Chatham seniors to hear what you liked and what you wanted to see in the coming months. To encourage and reward participation, the Council did a drawing for two gift cards. The lucky winners were Darrell Jones and Shirley Bealor. Over 250 people responded! We are grateful for your feedback. The survey asked questions related to 1) programming, 2) technology and access, and 3) isolation, loneliness and other needs.

Council on Aging Programming

Of the respondents, 38% reported participating in the Council’s current programming via phone or computer. Participants had great things to say. One said, “They give us some semblance of normalcy while keeping us healthy!” Another replied, “Jackie’s exercise classes are a life saver!” Many appreciated the efforts the Council is making to ensure people continue to feel connected.

We heard from some of you that you thought these virtual programs were a good idea but hadn’t connected to them yet. It’s never too late! The program calendar and how to connect is available on our website at: https://chathamcouncilonaging.org/oa-virtual-activities/

If you need any help learning how to connect to these programs, please call our Eastern Center at 919-542-4512 or our Western Center at 919-742-3975.
And we are planning even more! Survey respondents shared ideas for programming they would like to have the Council provide and we are responding by planning new offerings, some of which will include: avoiding scams, crafts, computer basics, health programs and coping with loneliness. Please keep the ideas coming!

**Technology**

We also asked questions about technology. Eighty-six percent (86%) reported having internet service and at least one device such as a smart phone, tablet or computer. Many of you shared that even though you had these devices, you did not know how to access online programming or that you would like some training on how to access information and programs online. We are exploring options for training and support and will reach out soon!

**When can we be together again?**

Many of you said how much you wished we could be in the Centers again. We wish it could happen right now, too! We miss you! Unfortunately, the pandemic is still affecting Chatham and surrounding counties. Based on guidance from our Council’s Board of Directors, the Chatham County Health Department and state and national experts, we have decided that we will not consider reopening our centers to indoor programming before January 2021. This is based on current data and expectations that the pandemic could worsen in the fall and winter and be exacerbated by the risks of the flu. We will reassess the status of COVID-19 in December and seek additional guidance at that time.

We do know that when we are able to open back up that you all said you are willing to follow the necessary precautions to prevent the spread of COVID-19: 98% of you said you would wear a mask, physically distance and practice good hand hygiene during programming and you are already practicing these good measures. That is reassuring and will help us plan our reopening responsibly and know that each of us will do our part to keep one another safe. Still, we wish it were 100%—for you and the safety of all.

We know that right now many of us are experiencing a sense of isolation. Nearly one in five of the survey respondents said they feel lonely. We are reaching out to folks who expressed loneliness to ensure they all get friendly phone calls and know how to connect to our programs and other area services. We are working with our University of North Carolina School of Nursing interns to plan outside home visits and other supports. Please reach out if you feel lonely, we are here for you!
Some of you requested meals and services and we are reaching out to see how we can help. We were glad to hear that so many of you have the support, meals and supplies you need to weather this time. Some of you even offered to volunteer if needed. We will reach out when we need you! So many of you encouraged the Council to continue what is going on already and that our programming gives you “something to look forward to.” We hope you will join us so that we can stay connected, healthy and engaged as we navigate these times together.

**Resources to keep you connected and to find help when you need:**

- **Friday Update Call with Dennis:** 10:15 am. Call 319-527-2775 and enter pin 617335 when prompted.
- **NC BAM Hope Line:** a friendly call line open every day 9 am–9 pm. Call 1-866-578-4673.
- **Cardinal Innovations Mental Health Crisis Line:** 1-800-393-5911 or **275
- **Chatham Aging Navigators Tools:** [https://chathamcouncilonaging.org/chatham-aging-navigator/](https://chathamcouncilonaging.org/chatham-aging-navigator/)

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**Council’s Centers Remain Closed to Inside Programming but Other Services Continue**

Out of concern for the continued health and safety of participants, staff and volunteers, the Board of Directors and management of the Chatham County Council on Aging have decided to keep the interior facilities of the Council’s Eastern and Western Senior Centers closed to the public through December 2020. At the same time, the Council remains committed to assisting Chatham County seniors and their families.

“This has not been an easy decision given all of the programming that typically takes place within our two State-designated Senior Centers of Excellence—located in Pittsboro and Siler City,” remarked Dennis Streets, director of the Council. “We know how much it means to folks to come to our centers for meals, exercise, education and recreational activities, counseling, volunteering, and so much more—especially fellowship with friends,” added Streets.

Streets noted that the decision was based on the latest public health reports and is consistent with Governor Cooper’s latest Executive Order, issued on September 4th. The Governor’s order emphasized that slowing and controlling community spread of COVID-19 are critical to ensuring that the state’s healthcare facilities remain able to accommodate those who require medical assistance. The order also encouraged all to remain vigilant to prevent a surge in cases and to exercise caution in loosening restrictions in high-risk settings in particular.
As reflected in the order, science indicates that the risk of contracting and transmitting COVID-19 is higher in indoor settings where air does not circulate freely and people are less likely to maintain social distancing, especially in situations where they are in close contact for extended periods of time.

