"You are never too old to set another goal or to dream a new dream."
- C.S. Lewis

"Every time you tear a leaf off a calendar, you present a new place for new ideas."
- Charles Kettering

"Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."
- Helen Keller
I’m writing this intentionally a week before the November 3rd election—not knowing its outcome at the national, state and local levels.

I do know I will be glad to have the election behind us. My wife and I made and hung a large sign in the fall of 2019 between two trees on our property. Still hanging there, through heavy rains and strong winds, it simply reads "Make US United Again." The “US” can be interpreted as “us” or the United States—either way, we feel the message is important.

It’s time for a new, fresh start...as we begin 2021. Yes, we still face the serious COVID-19 pandemic. Because of the pandemic, our Council has made the decision to remain closed to in-facility programming through March when we will reevaluate the situation.

We may remain a divided nation and state. But I have hope...better yet, faith...we will find common ground and realize we are stronger when united around core values and envision a future that offers what is articulated so well in our 2018–2023 Chatham County Aging Plan:

*Chatham County will be a place that “offers older adults, and all residents, a safe, affordable, accessible, and inclusive community that promotes wellness, presents and respects choices, values diversity, recognizes and uses people’s strengths, and supports individuals aging in community with dignity.”*

While the guiding principles underlying our Aging Plan are worth noting, they can’t just be words. They must undergird our actions.

**The first principle is to promote equity.** We must acknowledge and respect the unique cultures of Chatham County. If not managed well, the uniqueness of cultures can erode into clashing differences. We all lose when that happens. I can’t think of anything more important at this period of time as we celebrate our county’s 250 year history.

We must remain committed to ensuring access to all services which enhance or sustain quality of life. For everyone, this includes quality education from preschool to opportunities for lifelong learning. Psychologist Abraham Maslow noted we all have core physiological, safety, love, esteem, and self-actualization needs. Maslow captured what our Council seeks to address for Chatham County seniors and their families – to meet needs and facilitate well being.

Since our founding on July 8, 1974, we have provided the basics to help older adults remain living safely at home—never more important than during this pandemic. We have offered educational, recreational, volunteer, and wellness opportunities to enable seniors to stay healthy and engaged.
The second guiding principle is to harness strengths. The Aging Plan speaks to the importance of drawing upon the assets of older adults, leveraging the resources of Chatham’s diverse communities, encouraging private and public partnerships, and connecting with PlanChatham (Chatham County’s overall comprehensive plan.) During these COVID times, I have witnessed the resilience of seniors who have sheltered in place. Their spirit and resolve have picked us up at the Council during especially long days. However many seniors have experienced the trials of social isolation, and we have worked hard to hear and address their struggles. Our effectiveness in this work has been enhanced by the efforts of our many collaborators. These include: Chatham County Public Health, Walgreens, the Sheriff’s Office, Chatham Hospital, the United Way of Chatham County, Carolina Meadows, the Chatham County Manager’s Office, Chatham County Parks & Recreation, the Chatham Transit Network, the UNC Office of Rural Initiatives and UNC students, N.C. Cooperative Extension, 501 Pharmacy, Siler City Pharmacy, Chatham County Emergency Management, CORA, various faith communities, and so many more.

One of our most frustrating aspects of COVID is our inability to call upon our dedicated corps of volunteers in the ways we normally do—in order to protect the safety of all. Fortunately we still have volunteers safely helping with activities such as outside landscaping, virtual Medicare/SHIIP counseling, VITA, outside home repairs, parking lot events, making masks and much more. The strength of our volunteer corps will certainly reemerge in the post–COVID era.

A third principle involves creation of an informed and supportive culture of aging. Early on in the pandemic, I wrote an op-ed article for the Chatham News + Record entitled “People of all ages can make a mark during this difficult time.” I noted it has been sad to see blaming and lack of empathy among some whose failure to follow recommended public health measures have worsened and lengthened the pandemic and our overall experience with it. I cited the anxiety felt among seniors sensing ageism in calls for returning to normalcy—when such acts could endanger the vulnerable among us. I concluded by suggesting this is a time when people of all ages can make a positive mark today and for the future by rejecting ageism, which divides us, and instead rallying to assure a healthy society where people of all ages feel welcomed and respected.

