



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

NOVEMBER AND DECEMBER 2006

Western Watauga Community Center

297-5195



Christmas Craft Sale

The dates for this year's event will be Wednesday and Thursday, November 15 and 16. The sale will be held at the Lois E. Harrill Senior Center. Inventory forms and instruction sheets for participating crafters are available at the Harrill Senior Center and the Western Watauga Community Center. Items must be hand made and crafters must be aged sixty or older. We do not take any percentage of sales. Crafters get 100% of their asking price.

Sale hours are from 9 a.m. to 2 p.m. both days. This is a great opportunity to shop for Christmas decorations and gifts, and a great way for senior crafters to earn extra money. The quality of the merchandise is first rate and the prices can't be beat. For more information you may call the center at 265-8090.

AARP 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 Monday and Tuesday November 13, & 14, from 9:00 a.m. - 1:00 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 the center at 297-5195 for more information or by Thursday, November 9, to reserve a seat.



Travel Program with John Dinkins

On Friday, November 17, at 10:30 a.m. John Dinkins will share video and information on his trip touring some of our national parks from Arizona to the Dakotas. The program will be presented at the Harrill Senior Center.

Medicare D—Did You Know?

Medicare's open enrollment starts November 15. Now is the time to evaluate your current plan- has it met your needs this year? Medicare recommends taking this quick Rx Enrollment Checkup. If you are satisfied with your plan, you do not have to do anything to re-enroll. Take a few minutes now and ask yourself these three questions:

COST: Will your premium and costs change in 2007?

COVERAGE: Do you need more coverage in 2007? Will the prescription drugs you take be covered by your plan in 2007?

CUSTOMER SERVICE: Are you satisfied with your plan's service?

To compare plans go to www.medicare.gov web site.

DATES TO REMEMBER:

- Nov. 15 Open Enrollment Begins
- Dec. 31 Open Enrollment Ends
- Jan. 1 Coverage Begins

Enroll early to make sure you can get the prescriptions you need on January 1st. Medicare can help you online or on the phone. SHIP volunteers are available by appointment at the Senior Centers or you can call the plans directly for more information.



Program on Best Nutritional Practices for Active Aging

Join us on Friday, December 1, at 11 a.m. to learn how good nutritional practices can enable you to be more active and healthier in later life. The program shares information on nutritional practices from around the world. Margie Mansure, Family & Consumer Science Educator for N.C. Cooperative Extension in Watauga County, will present this program, which is free and open to the public. The program will be offered at the L.E. Harrill Senior Center. Please call to reserve a seat.

LOIS E. HARRILL SENIOR CENTER
November and December 2006



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

Community college classes will register the first day of class. Class schedule is:

Lap Quilting - Tuesdays - - - - 1 - 4 p.m.
(registration Nov. 14)

Crafts - Thursdays - - - - - 10 a.m. - 1 p.m.
(registration Nov. 16)

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.
Body Recall - - - - -	1 - 2 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.
Yoga - - - - -	6:15-7:15 p.m.
Wednesday -Art Class - - -	9 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1 - 2 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.
Yoga - - - - -	5:15 - 6:15 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.
Nutrition/Health Classes-	11:00 a.m.-12 noon
Body Recall - - - - -	1 - 2 p.m.

Congregate Nutrition Program

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

Blood Pressure Checks

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

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

Agency Information

Medicare D- Sherry Harmon, SHIP Coordinator - Wednesday, November 8, at 11 a.m.

New River Behavioral HealthCare will offer "In Our Own Voice: Living with Mental Illness"-

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.

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

Caregiver Class- Enhancing Communication Skills for working with persons with dementia- Thursday, November 16, from 2-4 p.m.

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

Shopping Trip- Tuesday, November 7, 8 a.m.- 5 p.m. Shopping in Hickory- Hamricks, Mall, Shopping Center, Lunch at J&S Cafeteria. Seats are limited—Call to reserve a seat on the bus.

Craft Sale- Wednesday and Thursday, November 15, and 16, 9a.m.-2 p.m.



Candlelight Reflections ceremony- To honor those with Alzheimer’s disease and related disorders, Persons caring for People with A.D., and those that have lost their battle with A.D., Thursday, November 16, 1:30-2 p.m.

Casino Night-Friday, November 17, 3-5pm.

Travel Program with John Dinkins- Friday, November 17, 10:30-11:30 a.m.

Best Nutritional Practices for Active Aging – Friday, December 1, from 11am-12 noon.

Christmas Party- Friday, December 22, from 10 a.m.-12 noon.



Special Interests and Services

Health Screenings- Mondays, November 13, and December 11. By appointment only.

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, December 12, 10 a.m.-12 noon.

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

AARP- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center.

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 6-8 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).

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.



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.

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



Caregiver Program at Senior Center



The topic for the next caregiver training at the Harrill Senior Center will be Enhancing Communication Skills for working with persons with dementia. This session provides a look at what communication is, how it is altered for a person with Alzheimer's, and how care providers can develop skills that compensate for the person's lost abilities. The focus is on how better communication can improve the quality of care, the quality of life for the affected person, and the quality of the environment for staff, families, and persons with dementia. The program is scheduled for Thursday, November 16, from 2-4 p.m. It is free and open to the public. Please call the center at 265-8090 to reserve a seat so that adequate materials will be available.