Maybe most importantly, the Governor’s order strongly encourages people who are at high risk of severe illness from COVID-19 to stay home and travel only for absolutely essential purposes. The Centers for Disease Control and Prevention defines high-risk individuals as those aged 65 years or older and people of any age who have serious underlying medical conditions.

In December, the Council on Aging will reassess the status of COVID-19 and use the guidance of Chatham County Public Health and other experts to inform next steps.

In the meantime, the Council will continue working hard to assist Chatham County seniors and their families. Ever since the Centers were closed to in-facility programming in early March, the Council has remained committed to its mission as a nonprofit organization, established 46 years ago.

Each week the Council on Aging delivers meals and supplies to seniors across Chatham County. Along with those who were already receiving these deliveries from the Council, over 63 additional seniors have started receiving food assistance from the Council since the pandemic began. The Chatham Transit Network is helping deliver these meals.

The Council has also developed a wide array of virtual and online programming options, such as sessions on body conditioning, strong and fit classes, bingo, live music, and educational presentations.

Council staff at both centers are assisting Chatham’s older adults in many other ways—such as making friendly, check-in phone calls; providing assistive equipment; and more recently, driving to the homes of those most isolated for an outside, physically-distanced visit. “We are very concerned about the potential serious effect of social isolation and loneliness,” voiced Streets.

In addition, the Council continues to work with its many community partners. With Rebuilding Together of the Triangle, the Council is supporting efforts to address homes in need of modification and repair.

Working with the Chatham Transit Network, the Council is arranging and supporting trips to medical appointments. Through its contracts with home care agencies, the Council is providing in-home personal care and respite for family caregivers.

We look forward to the day when we can meet again with participants and volunteers within our centers. Toward this end, we are actively joining the chorus of those calling upon all North Carolinians to consistently practice the 3Ws—wearing a face covering over your nose and mouth, waiting six feet apart, and washing your hands often.

For more information about the ongoing work of the Chatham County Council on Aging visit www.chathamcoa.org. You can also call the Eastern Center in Pittsboro at 919-542-4512, and the Western Center in Siler City at 919-742-3975.
How many times have we heard this phrase over our 60, 70, 80, 90 or more years? Stacey Roberts, an opinion contributor for the Cincinnati Enquirer, put it this way: “Let’s not kid ourselves. I’ve heard [‘this is the election of a lifetime’] so many times in my lifetime that I’m starting to think I’m immortal.”

And yet, the 2020 election does feel like one of those special political points that will determine much about our future and our place in the world today and in history.

While we will remain non-partisan in our remarks, we do want to encourage every eligible person to vote. Your vote is your voice. We draw your attention to the article in the newsletter that explains how you can safely do this in this time of COVID-19.

As you make your plan to vote safely, we want to encourage you to also be as well informed as you can be about the candidates and their policies. Clearly this is a different era as we continue to shelter in place and otherwise limit our exposure to this deadly virus. Some of the ways we would traditionally weigh our options are limited to us. We shouldn"t attend rallies or forums in person. We can’t have informal discussions among friends at our two senior centers.

Still, we can all do our part to think critically about the political ads, social media posts and other information we are flooded with as the election draws near. As they say about ways to avoid falling victim to fraud and scams—let us each pause and ask ourselves, does that ad—that story—that claim—make sense based on what I know, have seen myself, and believe in my heart?

As you listen to and research candidates at the local, state and national levels—we want to encourage you to think about what is most important to you, your family, and your community.

On the next page we offer a few questions that we feel are important to consider as we prepare to vote in the upcoming election. As Peter Kaldes, president and CEO of the American Society on Aging stated in a recent piece for The Hill, “Aging is the ultimate non-partisan issue.”
• Most older adults want to remain living in their homes if they become frail. This has become even more imperative with COVID–19. What are the candidates saying about supporting home and community services for older adults and family caregivers?

• Social Security and Medicare are vital to current and future seniors. What assurances are candidates making to provide a stable funding source for these programs?

• Medicaid can be essential to low–income older adults—including in–home personal care services, transportation, and nursing home care. What are the candidates’ positions on Medicaid and its potential expansion to cover more persons in need of assistance with health and long–term care?

• Most communities, including Chatham County, are seeing tremendous growth among their older population. What are candidates saying about helping us prepare and address the challenges and opportunities of an aging population?

• With money from big donors and political action committees seemingly having so much influence, what are candidates’ positions on assuring fair and honest elections and fair treatment of all citizens?

• What are candidates doing to help assure that all people have a chance to exercise the right to vote and to not present barriers to voting?

• And, of course, with COVID–19 having such an adverse effect on our older population, what have the candidates done and are proposing to do to tackle this enormous issue?

Of course, you need to identify the questions that are most important to you. Our main message is that we hope that all of us will work hard to learn what we can about candidates at each level of our government, to exercise our right to vote, and to then hold the candidates accountable for working in the best interest of all the people, in Chatham and beyond.

