About this month's cover art and artist:

Katherine Rainville is a 7th grade student at Willow Oak Montessori Public Charter and the Middle School Category Winner of our 2020 #ChathamLovesSeniors Art Contest.

Katherine’s painting, titled "Burnsville" is a depiction of herself at almost 3 years old, headed to the toy store in Burnsville, NC with her grandparents, “Poppy” and “Gacky.”

See page 10 for more winners...
As you know, the Chatham County Council on Aging has taken decisive action to protect the health and well-being of Chatham's seniors, their families and our volunteers in response to the COVID-19 pandemic. We are still here very much working for Chatham's seniors and their families.

Our actions have not been undertaken lightly. It has been heartbreaking to close the doors to the public at both our Eastern and Western Senior Centers (in Pittsboro and Siler City) and to suspend our daily Meals on Wheels services, especially as our senior centers serve as a crucial hub for the social and physical nourishment of Chatham’s seniors.

Thankfully, while our doors are closed, our arms are still open and our spirits high.

We remain steadfast in our commitment to meet the identified needs of seniors in our communities in safe, effective, and innovative ways. These include delivering frozen and shelf-stable meals for seniors sheltering-in-place, making regular friendly/check-in phone calls, loaning assistive equipment, providing incontinence supplies, arranging transportation for medically necessary treatments and appointments, and exploring and implementing ways to ensure social connectedness in a time of physical distancing.

In the meantime, we appeal to friends, neighbors, and family to join us and work together as a community in assisting seniors with socialization, as well as with shopping and other needs—all the while using the good public health practices that have been well-publicized, as included in our "Sound Public Health Practices" guide on page 16 of this newsletter.

If you are financially able, we ask that you partner with us at this crucial moment through a one-time or monthly donation to support our ongoing services to seniors and their families and to help ensure that we can restart and sustain our full slate of programs and services once operations can safely return. We certainly look forward to celebrating that day.

We’ve been serving the seniors of Chatham County and their families for over 45 years. We are still here for Chatham’s seniors. Please continue with us as a caring and resilient force for Chatham’s seniors for another 45 years and beyond.

We wish you all good health, peace and safety.

"Make Your Mark!"
This is the 57th year that May has been recognized as Older Americans Month. Doing the math, you will know that President Kennedy was the first to make this proclamation.

A meeting in April 1963 between President Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.” Since that time, every President has issued a formal proclamation asking the nation to pay tribute in some way to older persons in their communities.

Each year there has been a national theme for the month. For example in 1984, it was “Health: Make It Last a Lifetime.” In, 1997, it was “Caregiving: Compassion in Action,” and in 2012, “Never Too Old to Play.” For 2020, the U.S. Administration for Community Living has chosen “Make Your Mark” as the theme “to encourage and celebrate countless contributions that older adults make to our communities.”

That’s an easy theme with which to identify as older adults have been and continue to be a prominent and constructive force here in Chatham.

While we enjoy volunteerism from persons of all ages— including the young children who entertain and socialize with our senior center participants—most of our Council’s volunteers are seniors themselves. Our volunteers are making their mark in so many ways. Without our volunteers, we could not undertake much of what we do.

Consider, for example, that we had at least 170 volunteers this January (not all report their work), sharing their time and talents for a wide array of activities— far too many to list. Every normal work day, volunteers deliver meals on one of 12 Meals on Wheels routes and others serve meals to our senior center participants. I emphasize "normal," because with COVID-19, we are not operating normally. Still, volunteers stepped forward to help with that response.

Again, under normal times, volunteers entertain participants, help plan and stage events, work behind the scenes with record keeping and other administrative tasks essential to our operations, and maintain our grounds.

"Make Your Mark!

www.chathamcoa.org
In the community, home repair volunteers install grab bars, fix faucets and steps, and undertake a myriad of other jobs to help make homes safer.

Still, others offer SHIIP counseling sessions for those struggling with Medicare issues; others served this tax season as VITA volunteers. Don’t forget the remarkable volunteers who coordinate the Friday night dances at the Western Center (on hold right now because of COVID-19).

Then there are the new corps of volunteer Community Ambassadors who went through 30 hours of training about community resources so they can share the word about these resources throughout the community. They are also helping us better understand the needs and interests of Chatham seniors and their families.

Of course, none of this could happen without a supportive volunteer Board of Directors. At the beginning of the next quarter—July 8th—we will start our 46th year of service as a non-profit. Our history began with great, visionary Board leaders back in 1974, and that tradition continues today.

