

# The Young at Heart News

## WATAUGA COUNTY PROJECT ON AGING

132 Poplar Grove Connector, Suite A Boone, N.C. 28607

265-8090

L. E. Harrill Senior Center

Western Watauga Community Center

265-8090 297-5195

**JANUARY AND FEBRUARY 2002**

### MISSION STATEMENT

The mission of the Lois E. Harrill Senior Center and the Western Watauga Community Center is to create an environment that encourages independence in older adults and promotes their active participation in all aspects of their lives.



### EATING FOR WELLNESS

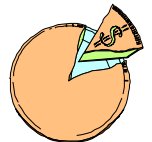
As we age, each of us becomes more unique and less like others. Factors such as nutrition, physical activity and genetics, as well as psychological and physical stresses, accumulate over a lifetime and gain greater influence as we mature. With life expectancy in the U.S. increasing at a rapid rate, we need to pay more attention to what effects these "badges of life" have on us and how nutrition can benefit us during the aging process.

Bodily Changes and Nutrition-Certain unavoidable physical changes occur as we age. Many of these changes are regulated by hormones, which are also partially responsible for the diminished appetite that some of us experience. Generally, we tend to lose bone and muscle tissue and gain body fat. Our digestive tract may lose elasticity and slow its function, which can cause constipation. Losing our teeth or having poor dental hygiene can make it difficult to chew foods we once enjoyed. Our eyesight and sense of taste might also wane. Which can lessen the pleasures we once enjoyed while preparing and eating foods.

### AARP TAX ASSISTANCE FOR SENIORS AND LOW INCOME TAXPAYERS

Free tax preparation and assistance for persons age 60 and older and to low income persons under age 60 will be available at the L.E.Harrill Senior Center on Tuesdays February 5, through April 9, 2002. Tax Assistance will also be offered at the Western Watauga Community Center. Those dates will be announced by mid January. Watauga County residents who would like Tax-Aide to prepare their tax returns should call Sherry Harmon after January 15, at 265-8090 to arrange for appointments at Boone or Toni Wait at 297-5195 for appointments at the Western Watauga Community Center. Tax-Aide volunteers at the senior center have the capability to file the tax return electronically (E- filed). This means tax payers can get their refunds quicker. If you would like your returns E filed please inform when you make your appointment.

The American Association of Retired Persons through the AARP Foundation in cooperation with the Internal Revenue Service administers the Tax-Aide program.



### PARTNERS IN WELLNESS NUTRITION CLASSES

The N.C. Cooperative Extension Service will offer a nutrition program at the Lois E. Harrill Senior Center and the Western Watauga Community Center. The tonic for this series of classes will be

or taste might also wane, which can lessen the pleasures we once enjoyed while preparing and eating foods.

However, our nutrient needs vary little as we age. The greatest change is in how much energy (how many calories) we need to maintain our current weight. On average, adult energy needs decline an estimated 5% per decade. But, if we're physically active on a regular basis throughout life, we can prevent muscle and bone loss. Exercise helps us maintain a higher metabolic rate (how our bodies digest and use food) and this helps increase the amount of energy we use.

This is the first of a series of articles we are reprinting dealing with eating for wellness.

for a nutrition program at the Lois E. Harrill Senior Center and the Western Watauga Community Center. The topic for this series of classes will be "Overcoming Obstacles Using Your Kitchen Space". The following information will be covered: Vision Consideration; Dexterity, Mobility & Strength; Storage/Work Space; Safety; Developing a Personal Plan. This program is free for persons age sixty and older but class size is limited to the first 23 participants to register. Registration for the Boone class will be Tuesday, January 29, at 10:45 a.m. The Western Watauga class will be Wednesday, January 30, at 10 a.m. Classes meet for five weeks and are an hour in duration. Classes begin at the Harrill center on Tuesday, February 5, at 10:45 a.m. and at the Western Center on Wednesday, February 6, at 10 a.m. For more information you may call Margie Mansure at 264-3061, Sherry Harmon at 265-8090 or Toni Wait at 297-5195.

## LOIS E. HARRILL SENIOR CENTER January and February 2002

### Caldwell Community College Classes

Classes are free for anyone 65 and older. The fee for persons under 65 is \$40.00. The Spring Schedule is:

Lap Quilting— Tuesdays - - - 1 — 4 p.m.  
Arts & Crafts—Thursdays - 10 a.m.—1 p.m.

Classes begin the third week of January.