Thank you for being a voter!
Voting in the 2020 Election in Chatham County

Important Dates

- October 9th - Voter Registration Deadline
- October 15th - Early Voting Begins
- October 27th - Last Day to Request Absentee Ballot
- October 31st - Early Voting Ends
- November 3rd - Absentee Return Deadline (5 PM)
- November 3rd - Election Day

Chatham County Early Voting Sites – Days, Dates & Times

<table>
<thead>
<tr>
<th>Day</th>
<th>Site Name</th>
<th>Address</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 10/15 &amp; Friday 10/16</td>
<td>GOLDSTON TOWN HALL</td>
<td>40 Coral Avenue, Goldston, NC 27252</td>
<td>8:00 am - 7:30 pm</td>
</tr>
<tr>
<td>Saturday 10/17</td>
<td>GOVERNORS VILLAGE</td>
<td>40150 Moring, Chapel Hill, NC 27517</td>
<td>8:00 am - 3:00 pm</td>
</tr>
<tr>
<td>Sunday 10/18</td>
<td>NEW HOPE BAPTIST</td>
<td>581 New Hope Church Rd., Apex, NC 27523</td>
<td>12 Noon - 3:00 pm</td>
</tr>
<tr>
<td>Monday 10/19 through Friday 10/23</td>
<td>PAUL BRAXTON GYM</td>
<td>115 S. 3rd Ave., Siler City, NC 27344</td>
<td>8:00 am - 7:30 pm</td>
</tr>
<tr>
<td>Saturday 10/24</td>
<td>CCCC HEALTH SCIENCE CENTER</td>
<td>75 Ballentrae Court, Pittsboro, NC 27312</td>
<td>8:00 am - 3:00 pm</td>
</tr>
<tr>
<td>Sunday 10/25</td>
<td>CHATHAM COUNTY AGRICULTURAL &amp; CONFERENCE CENTER</td>
<td>1192 US-64 Business, Pittsboro, NC 27312</td>
<td>12 Noon - 3:00 pm</td>
</tr>
</tbody>
</table>

Any registered voter in the county may go to any early voting site to vote. If you missed the voter registration deadline on October 9th and you have lived in Chatham County for 30 days or more, you may register and vote the same day, during early voting.

Voting on Election Day – November 3rd

NOTE: SOME POLLING LOCATIONS HAVE CHANGED DUE TO COVID. PLEASE MAKE SURE TO CHECK YOUR POLLING LOCATION BEFORE GOING TO VOTE FOR THE NOVEMBER 3, 2020 GENERAL ELECTION.

To verify your registration and polling place, visit the NC State Board of Elections Voter Lookup Tool: https://vt.ncsbe.gov/RegLkup/

For more info, reach out to the Chatham County Board of Elections:

Office: 984 Thompson Street, Suite D, Pittsboro, NC 27312

(The Board of Elections Office is located 1.1 miles east of the Courthouse Circle on the north side of Business 64. Turn at the sign for Platinum Commons. The Office is located behind Miracle Ear.)

Office Hours: 8 am to 5 pm, Monday-Friday, except holidays
Phone: 919-545-8500 ~ Email: elections@chathamnc.org
Thank You, Chatham Marketplace!

The Chatham County Council on Aging received $1,091 from Chatham Marketplace, as the co-op grocery store's August beneficiary through their register Round-Up program.

Local shoppers were given the opportunity to round up their register totals through the month of August to support the COA.

Thank you Chatham Marketplace and Chatham Marketplace shoppers for your support!

Chatham Marketplace is located in Chatham Mills at 480 Hillsboro Street in Pittsboro. You can also visit them online at www.chathammarketplace.coop.

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Chatham County Council on Aging Presents:

**YEE HAW VARIETY SHOW**

*Starring the COA Staff and Volunteers*

**Thursday, October 29, 2020**

**at 10:00 am**

Eastern Chatham Senior Center Parking Lot
365 Highway 87 N in Pittsboro

~

Reserve a parking space by Oct. 22
919-542-4512 ~ liz.lahti@chathamcoa.org
Why I Serve
By Dale Chodorow – Member COA Board of Directors

I’ve been a volunteer with the Chatham County Council on Aging (COA) for about two years. Currently I serve on the COA Board’s marketing and fundraising committee. I also served on an ad-hoc committee to review and improve the council’s website.

I became interested in serving on the COA board because I, too, am in my late 70s, so I can readily identify with the needs and interests of my fellow seniors. Despite the impressive choice of services and activities which the Chatham County COA and its two centers offer to county residents, many more will be needed in the future.

Besides my involvement with the Chatham County Council on Aging, I also work with GC Cares, a volunteer group at Governors Club, which offers residents personal and domestic services. I also serve as a board member for publicity with the Friends of the Chatham Community Library (FotCCL), which is literally a stone’s throw from the COA Eastern Center in Pittsboro.