As important as senior volunteers are to our Council on Aging, Chatham’s large and growing older population is clearly making their mark throughout the community. An outstanding example, especially relevant to volunteerism, is the work of Dianne Birch. Diane, as a lifelong volunteer for many organizations and causes, helped create ChathamConnecting to match people who want to volunteer with organizations needing assistance.

The website www.chathamconnecting.org has served as a great tool to learn of volunteer needs and opportunities.

There are so many ways people are making a lasting mark in their community, within their family, and in the larger world. There’s the family caregiver providing 24/7 assistance to their loved one… the grandparent raising grandchildren… the senior serving as a mentor at their local school… the young person helping a senior learn the newest software application... the nursing home resident serving as the friendly caller to a senior who is socially isolated in their own home… and so on and so on.

The opportunities are open to one’s imagination.

In the words of William Shakespeare, “The meaning of life is to find your gift. The purpose of life is to give it away.”

To learn of ways you can make your mark through the Council on Aging, contact Allison Andrews, our Volunteer Coordinator, at 919-542-4512 or allison.andrews@chathamcouncilonaging.org

"As you grow older, you will discover that you have two hands—one for helping yourself, the other for helping others."
Audrey Hepburn
2019 Annual Appeal Results
By Krista Westervelt, Development & Communications Director

For our 45th year of service in 2019, the Chatham County Council on Aging set an ambitious goal of raising $45,000 for our year-end Annual Appeal. While we did not reach that mark, we are thrilled to announce that your generous donations to our year-end campaign contributed over $26,000 toward our programs and services.

In our appeal we offered suggested Donor Categories to achieve our goal, including the following:

- COA Family: $1,000 to $2,499
- COA Patrons: $500 to $999
- Friends of the Council: $100 to $499
- Silver Liners: $10 to $99

The majority of our more than 150 Annual Appeal donors (over 91%) contributed at the $10 to $499 levels, which strengthens our belief that there is power in giving at any level. Every donation matters!

We appreciate your ongoing support and partnership with the Chatham County Council on Aging. The infographic on the next page shows the impact your gifts of funding and service have on those the Council serves.

Thank you again for your trust in and support of our vital mission.

2019 Annual Appeal Donors by Category

"Make Your Mark!"

www.chathamcoa.org
2019 ANNUAL IMPACT

- 16,008 Congregate meals served
- 16,084 Home-delivered meals
- 6,668 Frozen and shelf-stable meals distributed
- 16,409 Rides to & from our senior centers
- 1,505 Rides to stores & shopping
- 2,523 Rides to medical appointments & services
- 19,029 Hours of In-home Aide/Personal Care
- 2,981 Hours of Caregiver Respite
- 13,647 Volunteer hours
- 9,204 Information & Referral calls/contacts
- 40,949 Health, Exercise & Fitness Opportunities
- $330,121 Value of volunteer hours**
- 275 Assistive equipment loans
- 173 Incontinence supply clients*
- 72 Homes repaired

Numbers based on Units of Service Data from January 1, 2019–December 31, 2019,
*Figures are from July–December 2019,
** Based on $24.19/hour North Carolina volunteer value obtained from independentsector.org
Why I Serve
By Adam Melton, Board of Directors

Why do I serve? This short question is anything but easy to answer. I’ve taken days to contemplate my answer, hoping that something profound would come to me. However, after many hours of thought, I’ve only come up with one answer: I serve because it is needed and I am able to.

To give a little background, I am currently the Associate Executive Director at Galloway Ridge, a local continuing care retirement center. We care for seniors in independent living, assisted living, and skilled nursing. Personally, I have worked in the long term care industry for 16 years and am a licensed nursing home administrator in the state of NC. I’ve often been asked how did I land in this career as it’s not a typical career path that individuals aspire to be in. The simple answer is I grew up in the industry. My mom is a registered nurse who has also worked in long term care. From an early age, I would typically be her "plus one" to events at the nursing homes or retirement communities she worked at. I fondly remember the Easter egg hunts, the Christmas events, and the Halloween parties with 30-40 of my adopted grandparents. In fact, you could say these were often some of my most enjoyable moments as a child. These experiences taught me at an early age the value that seniors add to our communities.

When the time came to pick my profession in life, I had one simple stipulation that had to be met. I wanted to know that every time I laid my head upon my pillow at night, I had helped someone. I wanted to know that I had impacted someone’s life in a positive way. After wrestling with what that actually meant through college, I ultimately came back to those fond memories I had as a child. I remembered the meaningful conversations I had with the seniors at those communities. Most importantly, I remembered how those experiences impacted me as a person. 16 years later, I am still enjoying the benefits of those conversations and the new ones I get to have at my community. Each day I am able to learn from the experiences and wisdom seniors share and I consider that invaluable.