### Weekly Activities

Monday - -Art Class - - - - - 9 a.m. – 12 noon  
Bingo - - - - - 11 - 11:45 a.m.  
Tuesday –Exercise - - - - - 10.15 - 10.45 a.m.  
Nutrition/Health Classes—10.45 - 11:45 a.m.  
Line Dancing - - - - - 2 - 4 p.m.  
Sewing Classes - - - - - 6 - 8:30 p.m.  
Wednesday -Art Class - - - - - 9 a.m. – 12 noon  
Bingo - - - - - 11 - 11:45 a.m.  
Thursday - Music - - - - - 10 a.m. - 12 noon  
Exercise - - - - - 11 - 11:30 a.m.  
Cake Walks - - - - - 11:15 - 11:45 a.m.  
(when cakes available)  
Needlework Class - - 1 - 4 p.m.  
Friday - - - Ceramics - - - - - 10 a.m. - 1 p.m.  
Bingo - - - - - 11 - 11:45 a.m.

### Congregate Nutrition Program

Lunch is served Monday - Friday at 12 – 12:30 pm

### Special Activities

Health Screening - Wednesday, January 9. By appointment only!

AARP Tax Assistance- Tuesdays February 5 - April 9. By appointment only.

Valentine's Day Party- Thursday, February 14, 10 a.

### Agency Information:

Watauga County Parks & Recreation  
Stephen Poulos will discuss the services available to seniors.

Monday, January 7, at 11:00 a.m.

Hunger Coalition/Free Pharmacy  
During February-Date TBA



### Support Groups:

Caregiver's Class/Support Group- Thursday, January 31, at 1:30 p.m.

Alzheimer's Family Support Group- Thursday, January 17, & Thursday, February 21, at 1:30 p.m.

Diabetes Support Group- Tuesday, January 15, & Tuesday, February 19, at 5:30 p.m.

### Special Interests:

**Self-Advocacy Class-** Rescheduled from December- New date is Wednesday, January 2, 11:00am-12noon- "Fight Medicare Fraud".

The purpose of this class is to alert people on how everyone can help stop Medicare Fraud by carefully reviewing Medicare statements and reporting questionable charges.

**SHIP-** Call Sherry Harmon for assistance with Medicare, Medicare supplements, Medicare + Choice and long-term care insurance questions.

**Quilt Guild-** Mountain Laurel Quilt Guild meets the first Thursday of each month from 1:30-4pm and 6-8pm at the senior center. For more information you may call Jerra Unglesbee at 265-3656.

**Fit for Life Exercise Program –** Monday – Friday 8:00 a.m. – 5:00 p.m. Walk inside or outside. Exercise equipment and classes.

**Book Discussion Group—**A Book Discussion Group meets the fourth Wednesday of each month at 1:30 p.m., at the Lois E. Harrill Senior Center. For more information you may call Anne Strupp at 262-3481.



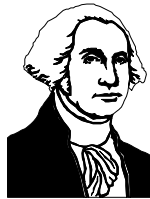
9. By appointment only.

Valentine's Day Party- Thursday, February 14, 10 a.m.-12 noon. Refreshments, Crowning of the King and Queen, Entertainment.

Nutrition Ed. With Betty- Tuesday, January 22, 11a.m., Betty Sheffield will present a program on Ayurveda the 5000 year-old system of natural, preventative health care of India and share her extensive knowledge of ayurvedic cooking and cuisine.

**Blood Pressure Checks**

Tuesday, January 15, 11:00 a.m.-12 noon  
Thursday, February 19, 11:00 a.m.-12 noon



m., at the LOIS E. HARRILL Senior Center. For more information you may call Anne Strupp at 262-3481.

**Watauga Amateur Radio Club** - Meets second Monday of each month, 6-7:30 p.m.

**AARP**- will meet Tuesday, January 15, and Tuesday, February 19, at the L. E. Harrill Senior Center from 10 a.m. to 12 noon. Contact Marilyn White at 963-2613 for more information.

**Social Security**- A representative from the Social Security Administration will be at the L.E. Harrill Senior Center the first Wednesday of each month from 9 a.m.-12 noon.

See Page 4 for more L. E. Harrill Senior Center activities.

**WESTERN WATAUGA COMMUNITY CENTER**

**January and February 2002**



**Caldwell Community College Classes**

Classes are free for anyone 65 and older. The fee for persons under 65 is \$40.00. The Spring schedule is:

- Lap Quilting— Thursday - - - - - 10 a.m. - 1 p.m.
- Ceramics— Tuesdays - - - - - 10 a.m. - 1 p.m.
- Tolepainting—Friday - - - - - 10 a.m. - 1 p.m.

Classes begin the third week of January.