I started volunteering in college when I decided to read to blind fellow students at the University of Pittsburgh. Later, I became an announcer with a broadcast service for the blind at Butler University in Indianapolis (which was conveniently across the street from my home). I mention these other activities because involvement with secondary organizations often suggests new ways of serving one’s primary organization.

I hope my work with the Chatham County Council on Aging will be as satisfying to me as my other volunteer work — and as rewarding to all those whom I serve here.

Warm Welcomes and Fond Farewells...

The COA wishes all the best to David Mallard, who was with the Council for nearly three years and most recently served as the Council's Western Center Manager and Fitness Specialist. David will be truly missed.

We offer a warm welcome to Tiketha Collins, our new Western Chatham Senior Center Manager.

Tiketha comes to us with a solid educational and experiential background. She has a Bachelor’s of Social Work degree from the University of North Carolina at Wilmington and has worked in a variety of aging and adult services settings, including public social services, medical social work, a nursing and rehab center, geriatric case management, home care, hospice, and adult day health care. We are excited for our Council on Aging community to meet Tiketha!
Chatham County will Celebrate its 250th Anniversary in 2021!

By Hilary Pollan, Community Partners Analyst, Chatham County Manager’s Office

Over the summer, organizations and residents from across Chatham County came together to plan celebrations for Chatham County’s 250th Anniversary, which will begin in January 2021 and continue throughout the year.

The planning process began by looking back at Chatham County’s 200th anniversary celebrations, and reminiscing about Chatham residents dressing up for the year's play performed throughout the County. (See the picture below of a family dressed up for the occasion.) Perhaps some of you remember this magical time!

This time around, the 250th anniversary celebrations will focus on all the best parts of Chatham County – our Creative Arts, our Community and Diversity, our Growth and Industry, and our Agriculture and Natural Environment. We will be celebrating the past, present and future of this great County!

Chatham 250 is honored to have its planning efforts led by three deeply respected community leaders, serving as the chairs for the Chatham 250 celebrations. The three Chatham 250 chairs are Dr. Carl Thompson, Sr. – former County Commissioner and Senior Pastor at Word of Life Christian Outreach Center, Ms. Renee Paschal – former Chatham County Manager, and Ms. Lendy Carias – Family Services Specialist at Telamon Head Start and Manager at the McDonald’s Corporation.

Other participating organizations include the Chatham Historical Association, Chatham Arts Council, Chatham County Cooperative Extension, Union–Taylor Community Action Association, Chatham Artists Guild, Three Rivers Coalition, Friends of the Lower Haw River, Chatham Trades, Communities in Schools of Chatham County, and our very own Chatham County Council on Aging! It already has been an exciting opportunity for people across the different communities and geographies of Chatham County to connect around their shared love, appreciation and connection to Chatham County.

Planning efforts will continue through the fall – dreaming up magical events and activities that bring our community together, researching Chatham County’s history over the last fifty years, engaging our young people and our older adults in planning efforts and celebrations, and, of course, raising those funds in support of these special celebrations.

If you are interested in joining the planning efforts, please reach out to Hilary Pollan, Chatham 250 Project Manager, at 919-545-4808 or Hilary.pollan@chathamnc.org. And keep an eye out in the Council on Aging newsletter for future Chatham 250th Anniversary updates!
Once in a while a small thought will cross your mind and before it disappears you stop it and give it a chance to grow. This happened to me back in June during a trail run on the Mountains to Sea Trail (MST). I have never been one to celebrate birthdays, but milestone birthdays deserve something special. As an ultra-runner my thought went to “how about a birthday run!” This milestone birthday was my 60th which meant a 60-mile run. If I was going to run that far, I thought it would be nice to combine two of my favorite things; ultra-running and supporting seniors (and supporting those who support seniors).

I had worked as the Volunteer Coordinator at Chatham County Council on Aging (COA) for three years and fell in love with all things about “those who go through the door before us.” COA is an incredible non-profit that has a dedicated staff and volunteers who help it achieve its goal to provide programs and services to assist older adults maintain their quality of life and independence at home. My time at COA gave me a chance to see how much ultra running and healthy longevity had in common. Things such as just get out the door, beware the chair, keep putting one foot in front of the other, and attitude is everything. Having run many ultras, I also know the importance of volunteers in achieving goals.

I had an idea, now I needed a name for it. “60 miles at 60 years of age,” is a mouth full and shorter is better; so “60@60” became my call. Being a computer and social media troglodyte, my next step was figuring out how to fundraise via social media. As I looked for advice, per usual, wonderful people entered my life and said, “We will help you with this, Rhonda.” Those two blessings were Bryan Staffey, owner of “Run N Tri” in Wake Forest and Nannette “Net” Stangle-Castor, founder and president of InnoVector Tech, Inc. With their words, “You take care of training and running the 60 miles; we’ll take care of everything else,” we set out on our mission.

