



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

NOVEMBER AND DECEMBER 2013

Medicare Part D Open Enrollment

The enrollment period for 2014 Part D Plans will begin on October 15, 2013 and end on December 7, 2013. The last application submitted during the Annual Enrollment Period will become effective on January 1, 2014. In other words if you submit an application but change your mind, as long as you are still in the enrollment period, you can submit another application. The plan you choose during the enrollment period cannot be changed after the enrollment period ends unless you are entitled a Special Enrollment Period (SEP). Please call the Harrill Center for an appointment if you would like to review your drug plan, or go to www.medicare.gov. You can also call the state SHIIP helpline at 1-800-443-9354.



Vendors – Get Ready! The Annual Craft Sale is coming to the Senior Center

Please join us for our Annual Craft Sale on Tuesday, November 19 through Thursday, November 21, from 10 a.m.-3 p.m. each day at the Lois E. Harrill Senior Center. Crafts are handmade by local seniors who get 100% of their asking price. If you are a crafter age 60 or older and interested in earning extra money then make plans to participate in this year's sale. Inventory forms and instruction sheets for participating crafters are available at both the Harrill Center and the Western Watauga Center. Please call 265-8090 for more information. There is a \$5.00 entry fee for vendors this year. The entry fee goes back to the Lois E. Harrill Senior Center. Vendors are asked to bring their items on Monday November 18, 10 a.m.-3 p.m.

Registrations for Classes will Begin

Yoga and Needlework will all be starting new classes in the early part of November. These classes are self supporting and would have a fee for taking the class. If you are interested in signing up for one of these classes please call the Harrill Senior Center at 828-265-8090 for more information.



Zumba Gold at L. E. Harrill Senior Center

We are excited to offer Zumba Gold ! Cynthia Carlson, our Zumba instructor has obtained the Zumba Gold license. Zumba Gold follows the same Zumba format only with low impact Latin and international dances. The class has easy to follow dance moves and the moves focus on improving balance, strength and flexibility, while raising your heart beat and improving cardiovascular ability. \$3 fee per class for people under 60. Zumba Gold is held every Monday and Wednesday at 4 p.m. Join us for some fun!



New Class!

We are excited to offer Chair Zumba at the Lois E. Harrill Senior Center, taught by our Zumba instructor Cynthia Carlson. The class is designed for individuals who would like to try Zumba but are concerned about the intensity. The class will be held Thursdays at 1 p.m. The class is 30 minutes long and starts November 7.

Your Life, Your Choices

The Watauga County Elderly and Disabled Adult Abuse Prevention Team is excited to be offering an information session on Powers of Attorney and Guardianship Issues. The event will be held Thursday November 14, from 12:30-4 p.m. at the Courtyard Marriot in Boone. Assistant Clerk of Court Kandy Taylor, Kem Rogers with the Division of Aging and Adult Services, and a local county attorney will be presenting. Please RSVP by Friday November 8, to Julie Wiggins at 828-265-5434 ext 126.

Medicare Town Hall Meeting

You are invited to join the Insurance Commissioner Wayne Goodwin, SHIIP staff and volunteers, and county officials on Thursday November 21, from 10 a.m.-noon in the upstairs conference room at the Lois E. Harrill Senior Center. This event is free and open to the public, and those interested in learning about Extra Help to pay their prescription drugs or the Medicare Part D Annual Election Period are urged to attend.

LOIS E. HARRILL SENIOR CENTER**November and December 2013**

The Senior Center is open Monday-Friday from 8 a.m.-5 p.m. with evening hours for designated classes and groups.

To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Jennifer Teague is the center's director.

Weekly Activities

| | |
|--|-------------------|
| Monday - Art CLASS (intermediate) - | 9 a.m. - 12 noon |
| Muscles and More - - - - - | 10:30 - 11 a.m. |
| Bone Builders - - - - - | 10:30-11:30a.m. |
| Bingo - - - - - | 11 - 11:45 a.m. |
| Gentle Chair Exercise - - - - - | 1 - 2 p.m. |
| Zumba Gold - - - - - | 4 - 5 p.m. |
| Tuesday - Exercise - - - - - | 10:30 - 11 a.m. |
| Nutrition/Health Classes- - - - | 11 a.m. - 12 noon |
| Line Dancing (Call prior to attending)- | 1:30 - 2:30 p.m. |
| Rummikub - - - - - | 2:30 - 3:30 p.m. |
| Sewing Classes (\$) - - - - - | 6 - 8:30 p.m. |
| Yoga (\$) - - - - - | 6:15 - 7:15 p.m. |
| Wednesday - Art CLASS (beginner)- | 9 a.m. - 12 noon |
| Indoor/Outdoor Games - - - - - | 10 - 11 a.m. |
| Muscles and More - - - - - | 10:30 - 11 a.m. |
| Bone Builders - - - - - | 10:30-11:30a.m. |
| Bingo - - - - - | 11 - 11:45 a.m. |
| Gentle Chair Exercise - - - - - | 1 - 2 p.m. |
| Zumba Gold - - - - - | 4 - 5 p.m. |
| Thursday - Music - - - - - | 10 a.m. - 12 noon |
| Sign Language - - - - - | 10 - 11:30 a.m. |
| Crafts - - - - - | 10 a.m. - 1 p.m. |
| Exercise - - - - - | 10:30 - 11 a.m. |
| Chair Zumba- - - - - | 1-1:30 p.m. |
| Needlework Class (\$) - - - - - | 1 - 4 p.m. |
| Friday - Gardening - - - - - | 10 - 11 a.m. |
| Muscles and More - - - - - | 10:30 - 11 a.m. |
| Bingo - - - - - | 11 - 11:45 a.m. |

