



THE COUNCIL ON AGING COLLECTIVE

Newsletter of the Council on Aging for Henderson County

MOW UPDATE FROM DAVID CAMERON

Route Divides to Multiply

There is division brewing in Edneyville and we couldn't be happier! The Edneyville Route has been one of our longer and more spread out Meals on Wheels routes in the county. It takes volunteers with a sense of adventure and a love of the rural landscape to tackle it. Recently we've added clients in Bat Cave increasing the spread, and the waiting list has suddenly grown beyond our comfort zone. For the sake of our drivers and potential clients seeking a healthy lunch we are dividing the route into two – a closer in route that will keep the name Edneyville, and a farther out route that will be dubbed Vineyard, (since some clients are near Point Lookout Vineyard.) We usually promote unity at the Council on Aging, but in this case division is the way to go.

Pardee and Advent Step Up to the Challenge

Meals on Wheels is in our second month of partnership with Advent Hospital as provider of meals pulling in tandem with long-time partner Pardee to help our community elders be able to age in place. With the help of these partners in the last month we have been able to add four new routes to the 28 already in place and bring 48 more clients off of our waiting list. But with success comes new challenge as new people are referred to us for service at an increasing rate. Advent and Pardee are instrumental in helping us find new strategies for serving a growing need. We are all committed to finding creative avenues to fulfill our mission.

Meeting Where They Are

We do our best at the Council on Aging to meet people where they are. Recently we added a new client to Meals on Wheels and were surprised when he said we could find him every week at the time of delivery sitting in his truck at a barn by the main road and not at his house. It seems that's where he is every day, rain or shine. When we scouted the location we realized his house is at the top of a steep gravel road on the side of a mountain. The barn is just off the paved main road. So, yess! We will gladly deliver to the barn!

Current events @ Meals on Wheels

Our partnership with AdventHealth is underway and active for just over a month now serving meals to 4 routes. We have been so impressed by the meals provided, the kindness of staff, and enthusiasm.



Officially
serving
32 routes!



Volunteers returning to Meals on Wheels:

Quarantine has everyone missing friends, family, co-workers, and MOW clients. We are happy to report that along with some new safety protocol/training offered by the MOW department, we are re-engaging volunteers! **If you are ready to re-engage, contact the MOW office @ 828-693-6693 or mow@coahc.org.** We can't wait to see you!



Virtual ZOOM yoga class with Carmen

One of our regular Sammy Center members, Carmen has begun offering a virtual rendition of her chair yoga class. While she's a regular participant and enthusiast at the Sammy, she regularly encourages her peers to MOVE! Participants are thrilled!

When Carmen attended our Virtual Town Hall Wednesday, she opened this invitation up to anyone involved with COA to join.

If you're looking for a fun alternative to your quarantine exercise plan, we encourage you to check out Carmen's FREE class.



For more information about this class contact Carmen: 828-290-7903 or email at cangily@gmail.com



Welcome Debra Barlow!

Welcome Debra Barlow, Council on Aging's new Client Services Coordinator!! Some of you may recognize Debra- she previously served with us for a few months in the roll of "Sammy site manager", however needed to take some time away to care for her mother.

Debra is a lover of coffee and all things gardening. She previously served as the Sammy site manager and is excited to dive into her new role. She'll be working alongside the Meals on Wheels department to engage with clients & keep up with assessments.

THRIFT STORES



**Council
on Aging**
for Henderson County



Working at our Thrift stores is always an adventure. When the donation doorbell rings, it's like playing the lottery. "Who's here? What are they unloading?" Often, we find ourselves truly blessed by the simplest of gestures and conversations that happen between these doors. For example, recently when a sweet woman pulled up with a smile and told staff: "My husband drove for MOW for 21 years and he loved every minute of it! When he passed 3 months ago, he wanted all his nice things to come to you here at the store, so that the money goes back to Meals on Wheels." They were married 63 years. She had tears in her eyes as store staff thanked her for her thoughtful donations.