With a third of our population in Chatham County already aged 60 and older (and growing), our community benefits when we embrace the experience, values, interests and perspectives of older adults. We must also be aware of issues that are important to them, their needs for service and barriers to obtaining help. The Aging Plan and PlanChatham include among these needs transportation, housing, health care, and the challenges of caregiving.

Another guiding principle for the plan is preventing isolation and enhancing community connections. This goal has taken on greater significance with the onset of COVID and the need to shelter in place that many of our most vulnerable seniors face. The adverse effects of social isolation are well documented but also heard by Council’s staff as they do weekly friendly check-in calls with participants. The digital divide within Chatham County only worsens the situation as the extensive virtual programming we offer for fitness, information, socialization and community engagement is not readily available to some.
Our Council is continuing to explore and implement strategies to safely reach those who are isolated. These include:

- purchase of a 6-month subscription to the *Chatham News + Record* for over 200 seniors;
- outdoor events in our centers’ parking lots;
- drive-by, outside visits to the homes of participants;
- disseminating information within Chatham’s faith communities; and
- regular friendly calls to participants.

On October 30th, as I write this message, I will have completed my 33rd consecutive Friday morning call to inform the callers of current events, remind them of our essential services, boost spirits (theirs and mine) and have fun. Talented volunteers participate as well with music and storytelling. Community partners also share their latest news and discuss timely topics.

The critical question remains, though: How can we better reach across all of Chatham County to assure social and community connectedness in COVID and non-COVID times? We welcome your ideas and support to achieve this.

The fifth principle upon which the Aging Plan was written is a simple but sometimes undervalued statement: build on what works. We work hard at the Council to be innovative and are proud of the recognition and support we have received for various initiatives. We are also eager to learn about the best practices of other local aging service organizations across the state and nation and implement evidence-based models. Our most important measures rest on what has proven effective over time. This begins by valuing what we have with our volunteers and community partners. It means respecting the contributions of the many Board and staff members who preceded us over these past 46 years.

I hope and pray when you read this winter newsletter, we will be on the road to a more united country, prepared to take on whatever future challenges await us, and rolling up our sleeve to get a COVID vaccine. I know you will remain beside us as we continue to help Chatham County seniors and their families.

I have been a bit disheartened about progress in implementing the 2018–2023 Chatham County Aging Plan, primarily as a result of COVID-19. As I began writing this piece, I reminded myself that a plan is a plan. I came across an article from 2017, by Laura Annabelle, that fits our current predicament. She wrote “If the plan doesn’t work, change the plan, not the goal.” We will keep the Aging Plan on track though our goals and strategies may evolve.

My Wish For 2021:

- My wish for 2021 is COVID-19 is gone.
- There are enough vaccines for everyone.
- People will love one another.
- No hatred, that people will not hate someone based on the color of their skin, gender, sexual preference or religion.

-Vickie Cheek, COA Staff
Council to Remain Closed to Inside Programming—While Other Services Continue and Expand

The Council’s two centers will remain closed to inside programming at least through March 2021, when our Board of Directors and management will reassess the situation.

“While we end 2020 with encouraging news about the prospect of a vaccination, we are also disheartened by the growing number of COVID-19 cases,” noted Dennis Streets, director of the Council. “We are determined to do our part to help keep participants, volunteers and our staff safe—and at the same time, do all we can to assist Chatham County seniors and their families.”

Here are just a few of the ways the Council has expanded its services:

- Working with the Chatham Transit Network, the Council is temporarily offering additional transportation services and reducing the cost for riders. In addition to maintaining its transportation to medical appointments, the Council is arranging for trips to grocery stores, pharmacies, banks, hairdressers/barbers, government locations, food banks, and hospitals for allowable visitations.
  - In all of these situations, Chatham Transit and the Council expect riders to respect and practice all recommended public health practices (including the 3Ws).
  - For information about this, contact Sigi Markworth at 919-542-4512 (extension 222).
- We are now providing more frozen meals in response to the request of participants who want an alternative to the shelf-stable meals we are offering as well.
- We have implemented various new strategies to assist seniors who are still largely sheltering in place and have limited connection with the larger community. These include, for example, providing a subscription to the Chatham News + Record for over 200 seniors, securing a computer device and internet connectivity for several seniors, and conducting drive-by visits and parking-lot events.