So, armed with an idea, a name, and help, now I needed, of course, – a course. Humm, where to run? I suspected it would take about 20+ hours; so, I had to choose somewhere that would accommodate night running. Being a trail runner by nature, and with Umstead Park being out due to the night running, the MST seemed like the perfect answer, especially since the idea was born there. I settled on a 30 mile out-and-back course, where the trail is easily accessible during the first (and last) 27 miles. This would help getting supplies and aid.

From June to early August, with all the questions of what, why, who, and where answered, I trained while Bryan and Net got out the word, “Please donate for Rhonda’s 60 @ 60 Run to Benefit Seniors.” Lo and behold, many wonderful people started donating.
On August 12 at the pre-dawn hour of 4:00 AM, I stood at the MST trail head at the Falls Lake Dam with my first pacer, Bryan. We headed west bound on the Mountains to Sea Trail cheered on by Net and my husband Mike. My first “birthday present” was Bryan suggesting he go first and clear the spider webs. This gift was only equaled by the next 4 pacers who continued to be spider web eaters when Bryan stopped to move into the role of crew.

I had hoped for cooler weather. Of course, this is North Carolina in August. So, I trudged on with the help of my dedicated corps of pacers. The miles were full of stories and banter as my pacers, which in reality were companions, made the hot miles seem fun and shorter than expected. In between the trail miles, my crew used ice packs on my legs and ice on my head to cool me down as much as possible without letting me sit too long. The next unexpected birthday presents were the best hot day trail treat ever – popsicles, which were brought to me by several pacers.

I reached the 30 mile turn around in just under 10 hours (close to schedule) and headed back. The way back grew even hotter and more humid if that was possible, so to save energy, my run/walk became mostly walk. My trail companions took this in stride and stepped up the entertaining and encouraging so most of the discomfort I was experiencing could be set aside.

Nature also threw in some gifts of its own to help take my mind off the heat. The biggest of those gifts occurred as I rounded a bend and had a view of the lake. Standing in a cove, was the largest Blue Heron I have ever seen. Just when I thought this moment could not get any better, this magnificent bird took off and flew towards the open lake. One of the smaller biological gifts was a tiny worm snake, although my excitement did not draw the same enthusiasm from my snake-leery pacers.

The last miles took great determination on my part, but in pure ultra-fashion of putting one foot in front of the other, and after 22 hours, 19 pacers, egad loads of ice, and tons of physical and moral support from my crew, I arrived back at the dam bringing an end to my 60 mile run.

When that first small thought crossed my mind back in June, I had no idea what a gift it would give me. I set out to bring attention to the Chatham County Council on Aging and ended up throwing myself one of the best birthday parties I could have ever imagined!

Although I had a wonderful day, it was no easy “run in the park.” Still, with the help of my community I was able to conquer many physical and mental challenges to complete my goal. This also holds true for growing older. It is not always easy, but with the help of their community, our older adults can maintain their quality of life and independence.

Editor’s note: To date, Rhonda’s 60@60 Run for Seniors has raised over $11,000 to benefit the COA. Thank you, Rhonda!

If Rhonda’s run has inspired you to add to her total or to create your own fundraiser for the COA, reach out to Krista Westervelt at krista.westervelt@chathamcoa.org or 919-542-4512.
I started Scouts when I was in second grade and joined Cub Scouts. My grandfather was a Scoutmaster of a local Troop in Pittsboro during the 1980s. My uncles and cousin are Eagle Scouts which made me want to join Scouts.

About three years ago while working on a Merit Badge I completed community service hours at the Council on Aging. I noticed the condition of the horseshoe pits at that time and saw that there was not a place for people to sit while outside at the horseshoe pits.

When it was time to start my Eagle Project I remembered doing my community service hours at the Council on Aging and decided to reach out to Mr. Streets to see if anything needed to be done at the center. I met with Mr. Streets back in January and we agreed for me to make some outdoor benches and repair the wood frames around the horseshoe pits that had rotted.

Once I chose my Eagle Project it had to be approved by our Troop Eagle Scout Chairman and by the Scout Council Representative.

When my project was approved I had to raise funds which was delayed due to the COVID outbreak. Normally scouts would hold a fundraiser such as a plate sale or car wash. Because I was not able to have a fundraiser my parents gave me a loan to cover the cost of supplies.

I raised enough funds that I was able to purchase and donate four sets of horseshoes to the Council on Aging after the supplies for the project were purchased.

I had four workdays where scouts and adults from my scout troop helped me build five garden benches, cut lumber to replace the frames of the horseshoe pits and stain the benches. Raising the funds and completing the project took about three months.
While completing my project I learned about time management, leadership and effective communication. Completing this project helped me reach my goal of earning the Rank of Eagle Scout. I wanted to do this project with the Council on Aging because there are times our Senior Citizens are forgotten about.

I appreciate Mr. Streets and Ms. Lahti granting permission for me to complete this project at the Council on Aging. It is my hope that the citizens who use the facility will one day soon enjoy the benches and the improved condition of the horseshoe pits.