A Candlelight Reflections ceremony to honor those with Alzheimer's disease and related disorders, Persons caring for People with A.D., and those that have lost their battle with A.D. will be held at 1:30 p.m. before the Caregiver class on Enhancing Communication Skills.

Casino Night



ASU's Recreation Management Program Planning Class will sponsor an afternoon of fun at the Lois E. Harrill Senior Center on Friday, November 17, from 3-5 p.m. Games will include Black jack, Roulette, Card games, etc. Any casino night bucks won can be used as chances on prizes. There will be refreshments and Las Vegas music and movies. Call the center to reserve a space.

WESTERN WATAUGA COMMUNITY CENTER

November and December 2006



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

Community college classes will register the first day of class. Class schedule is:

Sewing & Crafts - Tuesdays - - - 9 a.m. - 1 p.m.
(registration Nov. 14)

Lap Quilting - Thursdays - - - - - 9 a.m. - 1 p.m.
(registration Nov. 16)

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 - - - - - 8:00 - 10:00 a.m.

Lap Quilting Guild - - - - 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

Thursday - Walking - - - - - 8:00 - 10:00 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 - - - - - 8:00 - 10:00 a.m.

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

Live Music - - - - - 10 - 1:00 p.m.



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

Fuel Assistance Program - Joanne Holland with the Department of Social Services will provide information and take applications - Wednesday, November 1, 11:15 a.m. - 12:00 noon.

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



Election Day

The WWCC is a voting poll for the Cove Creek precinct on Tuesday, November 7, from 6:30 a.m. - 7:30 p.m.. Senior Center programs will continue as usual.

Special Activities

Shopping Trip - Tuesday, November 7, 8 a.m. - 5 p.m. Shopping in Hickory - Hamricks, Mall Shopping Center, Lunch at J&S Cafeteria. Seats are limited—Call to reserve a seat on the bus.

AARP Driver Safety Program For Older Adults - Monday and Tuesday November 13 & 14, from 9:00 a.m. - 1:00 p.m.

Holiday Breakfast - Sponsored by the Friends of the Branch Library for senior center participants and library patrons. Wednesday, December 13, 9:30-10:30 a.m.

Christmas Rook Tournament - Tuesday, December 19, 9 a.m. - 3 p.m. Must sign up in advance - limited space available.

Christmas Party & Bingo - Wednesday, December 20, 10-11:30 a.m. Sponsored by the Crafty Critters Club.

Special Interests and Services

Health Screenings - Mondays, November 27, and December 18. By appointment only.

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

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

Western Watauga Community Center Special Interests and Services cont.

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.

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.

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.

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

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

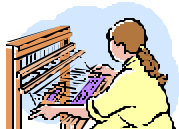
Job Placement and Job Training- Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

Outpatient Behavioral Health –Dev Loooper 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.

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.

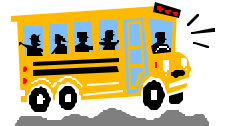


Cove Creek Community Council - 1st Tuesday of each month, 6-8 p.m. Meetings open to the public.

Western Watauga Community Class/ Activity Schedule Changes

Knitting and Pottery will not meet Wednesday, November 22, or Wednesday, December 27. Lap Quilting Class will not meet Thursday, December 28. Crafty Critters will not meet in December but will sponsor a Center Christmas Party on Wednesday, December 20.

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 requesting this method of delivery.
- Mailed.
- Located on agency's web site at www.wataugacounty.org. Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.



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

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.



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, November 10, 2006, for Veteran's Day; Thursday and Friday, November 23 & 24, 2006, for Thanksgiving; Monday and Tuesday, December 25 and 26, 2006, for Christmas; and Monday, January 1, 2007, for New Year's Day.

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.

IN OUR OWN VOICE: LIVING WITH MENTAL ILLNESS

On Tuesday, December 12, from 10:30 a.m.-12 noon. New River Behavioral HealthCare will offer "In Our Own Voice: Living with Mental Illness". This presentation addresses what life is like for a person who has been diagnosed with a mental illness or brain disorder. The holidays can be an especially difficult time for individuals with a mental health issue, particularly those individuals experiencing depression. The program includes an 11-minute video, which features portraits of individuals with a wide range of mental illness diagnoses. Individuals who have been diagnosed with a mental illness telling their individual personal stories and answering questions from the audience present the "live" portion of the program. The "In Our Own Voice" perspective is that of Recovery, that is, that individuals with psychiatric disabilities can return to functioning and purposeful lives in their communities. The program provides an opportunity for the audience to "put a face" on mental illness and helps to dispel the idea that persons with mental illness must look or act a certain way. The audience members will also receive printed material that include fact sheets on the major mental illnesses along with suggestions for coping and recognizing warning signs. Call the senior center to reserve a seat.

