



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

MARCH And APRIL 2004



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.

Lower Your Blood Pressure

Many people who have High Blood Pressure are told to reduce their salt and sodium intake. Americans eat too much sodium (salt). In fact, many of us eat ten times as much as our bodies need! Even if you do not have High Blood Pressure, it is a good idea to cut back on your sodium and salt intake.

Here are seven (7) Tips to help you eat less sodium:

1. Read the Nutrition Facts labels on your foods and choose entrees with less than 500 mg. of sodium per serving. For other foods try to choose ones with less than 200 mg. of Sodium per serving.
2. Buy naturally low salt foods like fresh or frozen fruits and vegetables and fresh meat, poultry, or fish.
3. Control the amount of salt in packaged foods by buying ones with "no salt added". Use herbs, spices, or just a pinch of salt to flavor them just the way you like them.
4. Start your recipe with low sodium foods.
5. Use herbs and spices to give flavor to your recipes.
6. Use only 1/2 of the salt your recipe calls for.
7. Try recipes without any salt added and see how they taste.

The upcoming series of classes through the Partners in Wellness Program will deal with this topic. The title of this series will be "Eat Smart, Stay Well: It could be salt's fault". Classes will discuss the potential benefits of reducing salt intake and identifying ways to enjoy a diet that is lower in salt. Class schedules are:

Western Watauga Community Center---
Wednesdays, March 3, through April 14, from 10-11 a.m.

Lois E. Harrill Senior Center---Fridays, March 5, through April 16, from 10:45-11:45 a.m.

Income Tax Assistance Available

The Watauga County Project on Aging is offering free tax assistance at the senior centers. The Internal Revenue Service (IRS) and the American Association of Retired Persons (AARP) with the purpose of providing free tax counseling for low-income taxpayers jointly sponsor the Tax-Aide program. To be eligible:

- You should **not** have any of the following types of income: Rental, Partnership, Business requiring Schedule C, Royalties, Sale of home or business, Sale of stocks or mutual funds, Business income and/or income reported to you on form 1099 MISC.
- Your income for 2003 must be less than \$35,000.
- You must be a Watauga County resident.

All ages meeting this criteria are eligible but preference is given to persons sixty years of age and older.

The Tax-Aide program will run to April 15, 2004. Tax counselors are available to file returns electronically or by traditional method.

Counselors will be at the Lois E. Harrill Senior Center in Boone and the Western Watauga Community Center in Cove Creek. Please call to make an appointment.

L.E. Harrill Center-----265-8090

Western Watauga Center----297-5195

Driver Safety Program for Older Adults

The nation's first and largest classroom refresher course geared especially to older adults safety needs will be offered at the Western Watauga Community Center on Tuesday, March 30, from 1-5 p.m. and Wednesday, March 31, from 9 a.m.-1 p.m. The cost of the program is \$10 per person. The course will offer information on how to compensate for changes in vision, hearing, and reaction time; What to do if confronted by an aggressive driver; When to use a car phone; How medications may affect driving; and much more valuable information. Auto insurance discounts may be available for participation in this course (ask your auto insurance agent). Call 297-5195 by 4 p.m. on Friday, March



LOIS E. HARRILL SENIOR CENTER**March and April 2004****Caldwell Community College Classes**

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

The current semester schedule is:

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

**Weekly Activities**

Monday --Art Class - - - 9 a.m. – 12 noon
Bingo - - - - - - - - - 11 - 11:45 a.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 Class - - 9 a.m. – 12 noon
Bingo - - - - - - - - - 11 - 11:45 a.m.
Muscles and More - - - - 1:30 - 2:30 p.m.
Bridge - - - - - - - - - 6:30 - 10 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.
Yoga - - - - - - - - - - 5:15 - 6:15 p.m.
Tai Chi Classes - - - - - 5:30-6:30 p.m.
Friday - Ceramics - - - - - 10 a.m. - 1 p.m.
Nutrition/Health Classes- 10.45 - 11:45 a.m.

Support Groups:

Caregiver Class/Support Group –
Partnering with your Doctor: A workshop for
Persons with Memory Problems and Their
Caregivers - Thursday, March 18, 2004, at
1:30 p.m.

Alzheimer's Support Group - Meets the third
Thursday of each month at 1:30 p.m.

**Blood Pressure Checks**

Third Monday each month from 11 a.m.-12
noon. Service provided by Boone Drug at
Deerfield Pharmacy.

Third Friday each month from 11a.m.-12
noon. Service provided by Watauga County
Health Department.

Congregate Nutrition Program

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

**Special Activities**

Health Screenings- Thursdays, March 11. By
appointment only.

Free Foot Evaluation with Pedicare -
Wednesdays, March 10, and April 14, from
11 a.m. - 12 noon.

AARP Tax Assistance- Tuesdays, through
April 13. By appointment only.

