

June 2019, Newsletter

## PAST EVENTS

### Lazy 5 Ranch Trip – June 6



On June 6, 2019, members of Charlotte Village Network enjoyed a morning at the Lazy 5 Ranch in Mooresville. Members took a wagon ride through the park and saw a wide variety of animals, from Giraffes, Potbellied Pigs, Emus and Ostriches, a variety of Goats, Water Buffalo, Bison, and Camels. Plenty of feed buckets were on board for members to feed the animals, who were not shy about approaching our wagon to get a bite to eat. Afterward, we attended the snack bar for pizza, drinks, and ice cream. It was a very fun event and everyone seemed to have a wonderful time!

### Lunch and Learn – Friday, June 14

Joe Giordono of Edward Jones spoke on Outsmarting the Scammers on Friday, June 14 at 1130am. Lunch was provided by Embrace Care, Southminster's Licensed Home Care Provider.

Participants learned about collection scams, the Grandparent scam and sweetheart scams and how to protect themselves from these scams on the phone and online.

The logo for Edward Jones is displayed on a yellow rectangular background. It features the name "Edward Jones" in a bold, black serif font, with the tagline "MAKING SENSE OF INVESTING" in a smaller, black sans-serif font below it.

## REMINDERS FOR MEMBERS

### 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.

## CHARLOTTE VILLAGE NETWORK LEADERSHIP

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### TEAM LEADERS

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**Finance & Operations:** Kim Gossage  
**Fundraising:** Shaun Ferguson  
**Webmaster:** Jay Buinicky  
**Evaluation:** Pat Nash

## UPCOMING EVENTS

### Lunch and Learns Take a Break for the Summer

We will not have our monthly lunch and learns in July and August. The lunch and learns will resume in September and we have several great events coming up for you to attend with other village members this summer.

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### UNCC Botanical Gardens – Friday, July 12



Please join us for a morning/afternoon at the wonderful UNCC Botanical Gardens, on the campus of UNCC. We will carpool up to UNCC, tour the gardens and have lunch. RSVP by Friday, July 5 to 980-272-1426 or [info@charlottevillagenetwork.org](mailto:info@charlottevillagenetwork.org). Let us know if you will need a ride. For more information visit: <https://gardens.uncc.edu/>

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

Our next board game event will be on Saturday, July 13 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, July 12, as space is limited! RSVP to: [info@charlottevillagenetwork.org](mailto:info@charlottevillagenetwork.org), or to John Reiter at 330-608-3735.



### Walking Club – Light Rail Trip Uptown– Friday, July 18 from 10 am to 2 pm



Please join us for our walking club. We will meet at the Scaleybark Light Rail Station. We will ride the light rail uptown to the 7th Street stop, disembark, and walk over to the First Ward Park. We will walk to 7th Street Market and grab a bite to eat and then ride the light rail back to Scaleybark. Please RSVP by July 8 to: John at 980-272-1426 or [info@charlottevillagenetwork.org](mailto:info@charlottevillagenetwork.org).

Don't forget to let us know if you need a ride to and from Scaleybark.

## Billy Graham Library – Friday, July 26 from 10 am to 3 pm

Please join us for a wonderful day at the Billy Graham Library. We will carpool to the library and see everything it has to offer. While there, we will have lunch at the Graham Brother's Dairy Bar, featuring sandwiches, salads, and a variety of desserts. Highlights include: The Graham Family Homeplace, with 80% of the original materials, Ruth's Attic Bookstore, and the Memorial Prayer Garden. Please RSVP by Friday, July 19th and be sure to let us know if you need a ride! Please click on the Billy Graham Library Website button to learn more about this famous North Carolina Institution! For more information visit: <https://billygrahamlibrary.org/>

A promotional poster for a Tuesday Movie Matinee. The background is dark blue. On the left, there are two movie tickets, one red and one blue, both with 'CINEMA' written on them. In the center, the text 'Tuesday Movie Matinee' is written in a white, cursive font. Below this, in a smaller, white, sans-serif font, it says 'SECOND TUESDAY EACH MONTH | 12PM', 'CINEMARK MOVIES 10', 'TICKETS START AT \$1.75', and '9508 NORTHEAST COURT, MATTHEWS, NC 28105'. At the bottom left is the Charlotte Village Network logo. At the bottom right is a red and white striped popcorn bucket with 'POPCORN' written on it. A row of white dots separates the address from the contact information at the bottom.

