



# 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 2008**

### Healthier America Forum to be held at Harrill Senior Center

On Wednesday, April 16, 2008, at 10:30 a.m. join us at the L.E. Harrill Senior Center for a very important and informative program.

You will learn how to protect your health with Medicare's preventive benefits? Medicare can do more for you than simply help cover the costs of doctor and hospital bills. Medicare's preventive benefits can help you stay one step ahead of serious illnesses or certain chronic conditions such as diabetes, heart disease and cancer. The event will also include information on MyMedicare.gov. --- Medicare's secure online service for accessing your personal Medicare information. With this exciting web tool, you can make health care decisions based on your own personal needs. SHIP volunteers and senior center staff will be available after the program to assist interested Medicare recipients to register for the service. This program is free and open to Medicare beneficiaries and/or caregivers of beneficiaries. Refreshments will be served and informational hand outs, a personal medication record and pill boxes will be available for take home by participants. Call the center at 265-8090 to reserve a space for this important event.

### Income Tax Assistance available through April 15 at Senior Centers

The AARP Tax-Aide Program, in cooperation with the IRS and N.C. Dept. of Revenue offers free tax preparation for seniors, as well as low- and middle-income taxpayers. Electronic filing (E-file) is available for safe and accurate preparation and fast refunds.

The Tax-Aide program will run from February 5 to April 15, 2008.

Counselors will be at the Lois E. Harrill Senior Center in Boone on Tuesdays. Call the Western Watauga Community Center in Cove Creek for assistance dates at that location. To make an appointment call:

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

**Western Watauga Center----297-5195**



### Caregiver Information

**Caregiver Support Group-** meets at 1 p.m. 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 Class-** "Preventing Caregiver Burnout" is the topic for the next caregiver training on Wednesday, March 19, at 3 p.m. This one hour presentation teaches participants how to identify common symptoms of "burnout", and to recognize risk factors which predispose caregivers to becoming fatigued. Several common consequences of burnout are identified, and the training session underscores the importance of implementing preventive strategies to promote caregiver wellness. The training will be presented by a member of New River Behavioral Health Care Geriatric Specialty Team. There is no charge and the public is invited to attend. Please call the center at 265-8090 to reserve a seat so that adequate materials will be available

### Jewelry Making Workshop scheduled for Harrill Senior Center

Ronda Carpenter will conduct a jewelry making workshop on five Wednesday afternoons March 19, through April 16. The first Wednesday will be an organizational/registration session from 1-3 p.m. Participants will see completed examples of jewelry to be made in the workshop, discuss sources for materials to be used and have an opportunity to ask questions. The remaining four sessions will be from 1-4 p.m. The first project will be creating a lariat necklace. Workshops are free to persons aged sixty and older. Participants will be responsible only for the cost of materials used in their project. Materials generally run under \$10 per project. Registration is limited to eight persons.



**LOIS E. HARRILL SENIOR CENTER****March and April 2008**

**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.**

**Weekly Activities**

Monday -Intermediate Art Class - 9 a.m. – 12 noon	
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1:30 - 2:30 p.m.
Tuesday - Lap Quilting Group - 9 a.m. - 12 noon	
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 -Beginner Art Class- 9 a.m. - 12 noon	
Muscles and More - - - - -	10:30-11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1:30 - 2:30 p.m.
Bridge - - - - -	6:30 - 10 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Tai Chi <i>Intermediate</i> - - - - -	5:30 - 6:30 p.m.
Tai Chi <i>Beginners</i> - - - - -	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.

**Agency Information**

Passages- Thursday, March 27, at 11 a.m.- Russell Snipes will discuss techniques of recognizing and coping with anger in addition to information about services.

Reverse Mortgage Program- Wilma McDaniel, presenter- Wednesday, April 9, at 10:30 a.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 - Wednesday, March 19, from 3-4 p.m. The topic will be “Preventing Caregiver Burnout”, presented by New River Behavioral HealthCare Geriatric Specialty Team.

**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) \* Photo Smart Printer - .50 cents per 4x6 photo

**Special Activities**

Shopping Trip to Hickory- Tuesday, March 11, from 8 a.m.-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.

**Jewelry Making Workshop-** Wednesday afternoons, March 19, through April 16. Spaces are limited- pre-registration required.

**Easter Party-** Thursday, March 20, 10 a.m.-12 noon. Refreshments and Games.



**Safe Steps Fall Prevention Program for Seniors-** Tuesday, April 8, at 10 a.m.. No limit for attendance but participation in the research study is limited to twenty persons.

**Healthier America Forum-** Wednesday, April 16, from 10:30 a.m.-12 noon.

**Art Safari-** Friday, April 25, during the hours of 1 to 5 p.m..

**Special Interests and Services**

**Health Screenings-** Monday, March 31. You must have an appointment.

**Tax Assistance-** Call to make an appointment.

**Social Security -** Social Security - A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, April 2, from 9 a.m.-12 noon

**Special Interests and Services continued**

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

**Free Hearing Aid Services**- Hearing screenings; Otoloscopic 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, March 25, 10 a.m. - 12 noon.

