



Meet our Assistant Executive Director, Alicia Evans!

Alicia joined the Council on Aging in January as the Director of Operations. She previously had worked as a medical social worker for over 20 years, providing in-home direct care throughout Western North Carolina.

She was promoted to Assistant Executive Director in August.

“I’m excited and grateful for the opportunity to be a part of providing and coordinating services that engage, connect and support adults in Henderson County as we age together.”

Welcome to our New Volunteers!

Congregate Center

Jane Pember

Etowah Thrift Store

Chelsey Ward

Hendersonville Thrift Store

Peggy Bumgarner*

Lorrie Wilson

Nanette Wood

Terri Hunnicutt



*Welcome back!

Jiffy Lube Partnership

From October 2 to October 31, customers who receive oil changes, tire rotations, or other vehicle maintenance will be asked if they would like to donate \$1, \$3 or \$5 to Meals on Wheels at check-out. All funds raised will support our Meals on Wheels program!

Participating Jiffy Lube locations:

1600 FOUR SEASONS BLVD
Hendersonville, NC 28792

941 ASHEVILLE HWY
Brevard, NC 28712

Volunteer Spotlight: Carolyn Dayton



Carolyn is in her 10th year as a Council on Aging (COA) volunteer!

Her journey began in October 2013, and she continues to support the senior community and our organization with the same enthusiasm as she began. We get to see Carolyn's warm smile every Tuesday when she gives her time to the Meals on Wheels (MOW) program with her 'packing' skills. She is a reliable volunteer who goes above and beyond, frequently staying after her fellow packers and drivers have pulled out and helping to prep for the next day's meal packing.

But Carolyn doesn't stop there! She also volunteers with our Congregate Dining program! Every Wednesday, Carolyn serves our Congregate clients a warm meal with a smile. She has been a fundamental volunteer with the program for the last two years, sharing her joyful outlook on life, providing an empathetic ear, and compassionate conversation....as well as a plate of delicious eats for each of our clients!

We are so grateful for Carolyn Dayton! She not only continues to be here for the seniors, but she never fails to give the staff an encouraging boost when needed the most.

Let's give a BIG shoutout to Carolyn Dayton! She is a true COA ROCKSTAR!! Thank YOU for the last 10 years!

We'd love to have YOU on our TEAM, too! Go to coahc.org/volunteer for details.

For more information, you can contact Robyn @ 828-233-1561 or rwells@coahc.org

IMPORTANT MEDICARE DEADLINE !

**Medicare
Annual Open Enrollment
Oct 15 – Dec 7**

FOR COVERAGE BEGINNING JAN 1, 2023

What's Brewing at COAHC?



Age-Friendly Center Speaker Series

Tuesday, October 10, 2023
5:30-7:00



**Billie Breeden - Age-Friendly
Coordinator,**

**Buncombe County Human and Health
Services, Division of Aging and Adult
Services**

Ageism Awareness - Reframing Aging

AdventHealth Multispecialty at Laurel
Park
1881 Pisgah Drive, Hendersonville, NC
28791

Tuesday, October 24, 2023
5:30-7:00

**Judy Edwards - Social Work
Navigator, Four Seasons Compassion
for Life**

How to Avoid Caregiver Burnout

AdventHealth Multispecialty at Laurel
Park
1881 Pisgah Drive, Hendersonville, NC
28791

AGEISM AWARENESS DAY



Keep an eye on our Facebook and Instagram pages this week as we #TalkAboutAgeism, building to Ageism Awareness Day on October 7.

WHERE DO YOU SEE HENDERSONVILLE IN 20 YEARS?



FILL OUT THE GEN H SURVEY NOW
HVLNC.GOV/GENH

**We couldn't do this without you.
THANK YOU!!**



**Council
on Aging**

for Henderson County

HOW COULD A \$50 DONATION SERVE THE COMMUNITY?

5 meals delivered to a homebound senior through our Meals on Wheels program

4 Meals at our congregate dining program, ensuring active seniors have a nutritious meal and socialization.

1.5 hours of caregiver respite services, giving hardworking caregivers a much needed break.

1 case of liquid nutrition products (Ensure or Glucerna) to a senior who is at nutritional risk.



DONATE NOW