



# 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

**MARCH AND APRIL 2007**



Western Watauga Community Center

297-5195

### **Advocacy Workshop: How to Make a Difference**

On Thursday, April 19, 2007, at 3 p.m. join us at the L.E. Harrill Senior Center for an informative and entertaining introduction to the world of advocacy. 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 introduced to techniques to persuade others through letter writing and phone calling, and through role playing practice skills for one-on-one advocacy. Participants will receive written information that includes hands-on ideas for how to stay involved in this type of work and suggestions for how to encourage others to get involved. There is no charge to attend and it is open to any interested person age sixty and older. For those who have attended a previous advocacy workshop this is an opportunity for review and to receive updated information. For more information or to reserve a space you may contact Sherry Harmon at 265-8090.



### **Figure Drawing Workshop**

A figure drawing workshop featuring a live model will be offered at the Lois E. Harrill Senior Center on the following Thursdays in March: 8, 15, 22, and 29, from 2-4 p.m.

Marsha Holmes will be the Instructor for this program. There is no charge for the workshop but participants must provide their own materials. You will receive a materials list when you register. Participants must be age sixty or older. Class size will be limited to 10 students. Call the Project on Aging at 265-8090 to register or for more information.

### **Caregiver Information**

On April 25<sup>th</sup>, Blowing Rock Hospital-Community Education Program will present "What Next? What Now?" Understanding what services are available for the Elderly as needs change. Amy Townsend, CSW and Linda Bretz, RN. The Social Worker and the Director of Adult Day Care/Home Care/Home Health for Blowing Rock Hospital will be presenting.

The programs will be held in the Multipurpose Room of Blowing Rock Hospital at 1:00 p.m. and 5:30 p.m. Programs are one hour in duration and there is no charge. If you are a caregiver of an adult, you may bring your loved one for the 1:00 slot only. The Adult Day Health Care staff will provide free respite care for your loved one(s) while you attend the event. Please contact Jennifer Bretz at 828-295-5276 with any questions and to RSVP. Refreshments will be served.

Caregiver Support Group meets the first Thursday of each month at Deerfield Ridge Assisted Living. Respite care is available at no charge. Please call Sharon at 264-0336 to reserve respite care or for more information.

Caregiver Program at Harrill Senior Center – Thursday, April 26, 2 - 4 p.m. Activities for Persons with Dementia will be the topic. The focus will be on how activities can be planned and implemented in a way that works for persons with dementia at all stages of the disease. The emphasis is on understanding that activities are those things that we all do throughout the day as well as pre-planned events. Participants will learn how to assess a person's activity needs, encourage independence, provide intellectual and emotional support and encourage increased involvement in scheduled activities as well as many aspects of daily living. This program is free and open to the public. Call 265-8090 to reserve a seat.



**LOIS E. HARRILL SENIOR CENTER**

March and April 2007



To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Sherry Harmon is the Director.

**Caldwell Community College Classes**

Lap Quilting — Tuesdays - - - 1-4 p.m.  
(registration April 24)

Crafts — Thursdays - - - 10 a.m.-1 p.m.  
(registration April 26)

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

**Weekly Activities**

Monday—Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Exercise w/Kristy - - - - -	2 - 3 p.m.
Tuesday –Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes-	11 a.m. - 12 noon
Line Dancing - - - - -	2 - 3:30 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15-7:15 p.m.
Wednesday -Art Class - - -	9 a.m. - 12 noon
Muscles and More - - - - -	10:30-11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Exercise w/Kristy - - - - -	2 - 3 p.m.
Bridge - - - - -	6:30 - 10 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Exercise - - - - -	11 - 11:30 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Tai Chi - - - - -	5:30 - 6:30 p.m.
Tai Chi - - - - -	6:30 - 7:30 p.m.
Friday- Muscles and More -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

**Congregate Nutrition Program**

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

**Support Groups:**

NAMI (National Association for Mental Illness) Support Group - Meets the first Monday of each month at 7 p.m.

Diabetes Support Group - Meets the first Thursday of each month at 12 noon.

Caregiver Class – Activities for persons with dementia, Thursday, April 26, from 2-4 p.m.

**Agency Information**

Red Cross-Emergency Preparedness-Bud Altmyer - Friday, March 2, at 11 a.m.

Reverse Mortgage Program-Wilma McDaniel-Friday, April 20, at 10:30 a.m.

**Blood Pressure Checks**

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

**Drop in Activities**

The following are available for use at the center by persons 60 and older:

Electric typewriter

Piano

Pool Table

Card Tables

Exercise Equipment

Computer Lab

Table games, jig saw puzzles, and cards

Televisions/VCR and DVD players

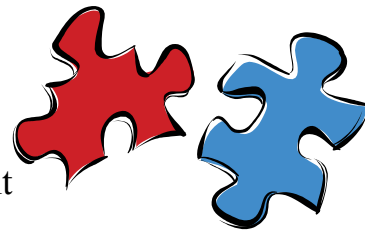
Library (Books and Audio books) –May also be checked out for use at home

Video Library –May also be checked out for use at home

Sewing Machines

Balance Beam Scales for checking weight

Exercise Your Brain Mental Adventures (Variety Puzzles)

**Special Activities**

**Tax Assistance-** Tuesdays, February 6, to April 10. By appointment only.

**Figure Drawing Workshop-** Thursdays, March 8, 15, 22 and 29 from 2 - 4 p.m. Seats are limited -Call to reserve a space.