In the meantime, we are continuing our other services—providing incontinent and other supplies, arranging for in-home aide personal care, offering respite and a virtual support group for family caregivers, loaning assistive equipment, making friendly check-in calls, presenting a wide array of virtual and online programming, helping seniors with Medicare counseling and tax assistance, responding to requests for emergency assistance, supporting efforts to address homes in need of modification and repair, and much more.

During the time that our centers are closed to in-facility programming, we are also planning and undertaking some improvements in our physical plant and information technology that should help us better serve Chatham seniors and their families now and in the future.

As we all struggle through the prolonged agony of COVID-19 and its effects on our day-to-day experiences, know that we remain determined to do our best to respond to the needs and interests of the increasing number of seniors here in Chatham County. In this effort, we appreciate the support of our volunteers, donors, and community partners.
We’ve Got 2 Shots to Get Back to Normal

Before we publish this newsletter online and in print, we could start to see the end of this COVID-19 nightmare.

In December, the first COVID vaccinations began among high priority groups. Of course, this necessarily started with frontline healthcare workers who have been tirelessly and selflessly working to protect and save lives from this horrible pandemic.

Soon after these workers, the next groups to receive the vaccination include those at higher risk if infected by COVID-19. Those of us who are aged 65 and older and have preexisting conditions should be prepared to respond when offered the opportunity to take the vaccine.

We should heed the advice of Dr. Walter Orenstein, the former U.S. Assistant Surgeon General and Director of the U.S. Immunization Program from 1993–2004: “Vaccines don’t save lives .... Vaccinations save lives.”

As Dr. Orenstein explains, “A vaccine dose that remains in the vial is 0% effective regardless of the clinical trials.” Please note the timeframe of Dr. Orenstein’s public service. He is a scientist who served admirably within both Republican and Democratic administrations. As he emphasizes, vaccinations can save lives.

That is why our Council on Aging is joining the Chatham County Public Health Department, Cooperative Extension of Chatham County, and many others in encouraging all Chatham County residents to do the following:

- Get the vaccine at the point it is recommended by your health provider and/or the Chatham County Public Health Department; and
- Encourage others to do so as well.

The title for this article is “We’ve Got 2 Shots to Get Back to Normal.” This is because the COVID vaccine will require 2 vaccinations. All reports to date are very optimistic about the effect of the vaccinations that will be available soon. Their success, though, depends on all of us taking personal responsibility to help protect ourselves and others to defeat COVID-19 and work our way back to normal. Even if our future is not the "normal" of 2019, the COVID vaccine and the 3Ws offer the best way for us to move forward in a positive direction.

For up to date info on the COVID-19 vaccine, visit chathamnc.org/coronavirusvaccine
I am new to the Chatham County Council on Aging (COA) Board of Directors. I was both honored and humbled to accept this position when asked by Director, Dennis Streets.

This is a brand new chapter in my life. I feel serving on the Board will be a way to give back to the senior citizens of Chatham County. Due to COVID19, I have been unable to physically volunteer for anything because our meetings are ZOOM meetings. However, I am looking forward to and anxious to begin work in this capacity. I also look forward to meeting other board members face to face. I think this will enrich my life and that I may be able to enrich the lives of my fellow senior citizens.

COA Highlights & Happenings

**VITA**

VITA is coming this February! VITA will be completely virtual in 2021. No in-person appointments.

Tax documents will be dropped off on a drive-thru basis Tuesdays from 1-6 PM and Thursdays 8:30 AM – 2 PM starting February 9th and running through April 6th at our Pittsboro Center. Two Saturday drop-offs will also be available on February 27th and March 27th from 11 AM-3 PM at the Pittsboro Center.

**CAN En Español**

Our popular and informative Chatham Aging Navigator fact sheets are now available en español.

Topics include preventing social isolation, coping with an Alzheimer's diagnosis, finding aging resources in Chatham and more. Visit chathamcouncilonaging.org/chatham-aging-navigator/

**Fun with 3 W's**

MaryLou Mackintosh showed us a fun way to remember the 3 W's, decking out her holiday tree with an assortment of handsewn cloth face coverings.

If you must go out or spend time with those not in your household, remember to Wait 6 feet apart, Wear a cloth face covering, and thoroughly Wash your hands.