Shopping Trip to Hickory- Tuesday, April 6, 8
a.m.-5 p.m. Hamricks AM - Lunch at J&S
Cafeteria-More shopping in the PM at the
mall and other shopping centers. There is no
charge for the trip but everyone is responsible
for the purchase of his or her own meal. Seats
are limited. Call the L.E. Harrill Center at
265-8090 or the Western Watauga Center at
297-5195.

NC Relay Demonstration and Presentation-
Tuesday, March 23, 10 a.m.-12 noon

Easter Party- Thursday, April 8, 10 a.m.-12
noon. Refreshments, Games and Entertain-
ment.

Art lessons at ASU's Turchin Center- Mon-
day, March 22, Wednesday, March 24, Mon-
day, April 19, and Wednesday, April 21,
Transportation provided from the L.E. Harrill
Senior Center. No charge for instruction or
materials. All classes meet 10 a.m.-12 noon.
Call the senior center to reserve a space.

Free Hearing Test- Tuesday, April 20. By ap-
pointment only.

Agency Information

Department of Social Services- Food Stamp
Program - Tuesday, March 2, at 11:30 a.m.

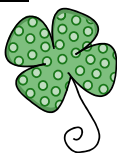
Legal Services of the Blue Ridge-Medicare
Reform - Tuesday, April 13, at 11:30 a.m.

Lois E. Harrill Special Interests

SHIIP-Counselors are available to provide as-
sistance with Medicare, Medicare supple-
ments, Medicare Lookout and Long-Tem Care
insurance questions. Please call the center at
265-8090 to make an appointment.

WESTERN WATAUGA COMMUNITY CENTER

March and April 2004



Caldwell Community College Classes

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

The current semester schedule is:

Ceramics - - - Tuesdays - - - 10 a.m.-1 p.m.
 Crafts - - - - Tuesdays - - - 10 a.m.-1 p.m.
 Lap Quilting - Thursdays - - - 10 a.m.-1 p.m.

Weekly Activities

Monday -Exercise/Walking - -	9 - 10 a.m.
Rook - - - - - - - - - - - - - -	10 - 11:30 a.m.
Lap Quilting Guild - - - - - - -	10 a.m. - 1 p.m.
Basketball/Walking - - - - - - -	1 - 2 p.m.
Tuesday - Walking, active games -	9 -10 a.m.
Rook - - - - - - - - - - - - - -	10 - 11:30 a.m.
Basketball/Walking - - - - - - -	1 - 2 p.m.
Wednesday- Walking - - - - - - -	9 - 10 a.m.
Senior Exercise Class - - - - -	9 - 10 a.m.
Hand Built Pottery - - - - - - -	9 a.m. - 12 noon
Rook - - - - - - - - - - - - - -	10 - 11:30 a.m.
Nutrition / Health Classes - - -	10 - 11 a.m.
Basketball/Walking - - - - - - -	1 - 2 p.m.
Thursday - Line Dancing - - - -	9 - 10 a.m.
Walking - - - - - - - - - - - - -	9 - 10 a.m.
Shopping Van - - - - - - - - - -	9 a.m. - 3 p.m.
Rook and Games - - - - - - - - -	10 - 11:30 a.m.
Scrapbook Workshop - - - - - - -	10 a.m. - 12 noon
Basketball/Walking - - - - - - -	1 - 2 p.m.
Friday - Walking - - - - - - - - -	9 - 10 a.m.
Senior Exercise Class - - - - -	9 - 10 a.m.
Weaving Guild - - - - - - - - - -	9 a.m. - 3 p.m.
Live Music - - - - - - - - - - - -	10 - 11:30 a.m.
Rook - - - - - - - - - - - - - -	10 - 11:30 a.m.
Tolepainting - - - - - - - - - - -	10 a.m. - 1 p.m.
Walking - - - - - - - - - - - - -	1 - 2 p.m.

Congregate Nutrition Program

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



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. Pamphlets and Handouts available. Including a resource guide for caregivers.

Agency Information

Legal Services of the Blue Ridge - Medicare Reform, Thursday, April 1, at 10:30 a.m.

Special Activities

Free Foot Evaluation with Pedicare - Second Thursday of each month from 10:30 a.m - 3:00 p.m.

Health Screenings - Thursday, March 25 and Thursday, April 22. By appointment only.

AARP Tax Assistance— March 1, and March 15. By appointment only.

Driver Safety Class - Tuesday, March 30, 1-5 p.m. and Wednesday, March 31, 9 a.m. – 1 p.m.

Shopping Trip to Hickory - Tuesday, April 6, 8 a.m.-5 p.m. Hamricks AM - Lunch at J&S Cafeteria-More shopping in the PM at the mall and other shopping centers. There is no charge for the trip but everyone is responsible for the purchase of his or her own meal. Seats are limited. Call the L.E. Harrill Center at 265-8090 or the Western Watauga Center at 297-5195.

