



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 2005



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.

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.

Caregiver Class—The Caregriever

On Thursday, March 31st, from 3-4pm Barbara Warren, MSW, LCSW of Crossroads LME/New River Behavioral HealthCare's Geriatric Specialty Team will present "*The Caregriever*." The Project on Aging will host the presentation at the L. E. Harrill Senior Center in Boone. "*The Caregriever*" is a one-hour presentation designed to assist grieving caregivers. The concept of *disenfranchised grief* is introduced, as well as several strategies for effectively coping with this type of grief. Grief is explained as a long-term *process* involving many stages. Overviews of the *Westberg* and *Kubler-Ross models* are presented to further define and explain the grief process. This program is free and open to the public but will be of special interest to Family and Professional Caregivers and Human Service Agency Staff. For further information or to reserve a seat please contact Sherry Harmon at (828) 265-8090.



A New Way to Receive Your "Young at Heart" Newsletter

In an effort to cut back on mailing and copying costs we are now offering another way to receive your bimonthly senior center newsletter. We will send the newsletter via email to persons choosing this option. All you need to do is send a message to

sherry.harmon@ncmail.net requesting this method of delivery. Be sure to include the email address you want the newsletter delivered to in the message. If you are presently on the mailing list you will be deleted and added to the email list.



Advocacy Workshop To Be Offered at Senior Center

There are many issues originating from local, state and federal levels of government that directly affect older adults. The senior center would like to provide an opportunity for interested individuals to become engaged in these issues. We hope to do this by offering a workshop that will provide participants with the necessary tools to become effective advocates. This is a collaborative effort with students from Appalachian State University's Communications Department.

During the workshop participants will be instructed in effective ways to persuade others through letter writing, phone calling, and one-on-one meetings. Participants will receive handouts on effective advocacy techniques, hands-on ideas for how to stay involved in this type of work and suggestions for how to encourage others to get involved.

The workshop will be offered on Thursday, April 21 from 3-5 pm. There is no charge to attend and open to any interested person age sixty and older. For more information or to reserve a space you may contact Sherry Harmon at 265-8090.

LOIS E. HARRILL SENIOR CENTER**March and April 2005****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.
Creative Music Group - -	1 - 2 p.m.
Body Recall - - - - -	2 - 3 p.m.
Tuesday –Exercise - - - - -	11 - 11:30 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Line Dancing - - - - -	2 - 3:30 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Wednesday -Art Class - -	9 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	2 - 3 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.
Body Recall - - - - -	2 - 3 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.

Agency Information

Tuesday, March 1, 11 a.m.-12 noon. Susan King, Social Worker for the Visually Impaired, will display adaptive equipment and discuss services available through Department of Social Services.

Tuesday, April 5, 11 a.m.-12 noon. Shannon Mattox will demonstrate the Home Med. Monitor and discuss services available through Medical Center Home Health.

Congregate Nutrition Program

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

Support Groups:

Family/Caregiver Support Group - Meets the third Thursday of each month at 1:30 p.m.

Caregiver Class- Thursday, March 31, 3-4 p.m. “The Care-Griever: Helping Caregivers Cope with Grief.” Crossroads LME/New River Behavioral Health Care Geriatric Specialty Team.

**Special Activities**

AARP Tax Assistance - Tuesdays through April 12, by appointment only.

Turchin Center Classes - March 21 & 23 - Contemporary Quilting taught by Rachel Sorrells. This workshop explores the art of quilting. There will be a tour of the Fiber Optics quilt exhibition followed by a presentation of the different functions, designs, and techniques used in quilting. Participants will use cloth, thread, and needles to create their own unique quilt square.

April 11 & 13 - Linoleum Block Printing taught by Brianna Cox. Inspired by the vivid imagery of Jane Seigle's paintings, participants will design, carve, and then print a set of postcards in a variety of colors using the linoleum block printing technique.

All sessions meet 10 a.m.-12 noon. See Sherry at the senior center to reserve a space on the van and in the class.

Easter Party - Monday, March 28, 10 a.m.-12 noon - Refreshments and games.

Shopping Trip to Hickory - Tuesday, April 12, 8 a.m.-5 p.m. Shopping opportunities at Hamricks, Hickory Mall and Shopping Centers. Lunch at J&S Cafeteria. Must reserve a seat on the bus.

Information Health Fair - Monday, April 18, 1:30-6 p.m.

Advocacy Workshop - Thursday, April 21, 3-5 p.m.

**Special Interests and Services**

Health Screenings- Thursdays, March 10, and April 14. By appointment only.

Free Foot Evaluation with Pedicare - Wednesday, May 11, from 11 a.m. - 12 noon.

WESTERN WATAUGA COMMUNITY CENTER

March and April 2005



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 – Tuesdays, 10 a.m. – 1 p.m.
 Lap Quilting – Thursdays, 10 a.m. – 1 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.

Weight Loss Club - Mondays 7 – 8 p.m. For information call Connie Trivette at 297-3909.

