



PO Box 715
Pittsboro, NC 27312
919-542-4512
Fax: 919-542-5191
www.chathamcouncilonaging.org

Dennis W. Streets, Executive Director

Chatham County Council on Aging, Inc.

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Background

The Chatham County Council on Aging was founded on July 8, 1974, as a nonprofit organization dedicated to serving the older population of Chatham County. The Council continues to promote and support independent living, and the physical and mental wellness of older adults and their families through a wide range of programs in partnership with many other community organizations. The Council is committed to helping Chatham be an age-friendly community where our growing older population enjoys opportunities for social and civic engagement, continuous learning, fitness, and volunteerism. Our 250+ active volunteers are essential to our success.

Services

- **In-Home Aide**—providing personal care, meal preparation, and other tasks clients cannot perform on their own, using licensed Home Care agencies
- **Home-Delivered Meals** (sometimes known as ‘meals on wheels’)—providing hot and frozen meals to elderly who are homebound
- **Congregate Meals**—providing a noon-time meal at our two centers
- **Transportation**—to our two congregate nutrition sites, for medical appointments and grocery shopping, and for outings
- **Information and Options Counseling**—helping older adults and family caregivers understand and access available services and supports
- **Senior Center Operations**—offering a wide range of activities and programs at two Centers (Pittsboro and Siler City), both of which are State certified Centers of Excellence
- **Wellness and Health**—providing a wide array of programs to help people stay active and healthy, including Senior Games and Silver Arts, a fitness area at each Senior Center, a Hiking Club, a Travelers group, and such other offerings as Arthritis Exercise and A Matter of Balance
- **Family Caregiver Supports**—offering support groups, training, and respite
- **Equipment Donation/Loan Program**—managing the exchange of such donated items as hospital beds, wheelchairs, walkers, etc. to individuals needing such assistance
- **Minor Home Repairs**—helping address home safety issues through the installation of wheelchair ramps, grab bars, etc.
- **And many other services**, including the Seniors Health Insurance Information Program (SHIIP) to help people with questions about Medicare. and the Volunteer Income Tax Assistance Program (VITA)