Ongoing Activities each day:**Coffee Time and Talk, 9 - 10:30 a.m.****Rummy Group, 11 a.m.—12 noon.****Wii, 9:30-11 a.m.****Drop in Activities**

The following are available for use at the center by persons 60 and older: * Balance Beam Scales for checking weight * Bocce * Cards * Computer Lab * Copy Machine—see Tabitha for assistance * Croquet * Electric typewriter * Exercise Equipment * Exercise Your Brain Mental Adventures (Variety Puzzles) * Karaoke Machine * Library (Books and Audio books –may also be checked out for use at home) * Piano * Photo Smart Printer - .50 cents per 4x6 photo * Pool Table * Sewing Machines * Table Games, Jig Saw Puzzles, and Cards * Televisions/ VCR and DVD Players * Video Library * Wii *

Congregate Nutrition Program

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

**Support Groups:**

NAMI Support Group - Meets monthly the first Monday of the month at 7 p.m. Call the senior center for questions.

Grief Support Group -Virginia Peurifoy, Bereavement Coordinator with Medi Home Hospice will be holding a monthly grief support group for individuals who have experienced the death or loss of someone close. The group will be held the third Monday of the month running November 18 and December 16, from 10 a.m.-11 a.m. The group is free and open to anyone in the public.

**Agency and Advocacy Information**

Tuesday, November 5, 11 a.m., Candy Jones from ARHS will be talking about Diabetes Information.

Tuesday, November 19, 11 a.m., Medi Home Hospice will be talking about Hospice Services. November is National Hospice Month.

Tuesday, December 3, 11a.m., Candy Jones with ARHS will be talking about Behavioral Health.

Tuesday, December 10, 11 a.m., Diane Trainor with the Senior Medicare Patrol will be here to discuss Medicare Fraud prevention. Please come join us and share any concerns you have about Medicare fraud. If you have paperwork you would like Diane to review, please bring it with you.

**Special Activities**

Funds permitting, we will have a field trip to Hickory. Tuesday, November 19, 8:30 a.m.-4:30 p.m. Hamrick's, J&S Cafeteria for lunch, (please bring lunch money), and the mall or Target Shopping Center in the afternoon. Please call 828-265-8090 to reserve a seat by Friday November 15. Donations for transportation costs are greatly appreciated.

Affordable Care Act Info - Eric Schneider, Outreach and Eligibility Specialist for High Country Community Health, will be offering an information and training session on the Affordable Care Act. You will have the opportunity to ask questions on how it could impact you and others in the area. The training will be offered on Wednesday, November 13th at 3:00 p.m. at the Harrill Center. Call to RSVP.

Christmas Party – Friday, December 20, 10 a.m.-12 p.m. Refreshments, games, music and more! Snack and drink donations are greatly appreciated.

Special Interests and Services

Line Dancing - Held every Tuesday from 1:30-2:30. Music of all genres is played. You never need a partner but you can bring all your friends and have a lot of fun.

E-Reader Program - Kindles available for check out. User support/assistance available. Variety of books available and new books can be downloaded.

Advocacy Opportunities- The center provides information on advocacy opportunities, and voter registration forms.

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.

SHIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, and counseling for Medicare Prescription Drug Benefit Plans (Part D), including low income subsidy applications.



Free Hearing Aid Services— Free hearing screening, exam 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.

Computer Training - Free computer training, assistance with online job searches and resume assistance available by appointment.

Housing Needs – Need a new place to live? A list of local senior housing apartments and individual assistance are available at the center.

Blood Pressure Checks - First Tuesday of each month from 10:00—11:00 a.m.

Quilt Guild - Meets the first Thursday of each month from 1:30 - 4 p.m.

Amateur Radio Club - Meets the first Monday of each month from 6 - 8 p.m.