**Join the Trivia Hunt**

Each week the COA will offer a trivia question in the Chatham News + Record. Find the correct answer in the paper and enter to win a $25 VISA gift card. See this week's paper for details.
Winter Weather Preparation for Seniors
By Glenn Daniels, Intern, Chatham County Emergency Management

Winter weather can be particularly challenging when we have not properly prepared for it, even for those who are accustomed to colder climates. One of the most important things to know is that as we get older our bodies respond to cold weather differently and we become more subject to hypothermia and weather-related injuries.

Knowing that the cold affects seniors differently leads us to our first tip: STAY WARM! While staying warm is obvious, we tend to take it for granted until we actually need to stay warm. Here are a few tips on preparing yourself to stay warm during winter weather:

- Stay indoors as much as possible.
- If you get wet, change into dry clothing as soon as possible.
- While outdoors make sure your hands, feet and face are appropriately protected.
- Make sure you layer your clothes while outside. This could be one or two shirts, a sweater and then a winter coat.
- Make sure your heating system is properly maintained. If you have a heat pump have a qualified HVAC company inspect it. Furnaces should be checked by a professional. Fireplaces and wood burning stoves should be checked by a chimney sweep. If possible, have a second safe source of heat. Only use propane or kerosene heaters that are specifically recommended for indoor use.
- Make sure you have plenty of blankets for an emergency.

Winter weather may interrupt your electricity. Again, preparedness is the key. If you have a generator, make sure you have fuel, know how to operate it, and know it has been maintained. Even if you don’t have a generator, there are several other things you can do before a power outage:

- Keep your cell phone charged.
- Buy a power bank. These vary in size and can keep your cell phone, tablet and in some cases your laptop charged during a power outage.
- Don’t be afraid to ask a family member, friend, or trusted neighbor for help if you need it (you have a charged cell phone!)
- Have a supply of medications and shelf-stable food to last at least 3 – 5 days. Many supermarkets and pharmacies will deliver food to your door but may not be able to during severe weather. Stock up on non-perishable foods such as pasta and canned goods and use a deep freezer for perishable goods.
If you have to venture outdoors, be prepared and careful by:

- Having a supply of rock salt or ice melt
- Knowing your limits! When shoveling snow or treating sidewalks and driveways for ice, pace yourself and take plenty of breaks inside the warmth of your home
- Wearing shoes with non-skid soles.

The last tips have to do with your vehicle. It is always preferable to stay home doing winter weather, but if you must venture out, make sure your vehicle is prepared for winter weather:

- Tires and windshield wipers in good condition
- Carry extra antifreeze, windshield wiper fluid, a window scraper and funnels and a full tank of fuel
- Booster cables, a booster pack, a shovel, rock salt and a flashlight are recommended
- Stock your vehicle with blankets, clothes and a first aid kit
- Finally, drinkable water and non-perishable food and a phone charger.

And during this time of COVID-19, remember to consistently practice the “3Ws”—Wear a mask...Wait a safe distance from others outside your household (at least 6 feet)...and Wash your hands frequently and thoroughly.

In short, stay warm, stay in touch with friends and family, and maintain your ability to call for help. Be prepared so you can enjoy a winter wonderland from the safety of your home! 🍂

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**My Wish For 2021:**

*May 2021 deliver those in darkness and despair into brighter and more promising days and may it nourish all of us to open our hearts and fill them with love and compassion both for ourselves and others.*

*My most earnest wish is to see all people living by the Golden Rule.*

–Jessica Bryan, R.E.S.T. Program Volunteer
New Year, New Healthy Goals
By: Laura Hearn, Registered Dietitian, Chatham County Public Health Department

Many people make New Year’s resolutions to eat healthier and exercise more, which is fantastic. Those are excellent and worthy goals. But we can make those goals more achievable if we make them SMART, and therefore have a great start to 2021.

SMART is an acronym meaning Specific, Measurable, Attainable, Relevant, and Timely. Sometimes goals can be too vague for us to stick with them. For example, rather than saying “I will eat healthier,” try a SMART goal by saying, “I will eat 5 servings of fruits and vegetables every day this week.”