My journey to make an impact on the lives of seniors now leads me to my responsibilities as a board member for the Chatham Council on Aging. I am excited to have the opportunity to serve the community I live in. I am honored to be a small part of the amazing work that the Council on Aging does within our community every day. I look forward to telling the Council’s story in hopes that others wishing to make an impact can help our cause. I challenge everyone out there to make a difference in the life of just one senior. I guarantee the experience will be life changing, you will sleep soundly as you rest your head upon the pillow at the end of the day.

"Make Your Mark!"
Chatham COA Receives Duke Energy Storm Resiliency Food Supply Grant

Duke Energy awarded the Chatham County Council on Aging with a $5,000 Storm Resiliency Food Supply Grant on February 6, 2020. A formal check presentation took place at the Council’s Eastern Chatham Senior Center, with Indira Everett, District Manager of Government & Community Relations at Duke Energy presenting the grant award to the members of the Council’s Board of Directors.

We are grateful to Duke Energy for their generous grant. This grant is especially valuable now in light of COVID-19, as we have used it to support our frozen and shelf-stable meals—helping provide food security for those who must stay at home given the suspension of our normal nutrition program.

A Place for Your Planned Gift

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

Have you completed your 2020 Census?

Did you know that the data from the Census helps determine how much federal and state funding our County and the Council receives? If you and your families are not counted, we could miss out on important resources and opportunities for Chatham.

Completing the Census is part of our civic duty to support Chatham County. Can Chatham count on you?

For more info visit Chatham County's 2020 Census site: https://www.chathamnc.org/residents/2020-census

"Make Your Mark!"
COA Helps Seniors Make Their Mark

In honor of MLK Day in January, seniors at our Western Chatham Senior Center reflected about the Council and on how serving others honors Dr. Martin Luther King Jr.’s vision. Here is a sampling of their responses to our reflection questions. Many are especially salient in light of COVID–19.

What is one way the Council on Aging/the Senior Center has served you or your community?
- Providing [nutritious] meals/Meals on Wheels
- Exercise programs, blood pressure checks, lunches
- Fellowship opportunities and support
- Creat[ing] a sense of family [and] provid[ing] resources
- [Giving us] something to look forward [to]
- Senior Games

How does the Senior Center empower seniors?
- Friends & fellowship
- Day trips and shopping
- Having a sense of community/friendship
- [Helping seniors stay] active
- Encourages seniors to keep going
- Empowers seniors to socialize [and] meet others
- [Offering] a chance to mingle and work on friendships
- [By offering] independence

As a senior, how can you serve others on a daily basis?
- Check in visits/phone calls
- Encourage people
- [Deliver] Meals on Wheels
- Sharing [my] experience at the Senior Center
- Just being with one another

Did you do anything on the MLK Day of Service that was an act of service to others?
- Made Valentine’s Cards to bring to [local] nursing home
- Check[ed] on a friend in need.
- Cooked and shared [with others]
- Church Breakfast
- Care[d] for babies at [my] daughter’s daycare center

"Everybody can be great...because anybody can serve...You only need a heart full of grace. A soul generated by love."
Dr. Martin Luther King Jr.
In honor of Chatham County’s proclamation of “We Love Seniors Month” this past February, the Chatham Council on Aging held its first ever K-12 #ChathamLovesSeniors Art & Essay contest.

Students were tasked with writing and creating art pieces that reflected on the theme of connection with or inspiration from the older adults in our families, neighborhoods, schools, or greater community.

We are delighted to share their winning submissions with you. They have become even more meaningful during this challenging COVID-19 period in our history.

(Please note, these pieces have not been edited for spelling or grammar and are printed as submitted.)

"Inspiration at the Piano"
by Rebecca Hoopes, 5th grade, Perry Harrison Elementary

One certain older adult who inspires me is my piano teacher. She really enjoys playing the piano and moved me to enjoy it more. Before I started taking piano lessons with her, I didn't really have much enthusiasm for playing the piano. But now, it is one of my favorite things to do. I think that my piano teacher has inspired me to enjoy more because of the helpful way she teaches piano.

"Doll Stuff & Great Aunts"
by Sarah J. Hoopes, 2nd grade, Perry Harrison Elementary
"Doll Stuff & Great Aunts"
by Sarah J. Hoopes, 2nd grade, Perry Harrison Elementary

"My great aunt Deloris inspires me to work hard till I am done. She sews me things. She also sends my sisters doll stuff to! I love the things she sends me so much!"