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PJ is currently a senior at Northwood High School and a member of Boy Scout Troop 93 in Pittsboro. He's the son of Perry Marshall Sr. and Elizabeth Marshall of Pittsboro and the grandson of Garrett Screws Sr. of Pittsboro.
November is Family Caregivers Month

November is Family Caregivers Month and this year's theme is "Caregiving Around the Clock." Family caregivers manage health emergencies, juggle priorities, and suffer isolation - and all that was before COVID. The pandemic brings even more challenges as family caregivers handle caregiving around the clock. See below for some helpful resources and tips for caregivers.

7 Tips to Avoid Caregiver Burnout

1. Shift your focus, allow time to focus on you
2. Set aside “you” time
3. Look for your own support
4. Commit to exercise and relaxation
5. Rejuvenate and recharge
6. Spend time with pets
7. Start socializing more, virtually or outdoors with safe distancing

Are you a Caregiver? Do You Help an Older Relative or Friend? Chatham County Council on Aging can help you!

These services are offered for caregivers.

It’s time to ask for help!

Respite care – Request a break with a nursing assistant in your home that COA arranges for you

Sitter List – You can hire help from a list of sitters; COA does the background check for you

Driveway Visits – Request a socially distanced visit from the Caregiver Specialist

Chat with a Caregiver – Ask for a caregiver partner for phone chats

Caregiver Support Group – Join other caregivers for two virtual meetings per month

Caregiver Lending Library – Check out books, videos, games and puzzles

Here are other services that we offer that are not specific for caregivers, but may help you:

Incontinence Supplies – Medical Transportation – Assistive Equipment Loans – Meals on Wheels – Minor Home Repairs
Emergency Assistance – Frozen Meals – Shelf-stable Meals

For more resources visit DementiaNC.org

For more information, call or email: Susan C. Hardy
Human Services Team Leader & Caregiver Specialist
Eastern Chatham Senior Center (919) 542-4512 ext. 231. susan.hardy@chathamcouncilonaging.org
Join the COA's Cleaner, Sitter or Yardworker List
By Tydelia Hunt – Human Services Specialist

Want to assist your community by being a help to our seniors?

The Council on Aging is offering an opportunity to be placed on our cleaner, sitter and yard help lists. A background check and application are required. There is an $18.00 fee for a background check.

Upon receipt of a clean background check, individuals will be placed on the list for the service or services they provide. Only one background check required per person.

Please call Tydelia Hunt, Human Services Specialist at 919-742-3975 ext 223 or stop by either of our Senior Centers to get an application for each of the three services.

Please mail or drop off the application, background check form, and money at either Senior Center.

Eastern Chatham Senior Center:
PO Box 715 /365 Hwy 87 N Pittsboro, NC 27312

Western Chatham Senior Center:
112 Village Lake Road Siler City, NC 27344

Open Enrollment is Oct 15th – Dec 7th
Need to change Drug Plans?
Call the COA Starting Sept 30th
Ask for SHIIP @ 919-742-3975

Responding to the Present & Readying for the Future

www.chathamcoa.org
Medicare Coverage and Coronavirus

Original Medicare-Covered Services related to coronavirus include:

**Coronavirus testing**
Your doctor can bill Medicare for this test beginning April 1, 2020 for testing provided after February 4, 2020. You will owe nothing for the laboratory test and related provider visits (no deductible, coinsurance, or copayment). This applies to both Original Medicare and Medicare Advantage Plans.

**Virtual check-ins**
Virtual check-ins can be used to communicate with your doctor and assess whether you should go to the office for an in-person visit. If you have a Medicare Advantage Plan, contact your plan to learn about its costs and coverage.

**Telehealth benefits**
A telehealth service is a full visit with your doctor using video technology. During the public health emergency, Medicare covers hospital and doctors' office visits, mental health counseling, preventive health screenings, and other visits via telehealth for all people with Medicare. You can access these benefits at home or in health care settings. You may owe standard cost-sharing (like a coinsurance or copayment) for these services but contact your provider to learn more. If you have a Medicare Advantage Plan, contact your plan to learn about its costs and coverage.

**Prescription refills**
If you want to refill your prescriptions early so that you have extra medication on hand, contact your Part D drug plan. Your plan should remove restrictions that stop you from refilling most prescriptions too soon. During the emergency, all Medicare Advantage and Part D plans must cover up to a 90-day supply of a drug when you ask for it. However, plans cannot provide a 90-day supply of a drug if it has certain restrictions on the amount that can be safely provided. These restrictions are called safety edits, and they commonly apply to opioids.

Medicare also covers other medically necessary services, such as inpatient and outpatient hospital care or skilled nursing facility (SNF) care. If you think you are being discharged from a hospital or SNF too soon, you can appeal that decision. Call your State Health Insurance Assistance Program (SHIP) for help. Contact information for your SHIP is on pages 20 and 22. Medicare Advantage Plans must cover everything that Original Medicare does, but they can do so with different costs and restrictions.

This document was supported, in part, by grant number 90SATC0001 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. (April 2020)
How to access care during a public health emergency

During a public health emergency, Medicare Advantage and Part D plans must work to maintain access to health care services and prescription drugs.

