

# 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  
265-8090

Western Watauga Community Center  
297-5195

*JULY and AUGUST 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.

### Crocheted Afghan Raffle

An anonymous donor has made a beautiful crocheted afghan for the Lois E. Harrill Senior Center. The afghan will be raffled on Thursday, July 25, at 12 noon.

Tickets may be purchased at the center for .50 each. Money from the raffle will go to a fund to purchase a new computer for the senior's computer lab at the center. The afghan will be on display at the center from July 1, until the drawing.

### Free Foot Screening at the Lois E. Harrill Center

Dr. Paul Zimmerman, DPM will conduct a foot screening clinic for older adults at the Lois E. Harrill Senior Center on Monday, July 22, from 1-3:00 p.m. In addition he will provide information on foot care in later years. Persons sixty years and older are eligible to attend this free screening. Please call Sherry Harmon at 265-8090 to make an appointment.

### Hunger Coalition / Free Pharmacy Requests Donations

Do you have used prescription bottles, egg cartons and/or plastic grocery bags to spare? If so the hunger coalition and free pharmacy can use them. You may take them directly to the hunger coalition located at 417 Meadowview Dr. in Boone or bring them to the Western Watauga Community Center or the Lois E. Harrill Senior Center where they will be picked up.



### Partners in Wellness Programs

Partners in Wellness' next series of one hour discussions will offer six meeting dates and one follow-up date to discuss Pills, Potions and Powders- What you need to know about herbal products and other dietary supplements. The subject matter will include:

1. Why drugs are more pure and predictable than herbal products.
2. The importance of discussing any planned use of herbal medicines with your pharmacist to prevent unsafe interactions.
3. Recognition of which ARE herbal and dietary supplements.
4. Increased need for some nutrients as we age, and making appropriate choices.
5. Ways to increase the intake amount of certain nutrients and to determine the need for herbal supplements.

Meeting dates for the next Partners in Wellness series on "Herbs and Dietary Supplements" are as follows:

**Western Watauga Community Center** – Wednesdays, July 24, through August 28, 10-11 a.m. Follow up date on Wednesday, September 25, 10-11 a.m.

**Lois E. Harrill Senior Center** — Fridays, July 26, through August 30, 10:45-11:45 a.m. Follow up date Friday, September 27, 10:45-11:45 a.m.

This should be an interesting series with information pertinent to daily living and good health choices.



**LOIS E. HARRILL SENIOR CENTER****July and August 2002****Weekly Activities**

Monday - -Art Class - - - - - 9 a.m. – 12 noon  
 Bingo - - - - - 11 - 11:45 a.m.  
 Bridge - - - - - 1: 30 - 5 p.m.  
 Tuesday –Exercise - - - - - 11 - 11:30 a.m.  
 Bingo - - - - - 11 - 11:45 a.m.  
 Line Dancing - - - - - 2 - 4 p.m.  
 Sewing Classes - - - - - 6 - 8:30 p.m.  
 Wednesday -Art Group- - - - - 9 a.m. – 12 noon  
 Bingo - - - - - 11 - 11:45 a.m.  
 Muscles and More - - - - - 1:30 - 2:30 p.m.  
 Bridge - - - - - 1: 30 - 5 p.m.  
 Tai Chi - - - - - 5:30 - 6:30 p.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.  
 Nutrition/Health Classes - - 10.45 - 11:45 a.m.  
 Bridge - - - - - 1: 30 - 5 p.m.

**Congregate Nutrition Program**

Lunch is served Monday - Friday at 12 – 12:30 p.m.

**Special Activities**4<sup>th</sup> of July Party—Wednesday, July 3, 10:00 a.m.-12 noon

Health Screenings - Thursday, July 11, and Thursday, August 8. By appointment only.



Library Reading with Evelyn and Tracy - Monday, July 1 and Monday, August 12, 11-11:30 a.m.

Free foot screening with Dr. Zimmerman—Monday, July 22, from 1-3:00 p.m. You must have an appointment.



Trip to Abingdon, Virginia - Tuesday, July 23, 8 a.m.-5 p.m. Shopping at Dixie Pottery and ice cream in Damascus. There is no charge for the trip but everyone is responsible for the purchase of his/her own lunch at Cracker Barrel. Seats are limited. Call to reserve a seat.

Medication Management-Drug Interaction Program - Tuesday, July 30, 11 a.m.-12 noon

Walking Tour of Rosen Outdoor Sculpture Competition and Exhibition on ASU Campus - Monday, August 5, 10:30 a.m.-12 noon

Trip and Picnic to Linville Falls—Thursday, August 15, 10 a.m.-3 p.m. Lunch will be provided. There is no charge for the trip or lunch. Seats are limited. Call to reserve a seat.

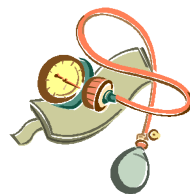
**Blood Pressure Checks**

Tuesday, July 2, 10-11:00 a.m.

Thursday, July 18, 11 a.m.-12 noon

Tuesday, August 6, 10-11 a.m.