Examples of the "doll stuff" Sarah's great aunt makes for her and her sister.
"Connection"
by Kenzie Fassinger, 10th grade, Chatham Central High School

Oxford's definition of a connection is "a relationship in which a person, thing, or idea is linked or associated with something else." We must form a relationship, a link, a connection, with our elders. It is vital, and very important to me, that we spend time with senior citizens, learn from their wisdom and take care of them. Spending time with seniors is a great way to thank them for bettering our community and improving the world we live in today. I enjoy volunteering at senior centers because something as simple as painting nails or playing a game can make someone's day. Seeing their smile is a rewarding experience that makes me love being in the presence of seniors even more.

Learning from the wisdom of seniors is also significant. Our elders can share stories of past trials of their lives. Learning from mistakes they have made can prevent them from reoccurring in our own lives; It is one of the reasons we take history in school. Seniors can teach us so many valuable life lessons, if we take the time to listen we can gain so much wisdom from our elders.

Taking care of seniors is our duty as the younger generation. Just as our parents and grandparents took care of us when we were dependent on them, it is our turn to return the favor that we could never fully repay. It is the least we could do for our elders. Natalie Portman affirms that "Our generation has the ability and the responsibility to make our ever-more connected world a more hopeful, stable and peaceful place." If we take the initiative to connect with our elders by spending time with them, learning from them, and taking care of them we have the opportunity to become a great generation."
Member Inspiration - Mr. Harry Fagg
by David Mallard - Facility Manager/Fitness Specialist, COA, Western Chatham Senior Center

Mr. Harry Fagg has been coming to our Western Chatham Senior Center for two years, but the 77-year-old is no stranger to Siler City or to exercise. He has lived here since he was a boy, and walks for a couple hours, several miles every day. As Harry says, “I just can’t sit still, I have to keep moving.” Harry has a special friend that accompanies him on walks—his little dog, BJ. “BJ loves to walk, he’s always ready to go,” Harry says.

Harry, whose mother lived to be 94, regularly gets compliments from his doctors on his good health. Staying active definitely plays a role. His range of motion and energy are pretty amazing. Though he notes he has limited use of his fingers, he brushes it off, saying, “If you try, you can do it. No matter what.” Great advice for anyone starting an exercise program! Harry says, “Just come and get started, you’ll like it.” Harry handles all the exercises with ease.

Harry’s favorite things about coming to the center are seeing his friends and taking the exercise classes. In addition to his life-long commitment to staying active, Harry has worked a lot of jobs in the area (Maxway, A & P, the Barber Shop, and a Vending truck that he regularly drove through several states). He has made a lot of friends along the way. And it’s hard to beat Harry’s style. He always arrives with a pressed white button shirt, black leather jacket, and hair greased down 50’s style! We are honored to have Mr. Harry attend our center regularly; he inspires us to keep up our daily walks!

Postscript: While our centers are currently closed to the public, we are still encouraging and supporting exercise. Please see our Activities Calendar on page 20. We can't wait for when Harry will be back at our Western Center!

Member Testimonials

Incontinence Supply Recipient:
"I have been using... diapers for at least 10 years... and since I found out that the [COA has] diapers, pull-ups and pads, that [saves] me a lot of money every month. I have been coming to the COA in Pittsboro for at least 15 years and I appreciate what they do for all of us every day...

[A]ll of those who work for the COA do a GREAT JOB ALL THE TIME FOR ALL OF US."

Transportation Clients:
"[Medical Transportation is a] Godsend—[I] have no other way of getting to doctors."

"I don't have any other way to get groceries."

"I can't drive; [without it] I would have to stay at home; I'd be alone."

"[It] gives me a chance to get out... and be with others; I am in a wheelchair—I need the lift on the Chatham Transit van."
Although it can take several attempts to quit tobacco successfully because nicotine is so addictive, kicking the habit is within reach! There are now more medications, treatment programs, and support options than ever before to help people quit tobacco successfully.

The most effective tobacco treatment includes support, counseling, and medications to help alleviate the withdrawal symptoms and cravings people often experience when trying to quit. This is done by steadily reducing nicotine levels, replacing the habits associated with tobacco use, and learning new coping mechanisms for dealing with stressors and other triggers. In addition to support and counseling programs like QuitSmart, the tobacco treatment standard of care consists of two strategies: nicotine replacement therapy, also known as NRT, and medications such as Bupropion (generic for Wellbutrin/Zyban) and second-line medications (Nortriptyline, Clonidine).