Assistant Store Manager Angie captures the beautiful of our stores well: "The dynamic throughout the Council on Aging community is vaster than one might think. Between our staff, volunteers, clients, and customers, it almost like our own unique piece of the world. Saturday on our way into work, my teenage daughter and I stopped at Harris Teeter so she could get Starbucks. As we pulled into our parking space, I looked over saw Bob, one of our faithful customers. He and his wife drive to Hendersonville from SC to visit OUR thrift store since they love it so much. I sent daughter in to get her coffee so I could talk to them. Though we only recently met, they made sure to say before leaving: "We love you and God bless you." I realized at that moment how much of an impact we have on people without knowing it." "When I think of how many people regularly thank us for what we do, it truly blesses me. They thank us because we have delivered meals to family members or because they can purchase nice things from us they would never be able to afford, or even because of our friendly service at the stores or Meals on Wheels. People appreciate us and what we do. This gives me a passion and drive to strive for an even better day tomorrow."

At the HVL Thrift location, Store Manager Scott notes: "Donations have been heavy and non-stop since we opened. There have been some incredible & unique finds as well, including a 100-year-old cast metal playpen and an early wooden school desk/chair. Most of our core volunteers are back and working hard alongside of the staff. Donors have shown a great level of respect for COA by not leaving donations outside by the back door when we were closed and are still respecting our current hours of operation." We are truly encouraged by this community and its intentionality in supporting COA. We have missed our regular customers and look forward to seeing more faces each week!

You can continue investing in the COA with your donations, support and volunteering!

Drop by one of our store locations **Wednesday-Friday (11:00-3:00)** or **Saturdays from (10:00-1:00)**. Shop with us, bring your quarantine spring cleaning donations, and know you too are continuing the work of serving aging adults in Henderson County for decades to come.

SHOP WITH US:

802 Spartanburg Hwy
97 Etowah Drive

Wed - Fri: 11:00-3:00

Saturday: 10:00-1:00



Bidding Farewell to Christy: Director of Outreach & Volunteer Engagement



To the amazing volunteers, clients & friends @ Council on Aging, thank you for a sweet (almost) 2 years serving with this agency. Thank you for welcoming me with open arms, giant smiles, and lots of ideas. Thank you for championing & cheering me on as we grew this previously non-existent position. Your support was so appreciated! I am stepping down from my position as Director of Outreach & Volunteer Engagement to pursue nursing school & am very excited about what the future holds.

It has been an absolute joy celebrating with you, attending events to represent COA, learning your stories, and what matters to you. From delivering MOW, to dancing at the Sammy, life with the COA community programs never brings a dull moment. I will miss our morning chats in the volunteer lounge, and Wednesday rounds of BINGO & birthday parties at the Sammy. I will miss knocking on the doors of sweet clients and the grateful twinkle in their eyes as we bring them lunch and capturing your pictures to share the stories of all our happenings! I wish this agency the best as you continue to serve & support older adults in Henderson County! Keep in touch! For now, you can find me @ SHINE (restaurant) in downtown Hendersonville some evenings or send me an email at christy.zbylut@gmail.com. Thank you! Farewell & God bless! -Christy Zbylut

Virtual Town Hall

On Wednesday we hosted a virtual town hall to update volunteers on our current COA operations and happenings. We had roughly a dozen participants at each session - and Director Keith Logan hopes to continue these town halls as an effort to maintain communications as COA navigates the COVID19 phases and processes.



Questions from volunteers: (we're so glad you asked)

1. What is the new process for delivering?

Delivering looks somewhat the same, but also a little different. The MOW coordinators are walking volunteers through new protocol (face masks), how to leave meals for clients, proper sanitation, etc. Additionally, we are delivering 1 x week per client, bringing them 5 frozen meals, all sizes and milks.

2. Do you still need volunteers for anything?

Yes, we are in need of volunteers @ our Thrift Stores, and to fill spots for frozen meal deliveries! Contact MOW @ 828-692-6693 for more information! The Sammy remains closed.

3. Can we still call MOW clients?

Yes! They love hearing from you!

4. Can you accept donations? How do I donate?

Yes! We are so grateful for the generosity of folks toward the work of this agency. You can donate monetarily online @ coahc.org/donate or mail a check donation to 105 King Creek Blvd, Hendersonville, NC 28792. Additionally, both thrift stores are current accepting donations during hours of operation!

5. Does anyone on staff have COVID?

No! (hooray!) Our staff team has been taking precautions that include maintaining space, cleaning regimens, and a combination of office and working from home. Masks are also worn when gathering.

6. What is the waiver volunteers are signing/what does it include?

We are asking all returning volunteers to sign a waiver stating they will follow the implemented safety protocol (regular hand washing, wearing a mask, etc.) for the safety of our clients, volunteers & staff.



Thank you for
attending!