**Strengthening your Immune System**

**through Diet-**Wednesday March 21, 11 a.m. – 12 noon.

**Workshops at ASU's Turchin Center-**

Millefiori Beads- Fridays, March 23 and 30, from 10 a.m. to 12 noon. Printmaking- Fridays, April 13, 20 and 27, from 10 a.m. to 12 noon.

**Shopping Trip to Hickory-** Tuesday, April 3, from 8 a.m. to 5 p.m. Shop at Hamricks in the a.m., lunch at J & S Cafeteria, shop at Mall or Shopping Center in the p.m. Seats are limited- Call to reserve a seat.

**Easter Party-** Thursday, April 5, 10 a.m.-12 noon.

**Advocacy Workshop-**Thursday, April 19, at 3 - 5 p.m. Call to reserve a space.

**Communication Techniques for Hard of Hearing Persons-** Thursday, April 26, from 10:30 - 11:30 a.m.

## Special Interests and Services

**Health Screenings-** Will resume in July. You may call during June for an appointment.

**Free Hearing Aid Services-** Hearing screenings; Otosopic examination to see if you have excessive earwax that needs to be removed by your doctor; Free batteries and Free cleaning on any brand of hearing aid. Tuesday, May 22, 10 a.m. - 12 noon.

**AARP-** Meets the third Tuesday of each month from 10 a.m.-12 noon.

**Advocacy Opportunities-** The center provides information on advocacy opportunities, "Effective Advocacy" training and Voter registration forms.

**Computer Training** - Free computer training is available by appointment.



**Fit for Life Program-** Register to earn points for incentive gifts when you participate in indoor walking program, exercise classes, exercise equipment and line dancing.

**Information and Referral-** Available at the senior center for services not provided by the Project on Aging.

**Job Placement and Job Training-** Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

**SHIP** - Counselors are available to provide assistance with Medicare, Medicare Supplements, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare Prescription Drug Benefit Plans (Part D).

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

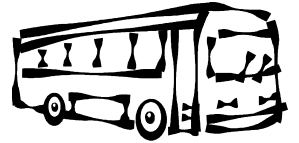
**Transportation-** The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both centers are listed in each newsletter.

<sup>3</sup> **Book Discussion Group-** Meets the fourth Wednesday of each month at 1:30 p.m.

**Quilt Guild** - Meets the first Thursday of each month from 1:30 - 8 p.m.

**Volunteer Opportunities-** Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

**Weaving Instruction-** The center has table and floor looms. Free weaving instruction is available by appointment.



### 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, Blowing Rock, Cove Creek, Foscoe and Matney

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

### Strengthening your Immune System through Diet

A one hour presentation with an opportunity to ask related questions will be given on how diet may enhance immune system function. Other factors like stress reduction and exercise will be discussed. This program is free to the public and will be held at the Lois E. Harrill Senior Center on Wednesday March 21, at 11:00 a.m. This program will be given by two enthusiastic ASU Health Promotion students who welcome your attendance.

### Reverse Mortgage Program at Senior Center

Wilma McDaniel, Special Projects Manager for Northwestern Regional Housing Authority and certified reverse mortgage counselor will provide information on reverse mortgages at the Lois E. Harrill Senior Center Friday, April 20, 2007, at 10:30 a.m. The program is free and open to the public. There will be an opportunity for questions and individual counseling. We request that you call to reserve a space so that adequate materials will be available. To reserve a space or for further information you may call 265-8090.





## WESTERN WATAUGA COMMUNITY CENTER

**March and April 2007**



To receive more information or to register for a service or activity at the Western Watauga Center please call 297-5195. Toni Wait is the Director.

### Caldwell Community College Classes

Crafts — Tuesdays - - 10 a.m. - 1 p.m.

(registration April 24)

Lap Quilting — Thursdays - - 10 a.m. - 1 p.m.

(registration April 26)

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

### Congregate Nutrition Program

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

### Weekly Activities

Monday - Walking - - - - -	8 - 10:00 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Old Fashioned Rug Hooking -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	9:30 – 10 a.m.
Wednesday– Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	8:30 - 9 a.m.
Hand built pottery - - - - -	9 a.m. – 1 p.m.
Knitting - - - - -	9 a.m. - 12 noon
Nutrition & Health - - - - -	10:30 - 11:30 a.m.
Thursday - Walking - - - - -	8 - 10 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light weights-	9:30 – 10 a.m.
Art Class - - - - -	9 a.m. - 1 p.m.
Friday - Walking - - - - -	8 - 10 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Live Music - - - - -	10 - 1 p.m.
Yoga - - - - -	12 - 1 p.m.



