



VILLAGE VIEW

April 2019, Newsletter

LETTER FROM THE PRESIDENT

Hello Friends,

Spring is here and there is much to celebrate - the beautiful blooms all around us, Easter and Passover holidays with family and friends, and the one year anniversary of the Charlotte Village Network. I want to say thank you to our Executive Director, John Reiter, and all of our members and volunteers who have made this year possible. Do you know someone who may want to become a member or perhaps help us as a volunteer? Let us know, and we will invite them to one of our events or arrange a time to meet.



Did you know that April is Parkinson's Awareness month? There are over 10 million people worldwide living with Parkinson's disease. Chances are, it has or will affected someone in your circle of loved ones. There is no cure for Parkinson's as of yet, but research is ongoing. If you or someone you know is living with Parkinson's there are support groups and exercise programs around the area that can help. The Parkinson's Association of the Carolinas is a great place to start if you need help getting connected. You can reach them at (704) 248-3722.

Spring also brings warmer weather and opportunities to be outside. This is a great time to get in a walk around the neighborhood or on one of Charlotte's many greenways or parks. Food truck nights and free music events are popping up all around town too. If you have an interest in meeting up at one of these events, please let us know. We are always looking for new activities to enjoy together.

Warmly,

Mary Ellen Fleming, President, Charlotte Village Network

PAST EVENTS

Be Your Best Healthcare Advocate - Educational Program – Monday, April 8 11:30 am

On Monday, April 8, members and guests of Charlotte Village Network attended a "Lunch and Learn" event at Waltonwood Senior Living Cotswold. Cindy Hostetler, co-owner of Care Weavers, gave a talk on being your best healthcare advocate.



For more information visit: www.careweavers.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.



CHARLOTTE VILLAGE NETWORK LEADERSHIP

BOARD OF DIRECTORS

Mary Ellen Fleming President
Jim Kimbler, Immediate Past President
Kim Gossage, Treasurer
Heather Porter, Secretary
Joe Giordano, Board Member
Cindy Hostetler, Board Member
Brittany Kearney, Board Member
Pat Nash, Board Member
John S. Reiter, Board Member
Deryl Smoak, Board member

ADVISORY COUNCIL

Jay Buinicky, Carolina Senior Transitions
Jaynie Segal, Waltonwood Cotswold
Ken Fleming, FirstLight Home Care
James Young, CPA
Tracy McGinnis, Southminster

TEAM LEADERS

Executive Director: John Reiter
Volunteers: Jeanne Bellew
Programs: _____
Finance & Operations: Kim Gossage
Fundraising: Shaun Ferguson
Webmaster: Jay Buinicky
Evaluation: Pat Nash

UPCOMING EVENTS

Happy Hour at Boardwalk Billy's – Thursday May, 2 from 430pm to 630pm

Please join us for Happy Hour to relax and make new friends! We will provide some appetizers to get everyone started. Board members will be available to answer questions about the Charlotte Village Network. RSVP no later than Tuesday, April 30 to John at (980)272-1426.

Boardwalk Billy's Raw Bar and Ribs

1636 Sardis Road North, Charlotte, NC 28270
(704) 814-7427



Lunch and Learn – Friday*, May 17 at 1130am

Kim Gossage of Garrity and Gossage, LLP will speak on the topic of "What legal forms do I really need?" at Waltonwood Senior Living Cotswold on Friday, May 17 at 1130am. Lunch will be provided as well as a drawing for a door prize! Reserve your spot early as space is limited! Please RSVP to John by Thursday, May 9 at (980) 272-1426 or info@charlottevillagenetwork.org



For more information on our speaker please visit www.garritygossage.com

**Please note our lunch and learns have changed to Fridays.*

Movie Matinee – Tuesdays



On Tuesday, April 2, members of Charlotte Village Network saw the movie "Stan and Ollie", based on the late career of the comedy team of Laurel and Hardy. Unbeknownst to this author, they actually retired for about 12 years. They then made a comeback in the early 1950's, doing shows throughout England and Ireland. At the time, Oliver Hardy's health was in decline, and he actually suffered a mild heart attack during the tour! He decided to immediately retire, then having second thoughts, decided to finish the tour with his partner Stan Laurel. At the conclusion of the tour, they returned to the US, but never toured again. After Hardy's passing, Laurel kept writing new material for them for the next 7 years. The movie had both humorous and sad moments throughout, telling the little known story of the end of their career as a comedy team. Please join us every other Tuesday, at the Cinemark Movies 10, 9508 Northeast Ct., Matthews, NC 28105. Movies are \$1.75 +tax and we meet at 12:30 pm. 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.

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

Schedule of Tuesdays

April 30th, May 14th & 28th (more dates to follow)

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

APRIL IS PARKINSON AWARENESS MONTH

Parkinson's disease and its causes

Parkinson's disease is a movement disorder. It affects the nervous system, and symptoms become worse over time. Other movement disorders include cerebral palsy, ataxia, and Tourette syndrome. They happen when a change in the nervous system affects a person's ability to move or stay still. The National Institutes of Health (NIH) note that, in the United States, around 50,000 people receive a diagnosis of Parkinson's disease (PD) each year, and around half a million people are living with the condition.



Read on to find out more about this condition, the early signs, and what causes it.

What is Parkinson's disease?

The symptoms of PD develop gradually. They often start with a slight tremor in one hand and a feeling of stiffness in the body.

Over time, other symptoms develop, and some people will have dementia.

Most of the symptoms result from a fall in dopamine levels in the brain.

One study, based in France, found in 2015 that men are 50 percent more likely to develop PD than women overall, but the risk for women appears to increase with age.

In most people, symptoms appear at the age of 60 years or over. However in 5–10 percent of cases they appear earlier. When PD develops before the age of 50 years, this is called "early onset" PD.

Here are some early signs of PD:

- Movement: There may be a tremor in the hands.
- Coordination: A reduced sense of coordination and balance can cause people to drop items they are holding. They may be more likely to fall.
- Gait: The person's posture may change, so that they lean forward slightly, as if they were hurrying. They may also develop a shuffling gait.
- Facial expression: This can become fixed, due to changes in the nerves that control facial muscles.
- Voice: There may be a tremor in the voice, or the person may speak more softly than before.
- Handwriting: This may become more cramped and smaller.
- Sense of smell: A loss of sense of smell can be an early sign.
- Sleep problems: These are a feature of Parkinson's, and they may be an early sign. Restless legs may contribute to this.

Other common symptoms include: mood changes, including depression, difficulty chewing and swallowing; problems with urination; constipation; skin problems; and sleep problems.

Medical News Today:

<https://www.medicalnewstoday.com/articles/323396.php>

THANK YOU TO OUR PARTNERS!

Founding Sponsor



S O U T H M I N S T E R



embrace
CARE

Southminster's Licensed Home Care Provider



Morgan Stanley



CONTACT US: P.O. Box 32544, Charlotte, NC 28232 • 980.272.1426
www.Charlottevillagenetwork.org • Info@CharlotteVillageNetwork.org