**Tuesday Movie Matinee**

SECOND TUESDAY EACH MONTH | 12PM  
CINEMARK MOVIES 10  
TICKETS START AT \$1.75  
9508 NORTHEAST COURT, MATTHEWS, NC 28105

Questions? Email us at: [info@charlottevillagenetwork.org](mailto:info@charlottevillagenetwork.org) or call John Reiter at (330) 608-3735

## JUNE IS NATIONAL SAFETY MONTH

### Home Safety Tips for Older Adults

With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.



### Keep emergency numbers handy

Always keep a list of emergency numbers by each phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

- 1) 911
- 2) Poison Control: 1-800-222-1222

- 3) Family member or friend to call in case of emergency
- 4) Healthcare provider's office

### **Prevent falls**

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- 1) If you have difficulty with walking or balance, or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment.
- 2) Ask your provider if you would benefit from an exercise program to prevent falls.
- 3) If you have fallen before, or are scared of falling, think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you.
- 4) Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.
- 5) When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.
- 6) If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.

### **Safety-proof your home**

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- 1) Make sure all hallways, stairs, and paths are well lit and clear of objects such as books or shoes.
- 2) Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.
- 3) Tape all area rugs to the floor so they do not move when you walk on them.

### **Protect against fire and related dangers**

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- 1) If there is a fire in your home, don't try to put it out. Leave and call 911. Know at least two ways to get out of your apartment or home.
- 2) When you're cooking, don't wear loose clothes or clothes with long sleeves
- 3) Replace appliances that have fraying or damaged electrical cords.
- 4) Don't put too many electric cords into one socket or extension cord.
- 5) Install a smoke detector and replace the battery twice a year.
- 6) Never smoke in bed or leave candles burning, even for a short time, in an empty room.
- 7) Make sure heaters are at least 3 feet away from anything that can burn, such as curtains, bedding, or furniture. Turn off space heaters when you leave the room.

### **Avoid bathroom hazards**

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- 1) Set the thermostat on the water heater no higher than 120° F to prevent scalding.
- 2) Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- 3) Put rubber mats in the bathtub to prevent slipping.

4) If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.

## **Prevent poisoning**

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### **Carbon Monoxide**

1) Never try to heat your home with your stove, oven, or grill since these can give off carbon monoxide--a deadly gas that you cannot see or smell.

2) Make sure there is a carbon monoxide detector near all bedrooms, and be sure to test and replace the battery two times a year.

### **Medications**

1) Keep all medications in their original containers so you don't mix up medicines.

2) Ask your pharmacist to put large-print labels on your medications to make them easier to read.

3) Take your medications in a well-lit room, so you can see the labels.

4) Bring all of your pill bottles with you to your healthcare provider's appointments so he or she can look at them and make sure you are taking them correctly.

### **Cleaning products**

1) Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases.

## **Protect against abuse**

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1) Keep your windows and doors locked at all times.

2) Never let a stranger into your home when you are there alone.

3) Talk over offers made by telephone salespeople with a friend or family member.

4) Do not share your personal information, such as social security number, credit card, bank information, or account passwords, with people you do not know who contact you.

5) Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.

6) Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.

<https://www.healthinaging.org/tools-and-tips/home-safety-tips-older-adults>

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Morgan Stanley



**CONTACT US:** P.O. Box 32544, Charlotte, NC 28232 • 980.272.1426  
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