**Weekly Activities**

- Monday -Exercise Class - - - - - 9 - 10 a.m.
  - Lap Quilting - - - - - 10 a.m. - 1:00 p.m.
  - Exercise Equipment - 8:30 a.m. - 3 p.m.
- Tuesday - Exercise Equipment - 8:30 - 10 a.m.
  - Pottery - - - - - 9:30 a.m. - 1 p.m.
- Wednesday -Exercise Equipment- 8:00 a.m. - 4 p.m.
  - Exercise Class - - - - - 9:30 - 10 a.m.
  - Nutrition / Health Classes- 10 - 11 a.m.
  - Ceramics - - - - - 10 a.m. - 1 p.m.
  - Bible Study - - - - - 11 - 11:30 a.m.
- Thursday -Exercise Equipment - 8:30 a.m. - 2 p.m.
  - Exercise Class - - - - - 9 - 9:30 a.m.
    - Games, Bingo, etc. - 10 - 11:30 a.m.
- Friday - Exercise Equipment- 8:30 a.m. - 2 p.m.
  - Area Musicians - - 10 - 11:30 a.m.
  - Art Guild - - - - - 10 a.m. - 3 p.m.

**Congregate Nutrition Program**

Lunch is served Monday through Friday at 11:30 a.m.-12 noon.

**Blood Pressure Checks**

Wednesday, January 9, 10-11 a.m.  
Friday, February 15, 10-11 a.m.

**Support Groups:**

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alone Wednesdays 7-9 p.m.



**Special Activities**

Health Screenings - Wednesday, January 23. By appointment only!

AARP Tax Assistance. Dates to be announced.  
By appointment only

Valentine’s Day Party- Thursday, February 14, 10-11:30 a.m. Refreshments and Games.



**Agency Information:**

Senior Companion Program—Volunteers serve as companions to seniors who need assistance with day-to-day activities. Date of presentation to be announced.

**Special Interests**

**Self-Advocacy Class-** Rescheduled from December- New Date is Thursday, January 24, 1-2 p.m.-- “Fight Medicare Fraud”.

The purpose of this class is to alert people on how everyone can help stop Medicare Fraud by carefully reviewing Medicare statements and reporting questionable charges.

**Cove Creek Homemaker’s Club**—Meeting the third Monday of each month from 12:00 noon to 3:00 p.m.

**Walking Program and Fit for Life Exercise Program**-Monday—Friday, 8 a.m.—4 p. m. Walk inside or outside. Exercise equipment and class. See Toni Wait to register.

**Horseshoes available-** 9:00 a.m.—2:00 p.m., weather permitting. If you wish to form a horseshoe-pitching club contact a staff member.

**Weaving Guild-** Donna Duke and Ruth Smith are offering weaving instruction by appointment at the Western Watauga Community Center. Anyone interested may call Toni Wait at the center.

**Multimedia Artist Guild** –Meet on Mondays and Fridays, 10 a.m.—3 p.m. Anyone who paints or is interested in learning to paint may bring materials and join in. There is no charge for this activity. For more infor-

m.

Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Tuesday, January 8,  
and Tuesday, February 12, 1:30 - 3:00 p.m.

Classes and Activities are scheduled two months in  
advance, therefore cancellations and rescheduling can oc-  
cur. If you are coming in for a specific activity call first  
to verify.

Lois E. Harrill Senior Center - 265-8090

Western Watauga Community Center— 297-5195



days, 10 a.m.—5 p.m. Anyone who paints or is inter-  
ested in learning to paint may bring materials and join  
in. There is no charge for this activity. For more infor-  
mation call Lottie at 264-6616.

**Cove Creek Community Council-** 1<sup>st</sup> Tuesday of each  
month, 6-8 p.m. Meetings open to the public

**Western Watauga Branch of the Watauga County  
Library-**Monday-Thursday 10 a.m.-5 p.m. Tuesday  
and Thursday evenings 5-7 p.m. Bookmobile is avail-  
able to any homebound county resident. Call Jackie  
Cornette at 297-5515, if you are interested in having  
books delivered to your home on Fridays.

See Page 4 for more Western Watauga Community  
Center activities.

### Holiday Closing

The Watauga County Project on Aging, which includes the Lois E. Harrill Senior Center and the Western Watauga Community Center, will be closed Tuesday, January 1, 2002, in observance of New Year's Day.

In addition to these closings Home Delivered Meals will not be served.