Most people do not realize that most medical insurance, including Medicaid and Medicare Part D, cover all or a portion of the cost of tobacco cessation medications, including over-the-counter NRT patches, gum, and lozenges. With a prescription from your medical provider for these items, including over-the-counter products, you will likely be able to get them at little to no cost. Individuals should be encouraged to use patches and gum/lozenges for at least 12 weeks. However everyone is different and some people may need more or less than 12 weeks. Individuals interested in quitting should use these tools for as long as they need.

Another technique to help quit is called nicotine matching. The amount of nicotine that an individual would normally receive when smoking is slightly more than what is absorbed from a patch. The advice is to add an additional patch throughout the day. It could be an extra 21 mg patch, 14 mg patch, or 7 mg patch—whatever extra amount makes the individual feel comfortable and not experience withdrawal symptoms.

When a craving or urge does occur, another tip is to supplement the patches with gum or lozenges. 

"Make Your Mark!"

Editor's note: The American Lung Association notes in their March 27th article "What You Need to Know About Smoking, Vaping and COVID–19" that "an important step to immediately improve your health and possibly avoid the most serious symptoms of [COVID–19] is to consider quitting smoking and vaping. In fact, the CDC has identified smokers as a group of people at higher risk for severe illness if they contract the disease." In light of that information, we feel that this piece on tobacco cessation is especially timely. –COA
This is an especially good idea to do during a time period when one would normally smoke, like with morning coffee, and evening drink, or driving in the car.

It is important to mention that neither electronic cigarette nor vaping products are approved cessation tools and these products continue to be unregulated. In addition to the potential health concerns from using these products, individuals who switch to electronic cigarette or vaping products often become dual users of traditional tobacco products like cigarettes and electronic cigarettes. Due to the lack of regulation and oversight, these products, unlike nicotine replacement therapies, have been found to have varying levels of nicotine levels, leading users to receive varying levels of nicotine in their bodies and often causing withdrawal symptoms.

So what programs are out there to help people quit? In Chatham County, there are two free programs that can help support those interested in quitting: QuitSmart classes and QuitlineNC.

QuitlineNC is a free cessation program for all types of tobacco products, including electronic cigarettes, that provides up to four free counseling sessions, and even more for pregnant women, those with mental health conditions, and teens, with a trained counselor over the phone or through an online program or text messaging service. Many participants are also eligible for free NRTs such as patches, lozenges, and gum that will be sent directly to their home. To learn more about this free resource, please call 1-800 QUIT NOW (1-800-784-8669) or visit http://www.quitlinenc.com/.

A strong predictor of how successful someone will be at quitting tobacco is whether or not they have made a firm commitment to themselves to quit and be tobacco-free. With a strong commitment, support from others, programs like QuitSmart and QuitlineNC, and medications to assist with cravings and urges, it is possible to quit and stay quit for good.

Please contact Anna Stormzand with the Chatham County Public Health Department at 919-545-8455 or anna.stormzand@chathamnc.org for info on future QuitSmart programs.

Visit www.chathamnc.org/tobacco cessation for additional resources in the area or www.chathamnc.org/ecigaretteinfo for more information on electronic cigarettes or vaping products.

"Make Your Mark!"
**Sound Public Health Practices for Seniors**
Prepared by Dennis W. Streets based on information from the CDC and the NC Department of Health and Human Services, March 2, 2020 – see also: https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/index.html

Here are a few common-sense practices to remember in the face of the Coronavirus:

To help prevent and reduce the spread of illness to yourself and others:

- **Wash your hands often and do it well.**
  - Wet your hands with clean running water and then lather them with soap; don't miss the backs of your hands, between your fingers and under your nails.
  - Scrub your hands for at least 20 seconds. (This is about the time it takes to sing "Happy Birthday" twice.) Then, rinse your hands well with clean, running water.
  - Dry your hands with a clean towel or let them air dry.
  - If it is not feasible to wash your hands with soap and water, you can use a hand sanitizer, but check the label to be sure it contains at least 60 percent alcohol.
  - Squirt the hand sanitizer gel onto your palms, rub your hands together, and then rub the gel all over your hands and fingers until your hands are dry. This step should take about 20 seconds, as well.