Box Tops for Education-The collection box is in the front room. Box tops go to local schools.

Food Distribution – A list of local food pantries is available at the center. We also distribute donated food during our bingo games. Garden on site. Please contact Jennifer for more information.

Free Hearing Aids and Other Equipment - Please call the of Hearing toll-free number of the NC Division of Deaf and Hard to register for an appointment (800-999-8915) at the Lois E Harrill Senior Center.



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Special Interests and Services Continued

Information and Assistance - Available at the senior center for the following services: home repair, housing, disaster planning, and job placement/training.



Transportation- The Project on Aging contracts with AppalCart to provide transportation to county residents for attending the senior centers, shopping and appointments. Service is available in different sections of the county every day Monday-Friday, except Thursday. Schedules for both centers are listed in each newsletter. Currently we have a waiting list for transportation services. Call if you would like to be placed on the wait list.

Medicare and Medicaid Enrollment – Medicare online enrollment available at the center. To apply for Medicaid, please visit the Department of Social Services on the 2nd floor of our building.

Veterans Group at Senior Center - First Friday of the month from 1-2:30 p.m. All veterans and spouses are welcome to attend.

Legal Aid Helpline – 1-877-579-7562. Legal aid clinics offered during the year at center; call for more information.

Social Security - Online services available as well as assistance with contacting office in Wilkesboro.

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

Book Club - 3rd Wednesday of each month, 1:30 - 2:30 p.m. New members welcome.

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

High Country Lifelong Learning-Come join us for a variety of lectures, art classes, and nature hikes. Complete class listing available at the Harrill Center.



AppalCart Schedule

New Appalcart Phone Number 297-1300

L. E. Harrill Senior Center

Days/Routes are subject to change.

Monday - Intown, Foscoe, Meat Camp, and Todd

Tuesday - Deep Gap, Stoney Fork, Blowing Rock, and Intown

Wednesday - Cove Creek, Intown, Foscoe, Meat Camp, and Todd

Thursday - No Routes Available

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

WESTERN WATAUGA COMMUNITY CENTER

November and December 2013



The Community Center is open Monday-Friday from 8 a.m.-4 p.m. with evening and weekend hours for designated classes and groups.

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

Weekly Activities

| | |
|--|-----------------------|
| Monday - Walking - - - - - | 8 - 11 a.m. |
| Rug Hooking Class - - - - - | 10 a.m. - 1 p.m. |
| Bridge - - - - - | 8:30 a.m. - 12 noon |
| Gentle Exercise - - - - - | 12:15 - 1:15 p.m. |
| Tuesday - Walking - - - - - | 8 - 11 a.m. |
| Wood Carving - - - - - | 8 a.m. - 12:30 p.m. |
| Bridge - - - - - | 8:30 a.m. - 2:30 p.m. |
| Beading & Jewelry Making-9:30 a.m. - 12:30 p.m. | |
| Outside Fitness (Weather Permitting)-12:30 - 2:30 p.m. | |
| Learn Hebrew - - - - - | 1:30 - 3 p.m. |
| Wednesday - Walking - - - - - | 8 - 11 a.m. |
| Knitting - - - - - | 9 a.m. - 12 noon |
| Bridge - - - - - | 8:30 a.m. - 12 noon |
| Hand Built Pottery - - - - - | 10 a.m. - 1 p.m. |
| Gentle Exercise - - - - - | 12:15 - 1:15 p.m. |
| Shopping Van - - - - - | 9 a.m. - 3 p.m. |
| Thursday - Walking - - - - - | 8 - 11 a.m. |
| Bridge - - - - - | 8:30 a.m. - 12 noon |
| Art Class - - - - - | 9:30 a.m. - 1 p.m. |
| Lap Quilting - - - - - | 9 a.m. - 1 p.m. |
| Yoga (\$) - - - - - | 10:15 - 11:15 a.m. |
| Watch A Video - - - - - | 9:30 - 11:30 a.m. |
| After Lunch Walk - - - - - | 12:15 - 1:30 p.m. |
| Throwing Darts - - - - - | 12 - 2 p.m. |
| Outside Fitness (Weather Permitting)-12:30 - 2:30 p.m. | |
| Friday - Walking - - - - - | 8 - 11 a.m. |
| Bridge - - - - - | 8:30 a.m. - 2:30 p.m. |
| Weaving Guild - - - - - | 9 a.m. - 1 p.m. |
| Eating Well Healthy Weight Loss - 9:30 - 11:30 a.m. | |
| Tai Chi - - - - - | 10 - 11 a.m. |

Rook is an ongoing activity Monday - Friday, from 8 a.m. - 2 p.m. and Party Bridge from 9 a.m. - 2 p.m.

