



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

MAY AND JUNE 2003



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.

Medicare, Medicaid & You

Marion Brandon, RN, BSN, and nationally certified case manager, will be the presenter for a program of special interest to older adults. Ms. Brandon will discuss the difference between Medicare and Medicaid and explain what services Medicare and Medicaid cover. There will be an opportunity for questions and answers. This program will be offered at the Lois E. Harrill Senior Center on Monday, May 19, from 11 a.m.-12 noon. Please call the center at 265-8090 by 5 p.m., Thursday, May 15, to reserve a space so that adequate materials will be available.

Adult Services Expo

Several High Country agencies and businesses have teamed up to create the Adult Services Coalition of Watauga County. This group will present an Adult Services Expo/Celebration on Friday, May 16, from 12 noon to 7 p.m. at the Boone Mall. The expo will feature an array of activities that include agency information, health screenings, door prizes, entertainment and more. May is Older Americans Month; therefore organizers hope the event will provide valuable information to the public regarding services for senior adults in Watauga County.

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.



Happy Birthday Forrest Wilson!!!!

On Tuesday, May 6, participants and staff at the L.E. Harrill Senior Center will celebrate a momentous occasion, the 100th birthday of Mr. Forrest Wilson. From 10:30 to 11:30 a.m. there will be cake and punch and an opportunity to wish a very special person happy birthday.

AARP Driver Safety Course to be offered

Age itself is not the key determinant of driving skill and older drivers in general do a good job of "self-regulating" in order to avoid unsafe situations. However, driver safety programs help drivers refresh their skill and adjust driving habits to match changes in physical fitness and reflexes. AARP is offering a class to promote driver safety on Tuesday and Wednesday, June 3 and 4, at the Lois E. Harrill Senior Center. Hours for the class are 12:30 to 4:30 p.m. each day and the cost for this eight (8) hour refresher course is \$10.00. Participants will be given a certificate that can be taken to their auto insurers to request a discount on auto insurance premiums. Please call Ruth Lisk at 264-9439 to register for the class or for more information.



LOIS E. HARRILL SENIOR CENTER**May and June 2003****Caldwell Community College Classes**

The Spring schedule is:

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

Weekly Activities

Monday - -Art Class - - - - - 9 a.m. – 12 noon
 Bingo - - - - - 11 - 11:45 a.m.
 Bridge (begins 6-02) - - - - - 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 Class- - - - - 9 a.m. – 12 noon
 Bingo - - - - - 11 - 11:45 a.m.
 Bridge (begins 6-02) - - - - - 1:30-5 p.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.
 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.
 Bridge (begins 6-02) - - - - - 1:30-5 p.m.

Congregate Nutrition Program

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

Support Groups:

Alzheimer's Support Group - Third Thurs-
 day of each month at 1:30 p.m.

Caregiver Class/Support Group - Will meet in
 July, a date, time and topic to be announced or
 call the center at 265-8090.

National Alliance for the Mentally ill (NAMI)
 Support Group for Family and Friends -
 Third Monday each month at 7 p.m.

Agency Information

Bayada Nurses, Home Care Specialists
 "Medicare, Medicaid & You"
 Monday, May 19, 11 a.m.-12 noon

**Special Activities**

Free Foot Evaluation with Pedicare -
 Wednesdays, May 14, and June 11, from 11
 a.m. - 12 noon.

Library Reading with Evelyn and Tracy—
 Monday, May 5, and Monday, June 2,
 11-11:30 a.m.

Adult Services Expo - Friday, May 16,
 12 noon – 7 p.m., at Boone Mall

Trip to Abingdon, Virginia – Thursday,
 May 22, 8 a.m.-5 p.m. Shopping at Dixie Pot-
 tery 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 re-
 serve a seat.

National Senior Health & Fitness Day Walk
 on the Greenway - Wednesday, May 28,
 10:30 a.m.-12 noon

Trip and Picnic at the Cascades on the
 Parkway - Wednesday, June 25, 10 a.m.-
 3 p.m. Lunch will be provided. Seats are
 limited. Call to reserve a seat.

