



VILLAGE VIEW

July 2018, Newsletter

LETTER FROM THE PRESIDENT

We are honored to announce AARP's selection of our proposed presentation for the 2018 National AARP Conference on November 12 – 14, 2018 in Charlotte, NC: "Less Is More: The Village Network Comes to North Carolina". At a time when economic, demographic and social factors point to a crescendo of challenges of older adults, traditional care models cannot fully meet the needs of older adults. This session moderated by Village To Village President Mandy Summerson, and coordinated by villages in North Carolina shares information in three tracks to evoke questions in those areas:

1. Key characteristics of a village
2. Success stories
3. The opportunity for each village to be unique.

We hope you can join us at this conference!

Jim Kimbler
President, Charlotte Village Network

VILLAGE TOPICS

Changes As A Result of Aging Are Normal

Our personality changes in aging; that is normal. Many older adults experience, but may not readily admit to, changes brought about by a lack of confidence. This may be caused by physical changes in hearing or vision, or simply less exposure to decision-making that we can do comfortably. Another response

may be assertiveness or perhaps withdrawal depending on our comfort level with an issue we are facing.

The best way to address this situation is to stay involved in an area of interest, such as volunteering whether at a nonprofit, your church, or even a part-time job.

It is also important to address your physical changes with regular eye and hearing exams and to ensure that you can be involved in discussions. Also be aware of your surroundings for your personal safety.

Movie Matinees

We hope you are excited about going to the movies on Tuesday afternoon's when ticket prices drop to \$5 at Regal Stonecrest. It will soon be OSCAR season again, so we will be going to see new releases that are expected to compete for OSCAR nominations. A few of the movie titles are:

First Man
If Beale Street Could Talk
Back Seat
Beautiful Boy
Mary, Queen of Scots
Boy Erased
On The Basis of Sex
Can You Ever Forgive Me?

Let us know you will join us by calling 980-272-1426 or email info@charlottevillagenetwork.org

UPCOMING EVENTS

July 26 - Charlotte Village Network Public Forum 7:30 – 8:30 PM at Southminster

Aug 3 – Coffee & Conversation 10:00 AM, Brueggers Bagels in Cotswold

Aug 14 - Charlotte Village Network Walking Group (Call 980-272-1426 or email info@charlottevillagenetwork.org for details)

Aug 23 - Charlotte Village Network Public Forum 7:30 – 8:30 PM at Southminster



Council on Aging
CHARLOTTE-MECKLENBURG
Presents



Based on the popular TV show, "What Would You Do?" Join us to examine real-life scenarios facing older adults facing issues of aging, transportation, isolation and more....

Tuesday August 21st 9:30am-12:00pm
Covenant United Methodist Church
2864 Tuckaseegee Rd, Charlotte, NC 28214

Share your experiences, and have fun with this interactive program. With a group of your peers and aging experts, learn about your options when dealing with challenging dilemmas, and how to access various resources that may provide solutions.

A light breakfast will be served for those attending thanks to our generous event sponsors!



Call 910-594-4702 or email rsvp@meckcoa.org to RSVP by Aug. 15TH

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