- **Stay home if you are sick, and drink plenty of liquids and rest.**
- **Stay your distance (at least 6 feet) from people who are not part of your household.**
- **If you have to cough or sneeze, don't do it the old-fashioned way, by covering your mouth with your hands. Do cough or sneeze into the bend of your arm instead, or at least cover your mouth and nose with a tissue when you cough or sneeze.**
- **Do not reuse tissue after coughing, sneezing or blowing your nose. Dispose of used tissues in a wastebasket. Don't leave them wadded up by the bed or on other surfaces.**
- **Avoid shaking hands.**
- **Avoid touching your nose, mouth or eyes before washing your hands.**
- **Keep surfaces in your home clean. Alcohol is a good disinfectant.**
- **Also don't forget to sanitize contact surfaces if you go out and return or have home deliveries. This includes door knobs, counter tops, and other surfaces.**

**Be prepared:**

- Keep at least a 30-day supply of essential medicines.
- Have essential household items on hand, such as laundry and dish detergent, and toilet tissue.
- Have essential personal supplies on hand, such as toothpaste, soap, incontinence briefs.
- Have a supply of basic food staples—but no need to stockpile food. Prepare—don't panic.
- Get your flu and pneumonia vaccinations if you haven't already. Check first with your doctor.
COVID-19 Consumer Fraud Alert
Senior Medicare Patrol & SHIIP

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they may target older populations.

There is currently no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no "cure." However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.

It's also important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

The State's Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:
- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Never give out your Medicare number, Social Security number or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs or other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.
- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies or treatments.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.
- To report an issue call Senior Medicare Patrol at 1-877-808-2468 or visit www.smpresource.org

For questions related to Medicare and long-term care insurance, call NC SHIIP toll-free at 1-855-408-1212

"Make Your Mark!"

www.chathamcoa.org
Crypto-Quotation Puzzle

Solve the puzzle to reveal a quote! Each number corresponds to a different letter of the alphabet. We've provided two letters to get you started. Answers are on page 24.

Fun & Healthy Word Search

- CONNECTION
- CRAFT
- CREATE
- DRAW
- EXERCISE
- GARDEN
- GRATITUDE
- HANDWASHING
- HAPPY
- HEALTH
- HYDRATE
- MEALS
- MOVEMENT
- PAINTING
- READ
- REST
- SLEEP
- WALK
- WRITE

Puzzles created with Puzzle Maker @ DiscoveryEducation.com
Homemade Hand Sanitizer Recipe
NC Cooperative Extension

In the absence of the availability of commercial hand sanitizers, the World Health Organization recommends the following recipe for homemade hand sanitizer as part of their COVID-19 response. These ingredients can typically be found at drugstores and some supermarkets.

Ingredients:
- Small spray bottle
- 1 tablespoon of 3% hydrogen peroxide
- 1 teaspoon of 98% glycerin
- Isopropyl alcohol and sterile distilled or boiled cold water in ONE of the following combinations:
  - 1 cup + 2 tablespoons of 99%
  - isopropyl alcohol PLUS 1/4 cup + 1 teaspoon water
  - 1 cup + 3 tablespoons of 91% isopropyl alcohol PLUS 2 tablespoons + 2 and 1/2 teaspoons water
- To use, spray on all surfaces of your hands and rub them together until they feel dry.

Steps:
1. Pour alcohol into a medium container, ideally with a pouring spout
2. Add hydrogen peroxide, then glycerin and stir
3. Measure and add water
4. Sanitize spray bottles by adding in a small amount of leftover alcohol, swirling around and allowing to air dry.
5. Fill bottle with solution and label clearly with contents.

These small quantity recipes are derived from WHO’s Guide to Local Production: WHO-recommended Handrub Formulations

Staying Connected at a Distance
COA Staff

Keeping the recommended amount of physical distance during the COVID-19 pandemic doesn’t have to mean being socially isolated. Here are some tips for staying connected while keeping your distance from those outside of your household.

- **Call a friend, neighbor or loved one to say hello.**
  - Set up a regular phone date and make it a celebration.
  - You can use your home telephone, a video call over the internet, or even a friendly text!
- **Write to a Pen Pal.**
  - Restore the lost art of letter writing and send a card or letter to an old friend, family member or others.
- **Join in with the Council's Live Online and Call-In Options.**
  - See our calendar on page 20 for a list of options and check out chathamcoa.org for the latest updates.
- **Reach out for friendly support.**
  - **Hope Line:** 866-578-4673
    - 7 days/week 9am-9pm
    - Statewide resource of NC Baptist Aging Ministry.
  - **Friendship Line:** 800-971-0016
    - 24/7, 365 days/year
    - Service of nonprofit Institute on Aging
Chatham County Council on Aging - April 2020 Offerings

Z = Zoom Meeting – Visit ChathamCOA.org to register
CL = Conference Line – Call 319-527-2775 and enter code 617335 when prompted
GM-Liz = Google Meet, RSVP to Liz at 919-542-4512

Friday, April 10
Council on Aging CLOSED for Easter
10 AM – Weekly Call with Dennis Streets (CL)