Hawaiian Luau - ASU Program Planning Class - Friday, April 16, from 4 - 6:30 p.m. Call 297-5195 by 4 p.m., Monday, April 12, to reserve a space.

Blood Pressure Checks

Friday, March 12, and Friday, April 16, 10:30 - 11:30 a.m.



Special Interests

Cove Creek Extension 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.

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

Cove Creek Grange- 2nd Tuesday of each month, 7-9 p.m.

Hunger Coalition Mobile Pharmacy- The country roads mobile pharmacy will not be operating during March 2004. Clients may call the Hunger Coalition office Monday-Friday from 8 a.m.-5 p.m. For more information call David, client service coordinator at 262-1628.

Lois E. Harrill Special Interests Continued

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

AARP- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center. For more information contact Louise Harris at 264-6616.

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 Beverly DeBenedictis at 264-2718.

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.

Prescription Drug Assistance Resources- There are resources available to assist North Carolina's older adults with the purchase of prescription medication. Please call the Lois E. Harrill Senior Center at 265-8090 for assistance with finding affordable prescription medications.

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

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

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

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

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

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

Western Watauga Community Center Special Interests Continued

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.

Western Watauga Branch of the Watauga County Library- Monday and Wednesday- 10 a.m.-5 p.m. Tuesday and Thursday- 10 a.m.-7:30 p.m. Friday- Closed. The 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.

Senior Personal Ads:

The following “Senior” personal ads seen in Florida and Arizona newspapers. Who says seniors don't have a sense of humor?

FOXY LADY: Sexy, fashion-conscious blue-haired beauty, 80's slim, 5'4" (used to be 5'6"), searching for sharp-looking, sharp-dressing companion. Matching white shoes and belt a plus.

MINT CONDITION: Male, 1922, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.



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



Free Hearing Test

Have your hearing tested FREE on Tuesday, April 20, at the Lois E. Harrill Senior Center. This event is sponsored by Beltone Hearing Care Center and the Morganton Regional Resource Center, Division for the Deaf and the Hard of Hearing. Trina Bedsaul, Doctor of Audiology will be providing the hearing screenings and Jan Riddle, Hard of Hearing Services Specialist will be on site to assist with information regarding hearing loss. This service is for Watauga County residents aged sixty and older. Please call the senior center at 265-8090 to make an appointment or for more information.

Telephone Technology for People with Hearing Loss

A demonstration of assistive equipment and relay services will be offered at the Lois E. Harrill Senior Center On Tuesday, March 23, at 10 a.m. “NC relay is more than technology, it makes it possible for hard of hearing, deaf and speech impaired people to easily pick up voice mail and answering machine messages and to contact family, friends, businesses, medical and service providers over the telephone without giving it a second thought.” There is no charge for this service as local telephone companies’ fund it through the Telecommunications Relay Service surcharge (\$0.11) collected each month from each customer. Qualified individuals may apply to receive these telephones with visual displays at no charge. This presentation is free and open to the public. For more information you may call the Project on Aging at 265-8090.

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.

Workshop for Persons with Memory Problems and Their Caregivers

Do you or someone you love have memory problems? If so, then you know how hard it can be to find out what’s wrong and work with the doctor to get the best care. Michelle Rossback, Program Manager of the Western Carolina Alzheimer’s Association, is offering a Seminar at the Lois E. Harrill Senior Center to help patients and caregivers learn how working closely with their doctor can improve their health care. This two-hour program will be offered on Thursday, March 18, at 1:30 p.m.

The workshop is free and open to the public. You may call the senior center at 265-8090 with any questions. We request that you call to reserve a space so that adequate materials will be available.

Hawaiian Luau at Western Watauga Community Center

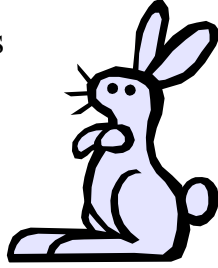


Mark you calendar for Friday, April 16, 4 - 6:30 p.m. On that date the Western Watauga Community Center will be transformed into a tropical paradise. Students from an ASU program planning class will provide refreshments, games, prizes, music and a great time for persons sixty and older. The theme will be a Hawaiian Luau so come prepared to enjoy the festivities. Please call 297-5195 by 4 p.m. on Monday, April 12, if you plan to attend. Hope to see you there!

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 on Friday, April 9, 2004, in observance of the Easter Holiday.

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

**Reminder**

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 -

Disclaimer

The Senior Center does not endorse or recommend the services of any for profit group that may provide information programs at the center. We strive to make older adults aware of services available in the area. It is solely the decision of the individual as to their participation. Information only, not actual services will be offered at the center by any for profit business.

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.



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

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