The support of friends and family is important to achieve health goals. But if you feel like additional support would be beneficial, consider reaching out to other peer support groups or someone who may have similar goals as you. A positive support system like that can include having a walking partner (remember to practice the 3 W’s when walking with someone outside of your household), finding someone to share your feelings with if you are discouraged, or swapping healthy recipes with a friend. You can also participate in the Council on Aging’s online fitness activities from home.

Generally, we may require fewer calories as we age; however, we want to ensure that we continue to consume sufficient nutrients while avoiding fad diets. Calcium, vitamin D, protein, and fiber are all important parts of nutrient-dense foods and should be included in well-balanced meals. Additionally, avoid foods high in added sugars, salt and unhealthy fats.

Consider setting physical activity-related goals as well. Fitness trackers or activity logs can help reach your SMART goals. The CDC recommends activities that involve aerobic, resistance, and balance training, and reminds us that even some physical activity is better than none at all. Aerobic activities include brisk walking, dancing and bike riding, while resistance activities strengthen muscles and include using resistance bands or tubes and lifting dumbbells.

Talk with your healthcare provider and wellness professionals about your nutrition and physical activity goals and what may be appropriate for you. They can also help with any adjustments or modifications you should make to your exercise routine for any health conditions or issues with balance.
Physical Activity and Alzheimer’s Disease2 (PAAD2)  
By: The PAAD2 Team – Department of Kinesiology, University of North Carolina-Greensboro (UNCG)

Make 2021 YOUR year to make a difference! Join UNCG researchers in learning if exercise might protect against Alzheimer’s Disease.

UNCG researchers want to determine if exercise might prevent Alzheimer’s disease. If you are 40–65 years, have a family history of Alzheimer’s disease or dementia, and are not regularly physically active, you may qualify! If eligible, you can receive up to $150 for 3–5 testing sessions and will either receive a FREE 12-month virtual exercise program OR be asked to maintain your normal lifestyle for 1 year and then receive a FREE short-term membership at your local YMCA (or equivalent).

Contact the PAAD2 team at PAAD2@uncg.edu or 336-334-4765.
My Wish For 2021:

My wish for 2021 is that my wife's mind and body gets stronger so we can have a happy and more normal life together in our final years.

We also are trying to be together on January 19th to celebrate our 75th anniversary.

- Dave Walker

We’re all in this TOGETHER

Be kind and help neighbors if you can

Practice patience

Check in with friends and family

The SCOOP on Managing Stress

S Stay connected to family and friends. Social connections build resiliency.

C Compassion for yourself and others. Self-compassion decreases trauma symptoms and stress.

O Observe your use of substances. Early intervention can prevent problems.

O Ok to ask for help. Struggling is normal. Asking for help is empowering.

P Physical activity to improve your mood. Exercise boosts mood and lowers anxiety.

HOPE NC HELPLINE 1-855-587-3463
Great News! Due to COVID-19 and the need to shop safely, the Council on Aging, in conjunction with Chatham Transit, will offer designated shopping days for our seniors. This service will start when we have enough riders scheduled to participate—so call to be one of these riders.

The buses will be set up to hold your shopping bags securely and the driver may help with loading/unloading (Note: The driver can bring groceries to the front door but cannot enter your home). Chatham Transit will follow strict CDC Covid-19 guidelines to ensure your safety, and the rides will therefore be based on availability.

- Pittsboro Area—Tuesdays 7am–3pm
- Siler City Area—Thursdays 7am–3pm

For more information or to schedule a ride, please call our Eastern Center 919–542–4512 (extension 222) 9:00–11:00 am Monday—Friday and ask for Medical Transportation or Sigi Markworth. Again, this service will operate when we have enough riders scheduled to participate. Call to reserve your space.

My Wish For 2021:

My wish is to be able to take Mom to the beach for a few days and be able to enjoy spending time with loved ones enjoying each other's company and hug one another again.

- Lisa and Gerry Pollard
Save the Date for a Very Special Concert with Mike Farris!

Join us on Valentine's Day, Sunday, February 14th, for a very special virtual house concert with Grammy award-winning artist, Mike Farris, sponsored by Transitions LifeCare. Tickets available starting January 25th.

For more details and a reminder when tickets go on sale, email Krista Westervelt at krista.westervelt@chathamcoa.org or call 919-542-4512 (extension 223).

My Wish For 2021:

My wish for everyone is patience, understanding and kindness.

