

February 2019, Newsletter

## LETTER FROM THE PRESIDENT

Hello Friends,

February in the United States is all things hearts! We recognize the ♥ representing the romantic love that we celebrate on Valentine's Day. Stores this month were filled with cards, chocolates, and flowers. The American Heart Association recognizes February as National Heart Month, and news outlets around the country are reminding us of the importance of taking care of our hearts with healthy eating and exercising. Charlotte Village Network knows that both of the hearts are important to our overall well-being.



The relationships we are building through our social events and home visits can make our hearts feel lighter by making us feel less alone. Sharing a laugh over a movie or board game is good for both your emotional and physical heart. Get outside and join us on a walk for the exercise and the camaraderie.

What ideas do you have for CVN activities or programs that make your heart sing? Please share with us so we can continue to expand our network of members and volunteers.

Respectfully,

**Mary Ellen Fleming**, President, Charlotte Village Network

## PAST EVENTS

### Mobility and More - Educational Program – Monday, February 11 at 12pm

On Monday, February 11, members and guests of Charlotte Village Network attended a "Lunch and Learn" event at Waltonwood Senior Living Cotswold. Jay Buinicky, of Mobility and More, spoke to the audience about issues of mobility, as well as the durable medical



equipment to aid with mobility. He also spoke on the recent changes to Medicare and Medicaid, and how these changes relate to the sale of, and payment for durable medical equipment. A delicious lunch and seating in their movie theatre was graciously provided by Waltonwood Cotswold.

For more information: [www.mobility-more.com](http://www.mobility-more.com)  
and [www.waltonwood.com/senior-living/nc/charlotte/waltonwood-cotswold/](http://www.waltonwood.com/senior-living/nc/charlotte/waltonwood-cotswold/)

## VENDOR SPOTLIGHT

This month, in our vendor spotlight, we would like to recognize the Small Stuff Mission. This is a non-profit organization located in Charlotte dedicated to providing low cost repairs for the homes of seniors. One of our members used them to fix a door on his house. We met them at the member's place. They were very prompt, friendly, and listened to our member's concerns. They made the repair in a relatively short time, at a minimal cost to our member. They are very inexpensive, charging a low hourly rate and only the cost of any parts they must purchase to make the repair. They can be reached by calling: Jim Walters at 704-607-7157 or by going to the following link and entering your name, email, and what you are needing repairs for: <https://www.smallstuffmission.org/contact-us.html>. Their website is: [www.smallstuffmission.org](http://www.smallstuffmission.org).



## REMINDERS FOR MEMBERS

### Program Committee Volunteer Needed

Our village is in search of Program Committee Volunteers to help set up educational and social events for members. If you or anyone you know is interested and would be a good fit for our Program Committee please contact us at (980)-272-1426 or [info@charlottevillagenetwork.org](mailto:info@charlottevillagenetwork.org).

### Request for Service Providers

Our opportunities are not just for members and volunteers. We need service providers to include in our Resource Referral Network. If you know of a professional working for themselves and would like to recommend they be included, please email their business name, contact information and professional field (electrician, carpenter, house cleaning service, etc.) to [info@charlottevillagenetwork.org](mailto:info@charlottevillagenetwork.org) so we can build our Resource Referral Directory.

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### TEAM LEADERS

**Executive Director:** John Reiter  
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**Programs:** \_\_\_\_\_  
**Finance & Operations:** Kim Gossage  
**Fundraising:** Shaun Ferguson  
**Webmaster:** Jay Buinicky  
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## UPCOMING EVENTS

### Organizing Your Home – Lunch and Learn – Monday, March 11 at 1130am

Candi Ruppert, of Sage Organizing, will speak on the topic of organizing your home at Waltonwood Cotswold (5215 Randolph Road, Charlotte, NC) on Monday, March 11 from 11:30am to 1:30pm. Lunch will be provided, as well as a drawing for a door prize! Please reserve your spot early, as space is limited! [www.sageorganizingco.com](http://www.sageorganizingco.com). Please RSVP to John by 3/6/19 at (980)-272-1426 or [info@charlottevillagenetwork.org](mailto:info@charlottevillagenetwork.org)



### Movie Matinee – Tuesdays



Join us for a matinee at Cinemark Movies 10 in Matthews. Matinee tickets are \$1.75 each. We will meet **every other Tuesday at Noon** at the theatre so everyone will have time to get their tickets and snacks (most movies start at 12:30-12:45). We can all see the same movie or everyone can see a movie that appeals to them. No RSVP, but let us know if you need a ride. The theater is located at 9508 Northeast Court, Matthews, NC 28105, (704) 847-5245.

<https://www.cinemark.com/north-carolina/cinemark-movies-10>

#### **Schedule of Tuesdays**

March 5th and 19th, April 2nd, 16th, and 30th, May 14  
(more dates to follow)

Questions? Email us at: [info@charlottevillagenetwork.org](mailto:info@charlottevillagenetwork.org) or call John Reiter at (980) 272-1426

### Games and Snacks in Cotswold, Saturday, March 16 - 2 – 5 pm

Our next board game event will be on Saturday, March 16 from 2-5 pm at the Gaynor Arms Community Room, 4527 Gaynor Rd. in Cotswold 28211. Please join us and bring your favorite game to enjoy with others. Snacks will be provided, but feel free to bring your favorite to share. Truly a fun event with plenty of laughs. Please RSVP as soon as possible, and no later than Friday, February 15th, as space is limited! RSVP to: [info@charlottevillagenetwork.org](mailto:info@charlottevillagenetwork.org), or to John Reiter at 330-608-3735. We hope to see you there! As always, please let us know if you have any ideas for events or activities you would enjoy participating in!



### Warning Signs of a Heart Attack

#### Catch the signs early

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.



#### Symptoms vary between men and women

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

#### Don't hesitate to call 911

Learn the signs for heart attack, and remember: Even if you're not sure it's a heart attack, have it checked out.

Minutes matter. Fast action can save lives - maybe your own.

**Call 911** if you experience heart attack warning signs. Calling 911 is almost always the fastest way to get lifesaving treatment.

An emergency medical services (EMS) team can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

For many reasons, it's best to call 911 so that an experienced EMS team can begin treatment and arrange rapid transport to the emergency room.



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