**Medicare Advantage Plans must:**
- Allow you to receive health care services at out-of-network doctor's offices, hospitals, and other facilities
- Charge in-network cost-sharing amounts for services received out-of-network
- Waive referral requirements
- Suspend rules requiring you to tell the plan before getting certain kinds of care or prescription drugs, if failing to contact the plan ahead of time could raise costs or limit access to care

**Part D plans must:**
- Cover formulary Part D drugs filled at out-of-network pharmacies
  - Part D plans must do this when you cannot be expected to get covered
- Part D drugs at an in-network pharmacy
- Cover the maximum supply of your refill at your request

Contact your State Health Insurance Assistance Program (SHIP) if you need help understanding what Medicare covers and how to access care.

**Local SHIP contact information:**
- SHIIP local office – Chatham County Council on Aging – WCSC: 919-742-3975 Ask for Tydelia Hunt, Chatham County's SHIIP Volunteer Coordinator
- NC SHIIP Office in Raleigh – Toll free number: 1-855-408-1212
- SHIIP Local Volunteer Coordinator email address – tydelia.hunt@chathamcouncilonaging.org
- NC Department of Insurance SHIIP website – https://www.ncdoi.gov/consumers/medicare-and-seniors health-insurance-information-program-shiip

This document was supported, in part, by grant number 90SATC0001 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. (April 2020)
COA Medical Transportation is Here for You!
by Sigi Markworth

Our Medical Transportation Program continues to operate on a restricted schedule to provide critical rides. This includes rides to the pharmacy and dental appointments. If you have an urgent need to see a healthcare professional, we recommend that you call your healthcare provider first for his/her guidance. If you need to be seen in person, call Sigi Markworth, Medical Transportation at 919-542-4512 ext. 222.

Chatham Transit has added the following requirements:
- Please wear a face covering (a mask, or anything covering your mouth and nose, e.g., a bandana)
- Let us know if your healthcare provider requires you to wait in the car/van before entering for your appointment.

Take care, stay safe, and let us know if we can help.

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The Chatham Health Alliance Presents:
"Chatham Wellness Chat"

Helping you stay wellness-centered with fun tips and tricks that you can use anywhere, even while remaining socially distant.

Are you in need of a better routine to monitor your health and wellness during the Pandemic? Subscribe to the Chatham Wellness Chat from the Chatham Health Alliance today.

Providing you with text alerts to keep you moving, eating right, and motivated during the pandemic, the Chatham Wellness Chat is a FREE resource to your health and wellness.

Get expert tips from Registered Dieticians and Nutritionists, Certified Fitness Trainers, and other Public Health Professionals sent right to your mobile device.

Take back control of your health and wellness and stay committed to the goals you set back in January or even at the beginning of the Summer. The Chatham Wellness Chat is here for YOU!

Just text the phrase “Join Wellness” to (844)567-1967.
**Now's the Time to Get Your Flu Vaccine!**

You should get a flu vaccine before flu viruses begin spreading in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu.

Make plans to get vaccinated early in fall, *before flu season begins*. The CDC recommends that people get a flu vaccine by the end of October.

Getting vaccinated later, however, can still be beneficial and the vaccination should continue to be offered throughout the flu season, even into January or later.

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**Chatham Hospital Achieves Geriatric ED Accreditation**

Chatham Hospital recently announced that they have received accreditation from the American College of Emergency Physicians as a Geriatric Emergency Department. This accreditation verifies that they meet the clinical, education, and performance improvement standards to provide optimal care for the older adult. This designation enables Chatham Hospital to join the elite company of 8 other hospitals in North Carolina and only 3 within the UNC Health system who have achieved this accreditation.

Older adults are an increasing percentage of the population across the country and Chatham County is no exception to this trend. Along with this trend, Dementia is becoming a more frequently encountered diagnosis. Hospitals are seeing an increased incidence of elder abuse and neglect. Social determinants of health add to the complexities of access to health care and appropriate discharge from a hospital. The Geriatric ED program at Chatham assists their clinical team in being more prepared to meet these needs among others.

For more information, take a look at the Chatham Hospital website: [www.chathamhospital.org](http://www.chathamhospital.org) or the hospital's Facebook and social media sites.

*Responding to the Present & Readying for the Future*  
www.chathamcoa.org
Is COVID-19 Stressing You Out?
By Jean Billman, Volunteer Community Ambassador, Chatham Council on Aging

Did you know that the COVID-19 pandemic is creating a mental and emotional crisis that touches all of us, even if we are not physically sick? Measures to slow the COVID-19 pandemic, such as social distancing and school closures, have led to an increased sense of isolation and depression. A recent survey by the University of Michigan found that 84% of respondents felt "nervous, anxious or on-edge."

Chatham County public health and safety officials and mental health practitioners are seeing high numbers of calls for depression and suicide—often by people who do not normally have mental health issues. Dennis Streets, Executive Director of the Chatham County Council on Aging, recently said that "about a quarter of our seniors in the community live alone." You may know someone in our community who lives alone and is experiencing anxiety, or having trouble sleeping or relaxing.