- Lori Kleberg
January 2021 Virtual & Phone Program Highlights

Exercise/Fitness
- Mondays – January 4th, 11th, and 25th
  - Tai Chi for Arthritis – 8:45 AM
  - Chair Yoga with Liz – 10:00 AM
- Thursdays – January 7th, 14th, 21st, and 28th
  - Tai Chi for Arthritis – 8:45 AM
  - Chair Yoga with Liz – 10:00 AM

Fun & Games
- Bingo with Joe – Mondays at 11:15 AM
- Short Stories with Chris (on the conference line: 727-731-8717) – Wednesdays at 12:30 PM
- Bluegrass with the Original Haw River Crawdaddies – January 13th at 11:15 AM
- Trivia with Faye – January 27th at 11:15 AM

Lifelong Learning & Wellness
- Tuesdays at 11:15 AM
  - After the Holidays, Eating for a Healthy Weight – January 5th
  - Chatham Striders: Goal Setting for 2021 – January 12th
  - Spill The Beans – January 19th
  - Laughter Yoga with Lisa from Dementia Alliance of NC – January 26th
- Wednesdays at 10:00 AM
  - Bible Study with Neriah – January 13th and 27th
- Wednesdays at 11:15 AM
  - Wood Turning w/Alan – January 6th
  - Diabetic Discussion Group – January 13th
  - Legal Aid of NC Outreach for Seniors with Melany Earnhardt – January 20th
  - Science with Alan – January 27th
- Thursdays at 11:15 AM
  - Checking Your Ageism at the Door by Cheryl from Therapeutic Alternatives – January 7th
  - Bluegrass Music with the Original Haw River Crawdaddies – January 14th
- Fridays at 10:15
  - Weekly Call with Director, Dennis W. Streets, and Guests (on the conference line: 727-731-8717)

For registration info and complete listing of our online and phone programs, visit our website at ChathamCOA.org
Black-Eyed Peas and Collards Recipe

Adapted from Good & Cheap by Leanne Brown

Black-eyed peas and collards are a great way to bring in the New Year.

Ingredients

- 1 cup dried black-eyed peas
- 1 tbsp butter
- 1 large onion, finely chopped
- 3 cloves garlic, finely chopped
- 3 strips bacon, cut into small pieces
- 1 bay leaf
- 1 large bunch collards
- salt and pepper

Directions:

1. Soak the black-eyed peas overnight in 4 cups of water.
2. Melt the butter in a large saucepan on medium heat.
3. Add onion, garlic, bacon, and bay leaf. Cover pan with a lid and leave it for 2 minutes.
4. Stir occasionally and cook until the onions are translucent and the bacon is starting to be crispy.
5. Drain the peas and pour them into the saucepan. Cover them with water and turn the heat down to medium–low. Cook for 30 minutes to 2 hours. (The cooking time will depend on how old the peas are, which is difficult to predict.) The peas are done when you can easily squish them on the countertop with the back of a spoon. Check on them every half hour or so, and if water boils off, add more to cover them.
6. While the peas cook, line up several collards leaves on your cutting board and slice the tough central stem away from the leaves. Discard the stems.
7. Thoroughly wash the collards, then chop them into bite-sized pieces. Alternatively, use your hands to tear the collards into small pieces.
8. Once the peas are cooked, add the collards to the pot and put the lid back on.
9. Add 1 teaspoon of salt and some freshly ground pepper, then stir. Taste the liquid and peas and add more salt as needed.
10. Cover the pan with a lid and leave for about 10 to 15 minutes. Once the collards are tender, turn off the heat.
11. Serve this over rice or any other grain, or with some toast or flatbread.
Wintery Word Search!

BLANKET  FROSTY
BLUSTERY  JANUARY
CHILLY  MARCH
COAT  MITTENS
COZY  WINTER
FEBRUARY

Puzzle created with Puzzle Maker
@ DiscoveryEducation.com
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 Aide 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-SHIIIP
- 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

Council on Aging
PO BOX 715
Pittsboro, NC 27312

Expanded Online Issue!

Chatham County
Council on Aging
365 Highway 87 North
Pittsboro, NC 27312
PHONE:
(919) 542-4512

112 Village Lake Road
Siler City, NC 27344
PHONE:
(919) 742-3975

FAX:
(919) 542-5191

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