Monday, April 13
9 AM – Tai Chi for Arthritis (Z)
10 AM – Strong & Fit with Jackie (Z)

Tuesday, April 14
9 AM – Body Conditioning with Jackie (Z)
11 AM – Spill the Beans (Z)

Wednesday, April 15
11 AM – Caring for Your Oral Health (Z)

Thursday, April 16
10 AM – Strong & Fit with Jackie (Z)
10 AM – Needlework Small Group Call (GM-Liz)
11 AM – COVID-19 Safety with Phyllis with NCCES (Z)
5 PM – Zumba Gold (Z)

Friday, April 17
9 AM – Body Conditioning with Jackie (Z)
10 AM – Weekly Call with Dennis Streets & Music by Don and Marian (CL)
2 PM – Wellness and Health with Alan (Z)

Monday, April 20
9 AM – Tai Chi for Arthritis (Z)
10 AM – Strong & Fit with Jackie (Z)
11 AM – Bingo (Z)

Tuesday, April 21
9 AM – Body Conditioning with Jackie (Z)
11 AM – 60s & 70s Trivia with UNC Nursing Students (Z)

Wednesday, April 22
11 AM – Diabetic Support with Phyllis Smith (Z)

Thursday, April 23
10 AM – Strong & Fit with Jackie (Z)
10 AM – Needlework Small Group Call (GM-Liz)
11 AM – Falls Prevention w/ Lindsay Bailey (Z)
5 PM – Zumba Gold (Z)

Friday, April 24
9 AM – Body Conditioning with Jackie (Z)
10 AM – Weekly Call with Dennis Streets & Music with the Goldstons (CL)

Monday, April 27
9 AM – Tai Chi for Arthritis (Z)
10 AM – Strong & Fit with Jackie (Z)
11 AM – Bingo (Z)

Tuesday, April 28
9 AM – Body Conditioning with Jackie (Z)
11 AM – Seniors Helping Seniors – Making Puppets (Z)

Wednesday, April 29
11 AM – Emergency Prep with the Chatham Sheriff's Department (Z)
2 PM – Afternoon Tea (Z)

Thursday, April 30
10 AM – Strong & Fit with Jackie (Z)
10 AM – Needlework Small Group Call (GM-Liz)
11 AM – Science with Alan (Z)
5 PM – Zumba Gold (Z)

Staff on Site: Monday–Friday 8 AM – 5 PM

Eastern Chatham Senior Center
365 Hwy 87 N, Pittsboro
919-542-4512

Western Chatham Senior Center
112 Village Lake Rd, Siler City
919-742-3975
Property Tax Relief for NC Residents
by Chatham County Tax Assessor, Jennifer Williams

Did you know that North Carolina Law Provides three (3) types of property tax relief for North Carolina residents? Circuit breaker tax deferment, disabled veteran exclusion and elderly or disabled exclusion. Read on for info on each!

Circuit Breaker Tax Deferment - NCGS 105-277.1(b)
This program allows taxes billed each year to be limited to a percentage of the qualifying owner's income. However, taxes in excess of this limitation are deferred and remain a lien on the property. The three most current years of deferred taxes prior to a disqualifying event will become due and payable, with interest on the date of the disqualifying event.

Who is eligible?
A permanent resident of Chatham County, Age 65 or older or 100% totally and permanently disabled as of January 1, with an income not exceeding $46,500, and who has owned and occupied their residence for at least the last five calendar years prior to January 1 of the year for which the application is made.

How does the Circuit Breaker Program affect the Tax Bill?
- For an owner whose income amount for the previous calendar year does not exceed the income eligibility limit for the current tax year ($31,000), the owner's property tax bill will be limited to 4% of the owner's income.
- For an owner whose income amount for the previous calendar year exceeds the income eligibility limit ($31,000), but does not exceed 150% of the income eligibility limit ($46,500), the owner's property tax bill will be limited to 5% of the owner's income.
- The amount over the 4% or 5% is deferred.
- The deferred taxes are a lien on the property.
- The deferred taxes become due and payable for the three most current years upon disqualification.

Definitions:
**Income**: All monies received from every source other than gifts or inheritances received from a spouse, lineal ancestor, or lineal dependent. For married applicants living with their spouses, the income of both spouses must be included, whether or not the property is in both names.

**Permanent Residence**: A person's legal residence. It includes the dwelling, the dwelling home site not to exceed one acre, and any related improvements. May be a single family residence, unit in multi-family residential complex or a manufactured home.