### Drop in Activities

The following are available for use at the center by persons 60 and older:

Piano  
 Card Tables  
 Exercise Equipment  
 Computer Lab-Watauga Branch Library  
 Table games, jig saw puzzles, and cards  
 Television/VCR and DVD player  
 Library (Books, videos, books on tape) –Watauga Branch Library  
 Sewing Machines  
 Balance Beam Scales for checking weight  
 Exercise Your Brain Mental Adventures - (Variety Puzzles)  
 Horse Shoes



### Support Groups:

Weight Loss- Mondays 7-8 p.m.

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

Hospice - Overview of the programs and services available to patients and family members during end of life transitions. March date to be announced.

WAMY Community Action, Inc. - Garden Assistance Program. April date to be announced.

### Special Activities

**Tax Assistance-** Dates to be announced. By appointment only.

**Rook Tournament-**Thursday, March 15 from 9am-3pm. Registration deadline-March 9.

**St. Patrick's Day Party-**Wear green or be pinched. Friday, March 16, from 10 a.m. - 1:30 p.m.

**Shopping Trip to Hickory-** Tuesday, April 3, from 8 a.m. to 5 p.m. Shop at Hamricks in the a.m., lunch at J & S Cafeteria, shop at Mall or Shopping Center in the p.m.. Seats are limited. Call to reserve a seat.

**Easter Party-** Thursday, April 5, from 10 - 11:30 a.m.



### Special Interests and Services

**Health Screenings-** Will resume in July. You may call during June for an appointment.

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

**Advocacy Opportunities-** The center provides information on advocacy opportunities, “Effective Advocacy” training and Voter registration forms.

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

**Computer Training-** The Branch Library is offering one on one instruction for persons sixty and older. Call the library at 297-5515 to schedule an appointment.

## Western Watauga Community Center Special Interests and Services cont.

**Crafty Critters Club-** Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center. Membership is \$10.00 and a \$2.00 per month supply fee. Meets the first Monday of each month from 12 noon –3 p.m.

**Fit for Life Program-** Register to earn points for incentive gifts when you participate in the walking program, exercise classes and exercise equipment.

**Fiber Art/Hand Spinning Guild** — Spinners meet first Saturday of each month, 9 a.m.—12 noon.

Fiber Guild Meets third Saturday of each month, 9 a.m.—12 noon. For more information contact Sandra Basel at 297-3046.

**Information and Referral-** Available at the senior center for services not provided by the Project on Aging.

**Job Placement and Job Training-** Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

**Outpatient Behavioral Health** –Dev Looper with Passages II will be available for consultation the first Thursday of each month from 10-11:30 a.m. and the fourth Monday of each month from 9-11:30 a.m.

**Transportation-** The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both centers are listed in each newsletter.

**Weaving Instruction-** The center has table and floor looms. Free weaving instruction is available by appointment.

**Volunteer Opportunities-** Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

### 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

## AppalCart Schedule -Western Watauga Community Center



**Monday and Wednesday**– Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

**Tuesday and Friday**– 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

**Thursday** is shopping day in Boone, for all routes. 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.



### Newsletter Availability

There are four ways to obtain a senior center newsletter:

- Pick up at Western Watauga Community Center or L.E. Harrill Senior Center.
- E-mail- Send a message to [sherry.harmon@ncmail.net](mailto:sherry.harmon@ncmail.net) requesting this method of delivery.
- Mailed.
- Located on agency's web site at [www.wataugacounty.org](http://www.wataugacounty.org). Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.

### Spring Workshops at ASU's Turchin Center



Offered at no charge by Dr. Gayle Weitz's art education students to senior center participants. Transportation provided by Project on Aging from the Harrill Senior Center to the Turchin Center.

**Millefiori Beads-** Fridays, March 23, and 30, from 10 a.m. to 12 noon. This workshop explores the intricate wonders of polymer clay as participants design and create their own sets of beads in the fashion of traditional glass millefiori beads.

**Printmaking-** Fridays, April 13, 20 and 27, from 10 a.m. to 12 noon. Ever done linoleum printmaking? It is a traditional technique involving printing from a carved surface. Create your own masterpiece, a set of note cards, even a scarf!

The deadline to pre-register is one week prior to the workshop. Call 265-8090 with any questions or to reserve a seat.

**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 Friday, April 6, for the Easter Holiday.

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.

**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.

**Communication Techniques for Hard of Hearing Persons**

Cynthia Harmon, Hard of Hearing Services Specialist from the N. C. Division of Services for the Deaf and the Hard of Hearing at Morganton Regional Center, will present this program. The presentation will be helpful for both hard of hearing persons and people who need to communicate with them. There will be an opportunity for questions and answers. The program will be held at the L.E. Harrill Senior Center on Thursday, April 2, from 10:30-11:30 a.m. Please call the center to reserve a seat so that adequate materials will be available.