What can you do?
- Try to limit media (news and social media) consumption.
- Stay active and keep a healthy diet and lifestyle.
- Connect with loved ones and others who may be experiencing stress.
- Use technology like FaceTime or Zoom when possible to overcome physical separation.

Help is available if you or someone you know needs it. Consider these helplines, which provide a friendly voice, reassurance, and/or mental health assistance:

- Hope 4NC ~ 855-587-3463
- Hope4Healers ~ 919-226-2002 (for healthcare professionals and first responders)
- *ASK ~ dial **275 from a cell phone or 1-800-939-5911 from a landline phone.
- Friendship line ~ 800-971-0016
- Hope Line ~ 866-578-4673
- Daymark Services ~ 919-663-2955

The Chatham County Public Health Department also has lists of resources for people seeking help during the COVID-19 pandemic and needing mental health help at their website—chathamnc.org.

It can happen to anybody. If you or someone you know needs help, please reach out.
SCAM PROTECTION DURING COVID-19

PRESENTATION BY:

MELANY EARNHARDT, MANAGING ATTORNEY
LEGAL AID OF NORTH CAROLINA

WEDNESDAY, OCTOBER 14
AT 10 AM.
REGISTER AT CHATHAMCOA.ORG/COA-VIRTUAL-ACTIVITIES/

FOR MORE INFORMATION CONTACT:
Jackie Green: 919-542-4512 or Jackie.Green@chathamcoa.org
or
Faye Tillman: 919-742-3975
Faye.Tillman@Chathamcoa.org

Join the Chatham Striders!
Walk & Learn!

Join other seniors for an invigorating and educational walking and wellness series, meeting the 2nd Tuesday of each month on Zoom at 11:15 AM.

Register at:
chathamcouncilonaging.org/coa-virtual-activities/

For more information contact:
Liz Lahti: 919-542-4512 or liz.lahti@chathamcoa.org
or
Faye Tillman: 919-742-3975 or faye.tillman@chathamcoa.org

Announcing:
TAI CHI FOR ARTHRITIS on Zoom
Monday, and Wednesdays at 9 am
Starting October 12, 2020

Register at: https://chathamcouncilonaging.org/coa-virtual-activities/

Improve movement, balance, strength, flexibility, and relaxation. Decrease pain and falls.

Contact Liz Lahti for more information:
liz.lahti@chathamcoa.org or 919.542.4512
Pumpkin Oatmeal Recipe

Ingredients
- ½ cup canned pumpkin
- ¾ cup milk (or almond / soy milk)
- 1¼ cups water
- 2 tbsp brown sugar
- 1 cup rolled oats
- 1 tsp cinnamon
- ¼ tsp salt

Optional
- ¼ tsp ginger powder
- ¼ tsp clove powder
- maple syrup

Directions:
1. Whisk the pumpkin, milk, and water in a pot.
2. Add oats, salt, sugar, and spices.
3. Combine.
4. Cook on medium–low heat until the mixture bubbles.
5. Turn to low for 5 more minutes until the oats are soft and tender and most of the liquid has cooked off.
6. Add syrup or more sugar to taste.
7. Serve in a bowl and enjoy!

Check out these great ways to Support the COA!

From your smartphone:
- Scan the QR code to the right
- Text COA46 to (202) 858–1233

By mail:
- Mail a check to: PO Box 715, Pittsboro, NC 27312

On our website:
- chathamcouncilonaging.org/donate/

Via Amazon Smile:
- Go to smile.amazon.com and select Chatham County Council on Aging Inc. as your charity of choice.

Through Planned Giving:
The Chatham County Council on Aging has partnered with the Triangle Community Foundation to create a non–endowed agency fund. This non–profit agency fund is set up to ensure the long–term sustainability of the Council. If you would like to learn more, please contact Lacee Monte at 919–542–4512 or lacee.monte@chathamcoa.org
Still Here for Chatham's Seniors After 46 Years of Service

How has the Council impacted you or your family? We'd love to hear from you!
Email Sigi Markworth at sigi.markworth@chathamcoa.org

Serving Chatham Seniors for Over 46 Years

- Assistive Equipment Loan Program
- Caregiver Respite and Support Group
- Chatham County Senior Games & SilverArts
- Congregate Meals
- Diabetic Support Group
- Disaster Preparation
- Emergency Meals & Assistance
- Family Caregiver Support
- Health Education
- Heat-Relief Fan Distribution
- Hiking Club
- Housing Information
- Income Tax Assistance (VITA)
- Incontinence Supplies
- Information & Options Counseling
- In-Home Aid Service
- Legal Services
- Meals on Wheels & 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
- Information & Assistance
  - Mental Health
  - Hospice
  - Adult Day Care/Health
  - Rehabilitation Services
  - Medicaid & Medicare A/B
  - Social Security Benefits

www.chathamcoa.org