**Totally and Permanently Disabled**: Persons with a physical or mental impairment that substantially precludes him or her from obtaining gainful employment and appears reasonably certain to continue, without substantial improvement throughout their life. Form AV-9A must be submitted as proof of disability.
Disabled Veteran Exclusion – NCGS 105-277.1(c)
This program excludes the first $45,000 of appraised value of a permanent residence owned and occupied by a qualifying owner.

Who is eligible?
A permanent resident of Chatham County who is either:
- A totally and permanently honorably discharged disabled veteran,
- A surviving spouse of a totally and permanently honorably discharged disabled veteran that has not remarried,
- A totally and permanently honorably discharged disabled veteran who has received benefits for specially adapted housing under 38 U.S.C. 2101.

The applicant must submit form NCDVA-9 completed by the NC Veterans Association to be considered for this exclusion. The form is available upon request. The form will not be accepted if altered.

Temporary Absence: An otherwise Qualifying owner does not lose the benefit of this exclusion because of a temporary absence from his or her permanent residence for reasons of health or because of an extended absence while confined to an assisted living or nursing home, so long as the residence is either unoccupied or occupied by the owner's spouse or dependent.

Applications may be requested by:
Phone: 919-545-8354 ~ Office visit: 12 East Street, Pittsboro (8 am–5 pm, Monday–Friday)
Email: jennifer.williams@chathamnc.org ~ Website: www.chathamnc.org
Written request to:
Chatham County Tax Assessor
ATTN: Property Tax Relief
PO BOX 908
Pittsboro, NC 27312

Important:
June 1st is the last day applications accepted as "timely."
You must file an application if you think you qualify.

"Make Your Mark!"
Peanut Butter & Jelly Granola Bars
Adapted from Good and Cheap by Leanne Brown – Makes 12 bars

Ingredients:
- 3 cups rolled oats (or 2 cups oats and 1 cup Rice Krispies cereal)
- ½ cup peanut butter
- ½ cup jelly or jam (your choice of flavor)
- ¼ cup hot water
- ¼ tsp salt
- butter or vegetable oil

Optional additions:
- nuts
- coconut
- dried fruit
- honey

1. Heat oven to 350 °F.
2. Butter or oil an 8” x 11” baking pan. If you have a different size pan, that’s fine—it’ll just change how thick the bars are.
3. Pour oats into a large bowl. You can use quick oats, but it will change the texture. For a different texture, you can also substitute a cup of oats with a cup of Rice Krispies cereal.
4. Add the peanut butter, half the jelly, the water, and the salt to a small pan. Stir over low heat until smooth.
5. Mix the peanut butter and jelly concoction into the oats until all the oats are coated and you have a sticky mass.
6. Dump the mixture into the oiled pan and press it into an even layer. Spread the remaining jelly over the top.
7. Pop the pan into the oven for 25 minutes, until it’s toasty and brown around the edges.
8. Leave the bars in the pan until they cool completely, about an hour, then slice into 12 bars.

Individuals who find themselves or a loved one in need of immediate mental health support are encouraged to call Cardinal Innovations 24/7 Access/Crisis Line: 1-800-939-5911 or **ASK

When in doubt, please reach out!

You can also contact Daymark, Chatham's local provider at 919-663-2955. Daymark is located at 1105 East Cardinal Street, Siler City, NC 27344
Puzzle Solutions

Crypto-Quotation Puzzle
Solve the puzzle to reveal a quote. Each number corresponds to a different letter of the alphabet.
We’ve provided two letters to get you started.

"I'VE LEARNED THAT YOU SHOULDN'T"

"GO THROUGH LIFE WITH A CATCH -"

"R'S MITT ON BOTH HANDS. YOU"

"NEED TO BE ABLE TO THROW SOME THING BACK."

-MAYA ANGELOU

Fun & Healthy Word Search

- CONNECTION
- CRAFT
- CREATE
- DRAW
- EXERCISE
- GARDEN
- GRATITUDE
- HANDWASHING
- HAPPY
- HEALTH
- HYDRATE
- MEALS
- MOVEMENT
- PAINTING
- READ
- REST
- SLEEP
- WALK
- WRITE

Puzzles created with Puzzle Maker @ DiscoveryEducation.com

"Make Your Mark!"
Still Here for Chatham's Seniors

How has the Council impacted you or your family? We’d love to hear from you!

Email Krista Westervelt at krista.westervelt@chathamcoa.org

Serving Chatham Seniors for Over 45 Years

- Assistive Equipment Loan Program
- Caregiver Respite and Support Group
- Chatham County Senior Games & SilverArts
- Congregate Meals
- Diabetic Support Group
- Disaster Preparation
- Emergency Meals
- 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