Weekly Activities

Monday -Walking - - - - -	8 - 9 a.m.
Exercise with Shirley - - - -	9:30 - 10 a.m.
Rook - - - - -	10:30 - 11:30 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Body Recall - - - - -	12:30 - 1:30 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	9:30 – 10 a.m.
Chair dancing - - - - -	10 – 11 a.m.
Rook - - - - -	10 - 1 p.m.
Wednesday– Walking - - - -	8 - 9 a.m.
Line Dancing - - - - -	9 - 10 a.m.
Hand built pottery - - - - -	9 a.m. – 12 noon
Knitting - - - - -	9:30 a.m. - 1 p.m.
Nutrition / Health Classes -	10:30 - 11 a.m.
Body Recall - - - - -	12:30 - 1:30 p.m.
Thursday - Walking - - - -	8 - 9 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light Weights -	9:30 – 10 a.m.
Art Class - - - - -	10 a.m. - 2 p.m.
4th Thursday - - - - -	12 - 3 p.m.
Rook and Games - - - - -	12 - 2 p.m.
Friday - Walking - - - - -	8 - 10 a.m.
Weaving Guild - - - - -	9 a.m. - 2 p.m.
Rook - - - - -	9 - 11:30 a.m.
Live Music - - - - -	10 - 11:30 a.m.
Tolepainting - - - - -	10 a.m. – 1 p.m.
Body Recall - - - - -	12:30 - 1:30 p.m.

Blood Pressure Checks

Second Friday of each month from 10:30 - 11:30 a.m.



Agency Information

Tuesday, April 5, 10 – 11 a.m. Blue Ridge Resource Conservation and Development. A brief overview of programs sponsored by BRRCD including stream bank restoration, Landfill gas project, farmland preservation, sustainable agriculture, etc. Also information will be presented on beneficial insects and biological control of the Hemlock wooly adelgid.



Special Activities

AARP Tax Assistance- Mondays, March 7 and April 4. By appointment only.

Nutrition Presentation- Friday, March 11, 10-10:30 a.m. Replacing processed foods with natural whole foods for optimal nutrition and health benefits. Presented by Kati Hamm.

St. Patricks Day Party- Thursday, March 17, 10-11:30 a.m.

Easter Party- Thursday, March 24, 10 - 11:30 a.m. Games, Music and food.

Upcoming workshops and events to watch for:

- Vegetarian cooking class
- Plant/seed exchange
- Medicinal Herbs- History & Culture

Dates will be announced at the center and advertised through local media.



Special Interests and Services

Health Screenings - Thursdays, March 24, and April 28. By appointment only.

Free Hearing Aid Services– Hearing aide services and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor - May 4, 9:00 a.m.—12:00 noon.

Fiber Art/Hand Spinning Guild- Meets first and third Saturday each month from 9:30 a.m.—12:30 p.m. For more information contact Sandra Basel at 297-3046.

Walking Program and Fit for Life Exercise Program - Monday - Friday, 8 a.m. - 10 a.m. Walk inside or outside. Exercise equipment and class. See Toni Wait to register.

Lois E. Harrill - Special Interests
Cont.

Free Hearing Aid Services - hearing screenings and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor-Tuesday, March 8, 10 a.m.-12 noon.

SHIIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare-Approved Discount Card Program. Please call the center at 265-8090 to make an appointment.



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

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.

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

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.

VHS Movies Available - May be checked out or reserve a TV/VCR and watch at the senior center.

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.



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

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.

Western Watauga Community Center Special Interest 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.

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

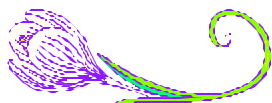
Cove Creek Community Council- 1st Tuesday of each month, 6-8 p.m. Meetings open to the public.

Cove Creek Extension club- Has changed its name to the Cove Creek Crafty Critters club. Their purpose is to assist with programs and supplies for the Branch Library and Senior Center and Home Delivered Meals programs. New members are invited to join the group to share in fellowship, fun activities, charitable endeavors, and creative projects. There is a \$10.00 fee to join, then a \$2.00 per month supply fee. Reap the benefits of giving! For more information call Toni at the center.



Horseshoes and Croquet available- Attention Croquet fans! We are planning to build a sand bottom croquet court in Cove Creek for tournaments and fun. Anyone interested in joining the croquet club or anyone interested in assisting with the design of the court contact Toni Wait at WWCC 297-5195.

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. National Library week is April 4th-8th. Pay a visit to your branch library and see what they have to offer.



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 8:30 a.m. on the morning you wish to ride.



Income Tax Assistance Continues

The Watauga County Project on Aging will continue to offer free tax assistance at the senior centers through April 12. 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, and Sale of home or business.
- Your income for 2004 must be less than \$40,000.
- You must be a Watauga County resident.
- Will file federal and NC returns. No out of state returns will be done!

All ages meeting this criteria are eligible but preference is given to persons sixty years of age and older. Tax counselors are available to file returns electronically or by traditional method. Call for an appointment.

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 - 297-5195

Information Health Fair at L.E. Harrill Senior Center

An Information Health Fair will be held in the dining room of the Lois E. Harrill Senior Center on Monday, April 18 from 1:30-6pm. Watauga Medical Center is organizing the event, which is free and open to the public. This will be a wonderful opportunity to find out about health services available in Watauga County. There will be free blood pressure checks with the most sophisticated equipment available, information about home safety, strokes, CPR, and much more. For more information you may call the center at 265-8090.



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, March 25 for Easter Holiday. In addition to these closings Home Delivered Meals will not be served.



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Managing Chronic Pain With Exercise

How does regular exercise impact chronic pain?

Numerous studies have shown that participation in a regular exercise program will decrease existing pain due to arthritis or other causes of chronic pain and improve a person's ability to perform daily activities. Although some people may have a temporary eradication of pain, it is unlikely that exercise will completely eliminate the pain. With the progression of arthritis, there are changes in the joint that are not reversible. So, the partial source of the pain is always present. Again, however, pain will decrease with regular exercise and exercise has not been shown to increase the progression of arthritis.

This is the second in a series of exercise information we will include in the center newsletter on chronic pain and exercise.