Thursday, August 15, 11 a.m.-12 noon

**Agency Information:**

Elder Abuse- Betsy Richards, Social Worker-Adult Services, Wednesday, August 14, 11:30 a.m.

Watauga County Literacy Association-Beth Mueller, Chairman,, Friday, August 9, 11:30 a.m.

**Support Groups:**

.Alzheimer's Family Support Group- Thursday, July 18, &amp; Thursday, August 15, at 1:30 p.m.

Caregiver's Class/Support Group- Monday, July 29, 3-4 p.m. Joyce Lowder will discuss challenging caregiver decisions at end of life.

Chronic Pain Support Group- No meetings during July 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays during August, 6-7 p.m.

Diabetes Support Group- Tuesday, July 16, &amp; Tuesday, August 20, at 5:30 p.m.

**Special Interests:****SHIIP-** 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.**Watauga Amateur Radio Club** - Meets second Monday of each month, 6-7:30 p.m.**AARP-** Tuesday, July 16 meeting will be a covered dish picnic at the Blowing Rock covered shelter. Tuesday, August 20, meeting will return to the L.E. Harrill Senior Center from 10 a.m. to 12 noon. Contact Louise Harris at 264-6616 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.

## WESTERN WATAUGA COMMUNITY CENTER

July and August 2002



### Weekly Activities

Monday -Exercise Class	-----	9 - 10 a.m.
Aristocrats—Live Musis	-----	9 - 11:30 a.m.
Lap Quilting	-----	10 a.m. - 1:00 p.m.
Exercise Equipment	-----	8:30 - 9:30 a.m.
Tuesday - Exercise Equipment	---	8:30 - 9:30 a.m.
Art Guild	-----	9:30 a.m. - 3 p.m.
Ceramics	-----	10 a.m. - 1 p.m.
Wednesday -Exercise Equipment	--	8:00 a.m. - 3 p.m.
Exercise Class	-----	9:30 - 10 a.m.
Nutrition / Health Classes	-----	10 - 11 a.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.
Lap Quilting	-----	10 a.m. - 1 p.m.
Games, Bingo, etc.	-----	10 - 11:30 a.m.
Friday - Exercise Equipment	---	8:30 a.m. - 2 p.m.
Weaving Guild	-----	9 a.m. - 3 p.m.
Area Musicians	-----	10 - 11:30 a.m.

### Congregate Nutrition Program

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

### Special Activities

Health Screenings - Thursday, July 25, and Thursday, August 22. By appointment only.

Trip to Abingdon, Virginia - Tuesday, July 23, 8 a.m.-5 p.m. Shopping at Dixie Pottery and ice cream in Damascus. There is no charge for the trip but everyone is responsible for the purchase of his/her own lunch at Cracker Barrel. Seats are limited. Call to reserve a seat.

Trip and Picnic to Linville Falls - Thursday, August 15, 10 a.m.-3 p.m. Lunch will be provided. There is no charge for the trip or lunch. Seats are limited. Call to reserve a seat.

General Wellness Workshop, Chris Sander with Watauga Co. Health Dept. - July 10<sup>th</sup>, 10:30-11:30 a.m.

Live Reptile /Amphibian Exhibit – Intergenerational Thursday, July 11, 11am-12:30 p.m.

Music & Song with noted composer Ben Moore. Ben Moore, Composer in Residence for An Appalachian Summer Festival during July '02, will perform on the piano Monday, July 15, 10:30-11:30 a.m.

Creative Arts Workshops coming to WWCC. Dates to be announced.

Presentation, “60 Minutes to Healthier Feet for Seniors” Patricia Rose, LPN and Paul Del Rio Wednesday, July 17, 10-11:30 a.m.

Show and Tell From the Past- Activity Everyone bring in any interesting articles, photos, etc. and share stories with others. Tuesday, August 20, 10-11:30 a.m.

### Blood Pressure Checks

Tuesday, July 9, 10:30—11:30 a.m.  
Monday, August 12, 10:30—11:30 a.m.



### Agency Information

Watauga County Health Department -Chris Sander, Intern, Wednesday, July 10, 9:30-10:30am

### Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Second Tuesday each month, 1:30 - 3:00 p.m.

### Special Interests

**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.

**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 available to any homebound county resident. Call Jackie Cornette at 297-5515, if you are interested in having books delivered to your home on Fridays.

**Hunger Coalition Mobile Pharmacy** - Second Thursday of each month, 11 a.m.-3 p.m. For **July only** 3rd Thursday.

**Multimedia Artist Guild**- Meets Tuesdays 9:30 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 information call Barbara Sturgill at 423-727-9494.

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

**Appalachian Chapter of the N. C. Archeological Society** –No Meeting during July or August. Will resume in September.

**Self-Advocacy class** - Thursday, August 22, 11 a.m. Prescription Drug Assistance Programs

**AppalCart Schedule****L. E. Harrill Senior Center****Monday** - Intown and Foscoe**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**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.

**Three Sisters:**

Three sisters ages 92, 94, and 96 live in a house together. One night the 96 year old draws a bath. She puts her foot in and pauses. She yells down the stairs “was I getting in or out of the bath?”