**Blood Pressure Checks**

To be announced.

Special Interests:

SHIIP- A SHIIP counselor will be available at
 the L.E. Harrill Senior Center Tuesdays, May
 20 and June 24, at 11 a.m., to provide assis-
 tance with Medicare, Medicare supplements,
 Medicare Lookout and Long –Term Care in-
 surance questions. By appointment only.

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 assis-
 tance 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 Jerra Un-
 glesbee at 265-3656.



WESTERN WATAUGA COMMUNITY CENTER

May and June 2003



Caldwell Community College Classes

The Spring schedule is:

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

Weekly Activities

Monday -Exercise Class - - - - - 9 - 10 a.m.
Scrapbook Workshop - - - - - 9 a.m. - 2 p.m.
Lap Quilting Guild - - - - - 10 a.m. - 1:00 p.m.
Walking - - - - - 1 - 2 p.m.
Tuesday - Walking, active games - 9 -11:30 a.m.
Wednesday- Card Game - - - - - 9 - 10 a.m.
Pottery Class - - - - - 9 a.m. - 12 noon
Nutrition / Health Classes - - - - 10 - 11 a.m.
Thursday - Line Dancing - - - - 9 - 10 a.m.
Shopping Van - - - - - 9 a.m. - 2 p.m.
Card Games - - - - - 10 - 11:00 a.m.
Friday - Weaving Guild - - - - 9 a.m. - 12 noon
Area Musicians - - - - - 10 - 11:30 a.m.
Tole Painting - - - - - 10 a.m. - 1 p.m.

Congregate Nutrition Program

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



Special Activities

Free Foot Evaluation with Pedicare -
Thursday, May 8, and Thursday, June 12, from
10 - 11:30 a.m.

The Balloon Lady - Thursday, May 15, 10:30-
11:30 a.m. Magic, Music, Balloon Run, Storytel-
ling. An intergenerational Library Program in
recognition of National Library Week.

Adult Services Expo - Friday, May 16, 12 noon –
7 p.m., at Boone Mall.

Trip to Abingdon, Virginia - Thursday, May 22, 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.

National Senior Health & Fitness Day Walk at
the old Cove Creek School Walking Trail -
Wednesday, May 28, 10-11:00 a.m.

Trip and Picnic at the Cascades on the Parkway -
Wednesday, June 25, 10 a.m.-3 p.m. Lunch will
be provided. Seats are limited. Call to reserve a
seat.

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.

Blood Pressure Checks

Friday, May 9, and Friday, June 13, from
10:30 - 11:30 a.m.

Agency Information

WAMY Community Action Weatherization
Program - Presentation, question and answer
session and assistance with application process.
Dates to be announced.

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.

Weaving Guild- Donna Duke and Ruth Smith
are offering weaving instruction by appoint-
ment at the Western Watauga Community Cen-
ter. Anyone interested may call Toni Wait at the
center.

Cove Creek Community Council- 1st 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 de-
livered to your home on Fridays.

Hunger Coalition Mobile Pharmacy - Second
Thursday of each month, 11 a.m.-3 p.m.

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

Computer Training- Free computer training is
available for seniors. Please call the Western
Branch of the County Library at 297-5515 to
make a reservation.

Lois E. Harrill**Special Interests Cont.**

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

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

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.

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.

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.

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.



AARP– AARP- Tuesday, May 20, Dr. Zach Murrell from ASU will speak about “The Wetlands in the Southern Appalachians”. Tuesday, June 17, Nell Causby from AARP will present a program on the Friendship Force and their recent trip to Cuba. Meetings will be at the L.E. Harrill Senior Center from 10 a.m. to 12 noon. Contact Louise Harris at 264-6616 for more information.

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.

