



VILLAGE VIEW

March 2019, Newsletter

LETTER FROM THE PRESIDENT

Hello Friends,

I came across this verse from the American poet, Ogden Nash. "Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes last us all the year." As I sit here wrapped in a sweater sorting piles of bills and receipts, I know exactly what he means!

Have you started on your taxes yet? If you are struggling with this chore, there is help available for older adults who may need assistance. AARP's Tax Counseling for the Elderly has partnered with community link and the IRS Volunteer Income Tax Initiative to provide free tax assistance at various locations around the city.



Check out this link for more information:

<https://communitylinknc.org/help/free-tax-preparation/>

If searching online is not your thing, give us a call for some Tech Support. We will be glad to help.

We are fortunate to live in city with so many resources available to enhance our lives. Charlotte Village Network is proud to be one of those resources. Please share our mission with someone new this month, so that we may continue to bloom and grow!

Warmly,

Mary Ellen Fleming, President, Charlotte Village Network

PAST EVENTS

Organizing and Decluttering - Educational Program – Monday, March 11:30 am

On Monday, March 11, members and guests of Charlotte Village Network attended a "Lunch and Learn" event at Waltonwood Senior Living Cotswold. Candi Rupert of Sage Organizing gave a talk on decluttering tips, how to get started and how to keep the process moving along in a timely manner.

For more information visit:
www.sageorganizingco.com



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.

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 so we can build our Resource Referral Directory.



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UPCOMING EVENTS

Lunch and Learn – Monday, April 8 at 1130am

Cindy Hostletler, RN of Care Weavers will speak on being your own best healthcare advocate at Waltonwood Cotswold (5215 Randolph Road, Charlotte, NC) on Monday, April 8 at 1130am. Today's healthcare system is more complex and compartmentalized as ever. It is important as a healthcare consumer to know yourself, know what you want and know how to get it. Come to this session to learn how to be your own best advocate. Please RSVP to John by 4/5/19 at (980)-272-1426 or 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

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

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

Games and Snacks in Cotswold, Saturday, April 13 - 2 – 5 pm

Our next board game event will be on Saturday, April 20 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, April 12, as space is limited! RSVP to: info@charlottevillagenetwork.org, or to John Reiter at 330-608-3735.



MARCH IS NATIONAL NUTRITION MONTH

Find your healthy eating style and maintain it for a lifetime.

MyPlate is a reminder for consumers to find their healthy eating style and build it throughout their lifetime. Help guide consumers with these tips:

- Everything you eat and drink matters. The right mix can help you be healthier now and into the future.
- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.



A healthy eating style includes vegetables from all five vegetable subgroups - dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. A healthy eating pattern includes fruits, especially whole fruits. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

A healthy eating pattern includes grains, with at least half coming from whole grains.

The 2015-2020 Dietary Guidelines for Americans recommends consuming a healthy eating pattern that includes fat-free and low-fat (1%) dairy.

The 2015-2020 Dietary Guidelines for Americans recommends consuming a healthy eating pattern that includes protein foods in nutrient-dense forms. Foods including meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

Practical changes to the beverages and foods commonly eaten can help lower consumption of added sugars, saturated fat, and sodium in alignment with the *Dietary Guidelines for Americans*. Encourage others to make practical changes to their eating style in a variety of settings.

Source: <https://www.choosemyplate.gov> United States Dept. of Agriculture

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