### Inclement Weather

Meals and activities will continue as scheduled as long as road conditions are safe for travel. When road conditions are dangerous, meals and activities will be canceled. A decision on cancellations will be made and announced on WATA (1450 AM)/WZJS (100.7 FM) and WMMY (106.1 FM) radio stations by 8:00 a.m.



### CAREGIVERS' CLASS

The caregiver manual (Information and Assistance for Eldercare) that was prepared by the Region D Council of Governments Area Agency on Aging Regional Ombudsman Program has been updated. This manual is intended as a resource for family members who are involved in caring for older adults. Its purpose is to help the family care giving experience to be as successful as possible by providing basic information on care giving, normal aging changes, and community services that might be partners in caring for a loved one. The Lois E. Harrill Senior Center will sponsor a caregivers' class to distribute and discuss this manual. Additional pamphlets and pertinent information for caregivers will also be available. The senior center is located in the Human Services Building at 132 Poplar Grove Connector in Boone.

The class, which will meet from 1:30—3 p.m. on Thursday, January 31, is free but we request you reserve a space so that adequate materials will be available. For more information or to register call Sherry Harmon at 265-8090.



132 Poplar Grove Connector, Suite A, Boone, N.C. 28607

L. E. Harrill Senior Center  
265-8090

Western Watauga Community Center  
297-5195





## **SHIIP**

SHIIP stands for Seniors' Health Insurance Information Program, SHIIP is a consumer information division of the North Carolina Department of Insurance that helps Medicare beneficiaries and their families with Medicare, Medicare supplements, Medicare + Choice and long-term care insurance questions.

SHIIP provides education and assistance to North Carolinians in three ways:

- By operating a Toll Free consumer information phone line, Monday through Friday from 8 a.m. until 5 p.m. (1-800-443-9354).
- By training volunteer senior citizens to counsel other seniors within their community about Medicare, Medicare supplements, Medicare claims, Medicare + Choice and long-term care insurance, and
- by offering educational materials for consumer's use and speaking to civic, community, church and other groups about Medicare and other senior health issues.

You can contact SHIIP by dialing the Toll Free consumer line, 1-800-443-9354, by visiting the website at [www.ncshiip.com](http://www.ncshiip.com) or by e-mailing your questions to [shiip@ncdoi.com](mailto:shiip@ncdoi.com). There are also trained SHIIP volunteer counselors in all 100 counties of North Carolina who are coordinated through an existing human service agency. If your problem is too complex to handle over the phone, you will need to contact your local SHIIP coordinator for a one-on-one appointment with a SHIIP volunteer. In Watauga County you should call Sherry Harmon at the L.E. Harrill Senior Center, 265-8090.

A training session for new volunteers has been scheduled for the spring of 2002.

## **Chocolate-Amaretto Cheesecake**

You can substitute an 8-inch pan for this cheesecake recipe, if desired. The larger cheesecake will require only 45 to 50 minutes baking.

- 6 chocolate wafers, finely crused
- 1 1/2 cups light process cream cheese product
- 1 cup sugar
- 1 cup 1% low-fat cottage cheese
- 1/4 cup plus 2 tablespoons unsweetened cocoa
- 1/4 cup all-purpose flour
- 1/4 cup amaretto
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 egg
- 2 tbsp. semisweet chocolate mini-morsels
- Chocolate curls (optional)



Sprinkle chocolate wafer crumbs in bottom of a 7-inch springform pan. Set aside. Position knife blade in food processor bowl; add cream cheese and next 7 ingredients, processing until smooth. Add egg and process just until blended. Fold in chocolate morsels.

Slowly pour mixture over crumbs in pan. Bake at 300 degrees for 65 to 70 minutes or until cheesecake is set. Let cool in pan on wire rack. Cover and chill at least 8 hours. Remove sides of pan, and transfer cheesecake to a serving platter. Garnish with chocolate curls, if desired. Yield: 12 servings (about 200 calories per serving).

**CHOCOLATE-MINT CHEESECAKE:** Substitute 1/4 cup crème de menthe for amaretto. (about 197 calories per serving).

\*To make chocolate curls, melt 3 squares semisweet chocolate onto wax paper and spread to a 3-inch-wide strip. Let stand until cool but not firm. Pull a vegetable peeler across the chocolate, and transfer curls to a plate. Store chocolate curls in the freezer.

## **MUSCLES AND MORE EXERCISE CLASS**



A training session for new volunteers has been scheduled for the spring of 2002. If you are interested in becoming a SHIP volunteer you may contact Sherry for more details.

### **BENEFITS OF GROWING OLDER**

- Your investment to health insurance is beginning to pay off.
- Things you buy now won't wear out.
- No one expects you to run into a burning building.
- Your back goes out more that you do.
- There's nothing left to learn the hard way.