High Country Senior Games

This year marks the 14th annual High Country Senior Games. If you participated last year you should receive your registration packet in the mail. If this is your first year we are excited that you are considering signing up for the upcoming games and ask that you pick up a registration packet at the Parks and Recreation office or the Project on Aging office. The registration deadline is 5:00 p.m. Friday, May 16.



May is Older Americans Month

May has been designated by Gov. Michael F. Easley as Older Americans Month in North Carolina. Today, one in eight North Carolinians, or nearly 1 million people, are age 65 years or older. This year's theme "What We Do Makes A Difference" recognizes the contributions of volunteers, service providers, families, organizations, and communities to improving the lives of older adults. The theme also acknowledges the many contributions that seniors make as volunteers, employees, caregivers, and community leaders. The Watauga County Project on Aging, which includes the Western Watauga Community Center and the Lois E. Harrill Senior Center invite interested persons to come by and tour our facilities or call with questions regarding the services we provide older adults in Watauga County.



Yoga For Seniors

Yoga is the ultimate practice for stress reduction and deep relaxation. It balances the body systems, promoting flexibility, strength and longevity. We plan to offer a yoga class at the senior center in early September. This class would be appropriate for beginners as well as experienced yoga students. Please call Sherry Harmon at 265-8090 if you are interested or for more infor-

What's You Excuse?

If you've been sedentary, what's your excuse for not exercising? Consider the following to get moving again:

"I don't have enough time." Yes, you do! Take just 20-30 minutes at lunch for a brisk walk. The more you walk, the more energy you'll have...and with more energy to tackle tasks, you just might find yourself with extra time on your hands.

"I can't afford it." For walking, all you need to begin is a comfortable pair of walking shoes. For sit-ups, push-ups and other calisthenics, soft carpeting and gym clothes give you the basics—and you can do those exercises while watching TV at night.

"I don't have the energy." All the more reason to get out and get moving. Research shows that exercise improves your mood and gives you an energy boost.

"I won't stick with it, so why bother?" Try exercising in the morning, when statistically you're more likely to keep your routine. Studies also show that the more you exercise, the more likely you are to stick with it. The more you stick with it, the better you'll feel. So...what are you waiting for?



Reprinted from TopHealth

Tai Chi Classes to Resume at Senior Center

Tai Chi classes will once again be offered at the Lois E. Harrill Senior Center beginning Thursday, May 8. Classes will meet each Thursday for 12 weeks from 5:30-6:30 p.m. at a cost of \$36.00 per person. Class size will be limited to 8 persons. The Instructor will be Tim Winecoff. Tim has studied Tai Chi for 7 years under the tutelage of Master Yang Yang. You may register at the L.E. Harrill Center located in the Human Services Building at 132 Poplar Grove Connector in Boone. You must be registered by 5 p.m. Thursday, May 1, to be in-

Consumer Tips**Credit Card Care**

Credit cards are a convenient way to pay for purchases, but credit and debit cards and their numbers can be stolen easily. Within hours, thieves can purchase thousands of dollars of merchandise or “borrow” large sums of cash. Credit card companies won’t make you pay for the merchandise that thieves buy, if you promptly report the theft. But if someone uses your debit card; your bank account can be stripped clean with no way to restore your money.

Here are some tips to protect your credit and debit cards:

- * Don’t carry more cards that you plan to use.
- Immediately report lost or stolen cards to the credit card company.
- Don’t write your PIN (personal identification number) on your card.
- When using your card, shield it from people around you.
- Tear up the carbons on your receipt.
- Don’t give your number over the phone to someone you don’t know.
- Always total your charge slip before signing it.
- Never sign a blank charge slip.
- Check your monthly billing statement for errors.
- Check your receipts against your billing statement.

Reprinted from:

AARP Consumer Tips Bulletin.

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

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 Monday, May 26, 2003, in observance of the Memorial Day.

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

Seasoned Baked Potatoes

6 large potatoes cut in wedges
1/4 cup parmesan cheese
1/4 cup flour
1 T. chicken seasoning
Salt
Pepper

Put in baking pan and dot with margarine.
Bake (1) hour at 400.



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