The 94-year-old yells back, “I don’t know, I’ll come up and see.” She starts up the stairs and pauses. Then she yells, “Was I going up the stairs or down?”

The 92 year old is sitting at the kitchen table having tea listening to her sisters. She shakes her head and says, “I sure hope I never get that forgetful.” She knocks on wood for good measure. She then yells, “I’ll come up and help both of you as soon as I see who’s at the door.”

Submitted by Bill Sluder.

**Lois E. Harrill Senior Center****Special Interest - cont.**

**Military Veterans** – Watauga County Veteran’s Service Officer visits the senior center quarterly to answer questions regarding veteran’s benefits. Date to be announced.

**Senior Education Corps**-This partnership will increase students’ academic success and enhance technology skills and experience for seniors. For more information or to request a volunteer registration form please contact the Board of Education at 264-7196 or the L.E. Harrill Senior Center at 265-8090.

**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.

**Self-Advocacy Cass**- Monday, August 19, 11 a.m. Prescription Drug Assistance Programs.

**Computer Training**-Free computer training is available for seniors. Please call the L.E. Harrill Senior Center to make a reservation. Computers are also available for use Monday through Friday 8 a.m.-5 p.m.

**Challenging Caregiver Decisions at End of Life**

Joyce Lowder with Hospice will discuss this topic at the next Caregiver’s class at the Lois E. Harrill Senior Center on Monday, July 29, from 3-4 p.m. This presentation identifies some of the most frequently encountered decisions required of Caregivers when their loved one faces the end of life. Information about options and suggestions will also be offered to assist with decision-making. There is no charge for this class, which is open to the public. Call 265-8090 for more information or to reserve a space so that adequate materials will be available.



### **The Truth About Caffeine**

One of the most widely used drugs in the world, caffeine acts as a mild stimulant by increasing your heart rate and blood pressure. But, it can irritate your stomach or cause headaches and insomnia—and it poses health risks for certain people, such as those with high blood pressure.

**What's the good news?** For starters, caffeine can boost your mood, as a Johns Hopkins University study found. Another study showed that as little as 32mg.—about what you'd get from a third of a cup of coffee—could boost performance on monotonous tasks such as typing or driving.

**It's not a bone robber.** A 1997 study in the American Journal of Clinical Nutrition found that, contrary to what was previously thought, caffeine does not weaken bones, even in women who drink five or more cups of coffee a day. The most recent evidence indicates that caffeine does not interfere with calcium absorption or bone building.

**It fights muscular fatigue.** Finally, caffeine can boost athletic performance. Small studies have shown that 2-3 cups of coffee before endurance exercise helps athletes exercise longer.

Reprinted from TOPHEALTH, Health promotion and Wellness Newsletter



### **Library Reading Program to Begin in July**

The Lois E. Harrill Senior Center will be the site for a new program offered by the Watauga County Library. Library staff, Evelyn Johnson and Tracy Brewer, will visit the center monthly to conduct readings from poetry and other literary selections. The program is free and open to the sixty years of age and older public. The first reading will take place on Monday, July 1 at 11:00am. For more information you may call the center at 265-8090.

### **Walking Tour of Rosen Outdoor Sculpture Competition**

On Monday, August 5, at 10:30 a.m. interested seniors will meet at the Lois E. Harrill Senior Center to do a walking tour of the Rosen outdoor sculpture competition and exhibition on the ASU campus. Ballots for voting for your choice for first, second or third place will be available. We will return to the center for lunch at 12 noon and announce our choices for the top three winners. The Rosen Outdoor Sculpture Competition is a national juried competition. We will announce the winners of the national competition and see how our choices compare with the results from the national jurors. AppalCart will provide transportation to ASU. Please call the senior center at 265-8090 to reserve a space.

### **Drug Interaction-Medication Management Program**

It is important to keep a record of the medicines you take. You should know if your medicines work safely with other prescriptions and non-prescription medicines. Will it work safely with any dietary/herbal supplements you are taking? The answers to these questions are critical to effective medication management. Bring your medications, both prescription and OTC, along with any supplements you may be taking to the Lois E. Harrill Senior Center on Tuesday, July 30, from 11 a.m. to 12 noon. Brenda Ellis Pharmacist with Boone Drugs will be at the center to discuss avoiding harmful drug interactions and to review with participants one on one their current medications.



### **What a Southerner Knows:**

Only a true Southerner knows the difference between a hissie fit and a connip-tion.

**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 Thursday, July 4, 2002, in observance of Independence Day.

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



Classes and Activities are scheduled two months in advance, therefore cancellations and rescheduling can occur. 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

**Blueberry Custard Pie:**

4 eggs, slightly beaten	3 cups milk
$\frac{3}{4}$ cup, granulated sugar	$\frac{1}{2}$ tsp. Salt
1 tsp. vanilla	

Combine eggs, sugar and salt. Add milk and vanilla. Pour into unbaked pie shell. Sprinkle with blueberries. Bake in an oven 425 for 30-40 minutes, or until knife blade inserted in center comes out clean. Use 9in. pie pan. Can be served topped with whipped cream.



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