Submitted by: Mary Foreman

### **MUSCLES AND MORE EXERCISE CLASS**



A new exercise class will begin during February. In this class participants will use Xertubes to perform a variety of strength training exercises that will improve upper body strength and appearance. An ASU health promotion intern will teach the class. Class day and time have not yet been decided. This information will be announced at the senior center and through public service announcements in local newspapers, radio and television stations. The class is free for persons sixty years of age and older and will be limited to 14 students. You may call the center at 265-8090 for more information.

**Lois E. Harrill Cont.****Special Interests**

**Weaving Guild**—Donna Duke is offering weaving instruction by appointment at the Senior Center. Anyone interested may call Sherry Harmon, at the center.

**Job Placement and Job Training**—See Sherry Harmon for more information or to make an appointment.

**Volunteer Opportunities**- Both Senior Centers have listings of volunteer job positions. See Sherry Harmon or Toni Wait for more information or placement assistance.

**AppalCart Schedule****L. E. Harrill Senior Center**

Monday - Intown, Foscoe, and Blowing Rock

Tuesday - Deep Gap, Stoney Fork, Blowing Rock, and Intown

Wednesday - Meat Camp, Todd and Intown

Thursday - Intown, Cove Creek, Foscoe and Matney

Friday - Blowing Rock, Deep Gap, Intown, and Stoney Fork

**TAI CHI CLASS**

Tai Chi class will not meet during January and February. In March registration will begin for a 12-week session. Details will be in March-April Young at Heart Newsletter.

**NEW POTTERY CLASS OFFERED AT WESTERN WATAUGA COMMUNITY CENTER**

Enjoy learning to make beautiful hand molded clay art pieces, dishes, pots, etc. Students will learn pottery techniques using

**Western Watauga Community Center Cont.****Special Interests**

**Cove Creek Grange**- 2<sup>nd</sup> Tuesday of each month, 7-9 p.m.

**Appalachian Chapter of the N. C. Archeological Society** -Meets the 4<sup>th</sup> Tuesday of each month at 7 p.m. Free and open to the public. For more information or if attending for the first time call Dr. Tom Whyte at 262-2283.

**AppalCart Schedule****Western Watauga Community Center**

Monday - Cove Creek areas, Mabel, Silverstone, Rush Branch, Pottertown.

Tuesday - Wednesday - Thursday - Cove Creek areas, Bethel, Beaver Dam, Mabel, Silverstone, Zionville.

Friday - Matney, Rominger, Laurel Creek, 321 North and Cove Creek areas.

Thursday is shopping day in Boone. The van leaves Cove Creek at 10:00 a.m. The AppalCart will take you to dental, doctor, hair appointments, drug store, grocery shopping, etc. Lunch will be served at the Lois E. Harrill Senior Center at 12 noon. After shopping the van will take you home. To ride the van on the day they come to your area, just call 264-2278 by 8:00 a.m. on the morning you wish to ride.

**HOW TO GET THAT SECOND WIND**

Feeling run down? You'll turn things around in five minutes if you . . .

- **Refuel.** Snack on fiber-rich munchies, such as dried apricots, bananas, baby carrots or rye wafers. *Benefit:* The fiber slows the release of glucose (a sugar) into your bloodstream and helps fight energy dips.
- **Breath Deeply.** Every 1-2 hours, spend five minutes inhaling and exhaling deeply, hands on ribs. You'll promote calmness and mental focus as well as renewed energy.
- **Go On An "Imagi-Cation."** Close your eyes and take a mental vacation by imagin-

Enjoy learning to make beautiful hand molded clay art pieces, dishes, pots, etc. Students will learn pottery techniques using clay, stains, glazes, and kiln baking. The class is free for persons sixty years of age and older. Students are responsible for providing their own materials. The instructor can assist you in locating a source for purchase of these materials. The class will meet Tuesdays from 9:30 a.m.-1 p.m., with a lunch break from 11:30 a.m.-12 noon. The instructor will be Kay Isenhour. For more information call Toni Wait at 297-5195.



- ergy.
- **Go On An “Imagi-Cation.”** Close your eyes and take a mental vacation by imagining a peaceful scene... on an island... in a meadow... by the ocean. Imagine yourself relaxing there.
  - **Call A Confidante.** Use your personal support system—family, friends or co-workers—to quickly unload and unwind.
  - **Snap Out Of It.** Splash cold water on your face, snap a rubber band worn on the wrist or pop a breath mint—mint flavors are stimulating.