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

**Book Discussion Group**– Meets the fourth Wednesday of each month at 1:30 p.m.

**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.

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

**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), including low income subsidy applications.

**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.

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

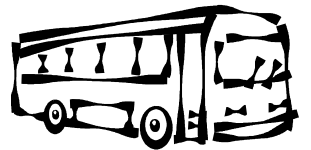
**Special Interests and Services continued**

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

**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.

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

**Monday** - Intown, Foscoe, and Meat Camp

**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

**Safe Steps Fall Prevention Program for Seniors**

On Tuesday, April 8, at 10 a.m. you are invited to a viewing of a new video, “Safe Steps”, presented by the Home Safety Council. This video program is designed to help older adults and their caregiver assess their risks, promote ways they can help prevent slips and falls and provide them with low-cost solutions and simple behavioral changes to ensure their personal safety and independence. This program also includes the opportunity to participate in a research study. Participation in the study is completely voluntary and is not a requirement to attend the program. Those persons participating in the study will receive a small thank you gift. Please call the center at 265-8090 with any questions about the program or the study or to reserve a seat for the program. Participation in the research study is limited to twenty persons.



## WESTERN WATAUGA COMMUNITY CENTER

March and April 2008



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.

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

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

### Weekly Activities

Monday -Walking - - - - - 8 - 11:00 a.m.

Crochet Club - - - - - 10 a.m. - 1 p.m.

Rug Hooking Class - - - - - 10 a.m. - 1 p.m.

Lap Quilting Guild - - - - - 10 a.m. - 1 p.m.

Tuesday - Walking - - - - - 8 - 9 a.m.

Body Recall Exercise - - - - - 9 - 10 a.m.

Walking - - - - - 10 - 11 a.m.

Wednesday— Walking - - - - - 8 - 11 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.

Rook (call after 1pm to reserve a seat) - 5 - 9 p.m.

Thursday - Walking - - - - - 8 - 9 a.m.

Body Recall Exercise - - - - - 9 - 10 a.m.

Shopping Van - - - - - 9 a.m. - 3 p.m.

Art Class - - - - - 9 a.m. - 1 p.m.

Walking - - - - - 10 - 11 a.m.

Friday - Walking - - - - - 8 - 11 a.m.

Weaving Guild - - - - - 9 a.m. - 1 p.m.

Live Music - - - - - 10 - 1 p.m.

Yoga - - - - - 12 - 1 p.m.

Rook is an ongoing activity Monday - Friday.

Walking in the gym- Old Cove Creek School- M-W-F 8-11a m., T-Th 8-9 a.m. & 10-11 a.m. (after Body Recall) Everyone must register the first time to participate. Basketballs are also available upon request.

Rug Hooking Class- Accepting new students Mondays 10 a.m.-1 p.m. -No charge for those age 60+ and \$3 for others. Turn your old fabric scraps into beautiful masterpieces!

### Congregate Nutrition Program

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



### Support Groups:

Weight Loss- Mondays 7-8 p.m.

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.



### Blood Pressure Checks

First Thursday each month from 10:15 - 11:30 a.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) \* Horseshoes \* Croquet

### Agency Information

Tuesday, March 18, 10:30-11:30 a.m.- Passages II Behavioral Health Representative Russell Snipes will give an overview of programs for seniors. He will also be available each month for information and referral. Passages II is an adult specialty outpatient service, with a focus on geriatric psychiatry, serving older adults who are experiencing life crisis issues, as a result of declining health, loss and grief.

### Health and Nutrition information

There will be a different topic weekly- Thursdays, 10-11 a.m.



### Special Activities

**Shopping Trip to Hickory-** Tuesday, March 11, from 8 a.m.-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.

**St. Patrick's Day Party-**Monday, March 17, from 9-11:30 a.m.-Irish music & refreshments - **Wear green or be pinched!**

**Rook Tournament-** Tuesday, March 18, from 9 a.m.-3 p.m.-must sign up in advance to reserve a seat.

**Spring Bingo-** Tuesday, April 15, from 9-11:15 a.m.

**Art Safari-** Friday, April 25, during the hours of 1 to 5 p.m.

## Western Watauga Community Center

### Special Interests and Services

**Health Screenings-** Will resume in July 2008. Call the center after June 8, to make an appointment for July.

**Tax Assistance-** Mondays 9 a.m.- 4 p.m. - March 3-April 14. Call to make an appointment.

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

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

**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.

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

**Crafty Critters Club-** On Monday, March 3, from 12-3 p.m. The group is re-organizing. Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center special occasions. Regular meetings will be the first Monday of each month from 12-3 p.m. Always open to newcomers!



**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 Thursday of each month, 6 - 8 p.m.

Fiber Guild meet the third Thursday of each month, 6 - 8 p.m. 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** –Russell Snipes with Passages II will be available for consultation. See Toni for dates.

**Special Interests and Services continued**  
**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.

**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.

### 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.

### 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

### National Healthcare Decisions Day

A drop-in event will be held at Watauga Medical Center auditorium on Wednesday, April 16, from 9:30 a.m. -2:30 p.m. Information on advanced directives will be available, as well as professionals who can assist you with preparing a living will and/or a health care power of attorney. This event is sponsored by the High Country Area Agency on Aging.

### **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.

### **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 Wednesday, April 9, 2008, 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.



### **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, March 21, 2008, in observance of Easter.

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



### **Art Safari**

An art safari will take place in Watauga County on Friday, April 25, 2008, during the hours of 1 to 5 p.m. The purpose of the event is to recognize the creative and talented artistic endeavors of those who are age sixty and older through a self-guided tour to view their art. Combined works to be featured at the three locations include: Mixed media paintings; Hand built pottery; Handmade jewelry; Old fashioned rug hooking; Spinning; Weaving; Quilts.

Demonstrations will also be included at some locations and light refreshments will be served.

The three safari stops to view displayed art are:

- \* Lois E. Harrill Senior Center - 132 Poplar Grove Connector, Suite A in Boone.
- \* Jones House Community Center "Senior Gallery" - Watauga County Arts Council, 604 W. King St. in Boone.
- \* Western Watauga Community/Senior Center - 1081 Old U.S. Highway 421 in Sugar Grove.



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