Fitness equipment is available to those age 60+ on Monday - Friday from 8 a.m. - 4 p.m. with staff present.

Walking Program is inside the Old Cove Creek School Gym, Monday - Friday, from 8 - 11 a.m.

Congregate Nutrition Program

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



Drop in Activities

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

- Balance Beam Scales for checking weight
- * Card Tables
- * Computer Lab-Watauga Branch Library
- * Croquet
- * Exercise Equipment
- * Exercise Your Brain Mental Adventures - (Variety Puzzles)
- * Horseshoes
- * Library (Books, videos, books on tape, Kindles and laptop check-out) – Watauga Branch Library
- * Piano
- * Sewing Machines
- * Table games, jig saw puzzles, and cards
- * Television/VCR and DVD player
- * Wii sports
- * Wireless Internet



Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Treasured Memories - Meets fourth Monday each month from 10 - 11 a.m. During secure group sessions, participants may share their personal feelings and experience, sadness, fears, challenges, and joys. Each session has a uplifting activity.

Agency Information

Wednesday, November 20, 9:30 a.m. Outreach representative will be available with information about Glenbridge Healthcare and Rehab in Boone, and Blue Ridge Living in Mountain City, TN.

Special Activities

Funds permitting, we will have a field trip to Hickory. Tuesday, November 19, 8:30 a.m.-4:30 p.m. Hamrick's, J&S Cafeteria for lunch, (please bring lunch money), and the mall or Target Shopping Center in the afternoon. Please call 828-265-8090 to reserve a seat by Friday November 15. Donations for transportation costs are greatly appreciated.



Health Care Reform Assistance - Individual assistance will be available every Monday in November for those who need help understanding and navigating the Affordable Health Care Act. Call Toni at the WWCC for an appointment.

Flu Shot Clinic - November 6, 9 a.m. - 1 p.m. No appointment necessary. Free with Medicare card or other accepted insurance card. Cost without insurance \$23.99.

Deck the Halls - Monday, December 2, through Friday, December 6, 9 a.m. - 1 p.m. Help staff decorate the Christmas trees and the community center for the holidays. Bring in those unwanted tree ornaments and other decorations to add to ours.

Christmas Bingo - Wednesday, December 18, 9:30 - 11 a.m. You may contribute a wrapped gift.

Christmas Party - Friday, December 20, 9:30 - 11 a.m. Special music, games, and refreshments. Snack and drink donations are greatly appreciated.

Special Interests and Services

Fiber Art/Hand Spinning Guild — Hand spinning meets the first Saturday from 9:30 a.m. - 12:30 p.m. Fiber Guild will meet the third Thursday of each month from 9:30 a.m. - 12:30 p.m.



Book Discussion Club - Will meet the fourth Thursday of each month. The meeting will be from 6 - 8 p.m. and is sponsored by the Branch Library. Call the library at 297-5515 each month for book title/author or for more information.

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 Monday-Friday except Thursday. Schedules for both centers are listed in each newsletter.

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

Fun Tuesdays with Elizabeth Young from Deerfield Ridge Assisted Living - First Tuesday of each month from 10:30 - 11:30 a.m. Will play bingo and other games, make crafts, and host parties or activities.

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



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

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

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

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

Basic Computer Classes - By appointments only each Tuesday from 9:30 - 11:30 a.m.

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

Special Interests and Services cont.

Scam and Fraud Awareness Discussion Group – Meets the third Tuesday each month from 10 - 11 a.m., seniors will be informed about the latest scams targeting older adults and how they can protect themselves.

Registration for Yoga Classes at WWCC

The next session on Yoga will begin on Thursday, December 5. This class is appropriate for beginners as well as experienced yoga students. The cost of each 12-week session is \$60.00 per person. Any age may register, but if the class exceeds the attendance limit priority will be given to persons age sixty and older. Deadline for registration is by 10:00 the morning of first class. Call Toni Wait at the Western Watauga Community Center for more information.

AppalCart Schedule -Western Watauga Community Center



New AppalCart Phone Number - 297-1300
Days/Routes are subject to change.

To ride the van on the day they come to your area, just call 297-1300 between 7 -8:30 a.m. on the morning you wish to ride. The farther out you live the earlier you should call in order for drivers to leave earlier.

Monday - 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

Tuesday - Hwy. 421, Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

Wednesday 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.

Thursday - No Routes Available

Friday - 321 North to Howard Edmisten Rd., Cove Creek areas, Mast Gap, Old Hwy. 421, Mabel, and Silverstone



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 karin.bare@watgov.org 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.

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 the following holidays:

Monday, November 11, 2013 in observance of Veteran's Day.

Thursday, November 28, and Friday, November 29, 2013, in observance of Thanksgiving.

Tuesday, December 24, Wednesday, December 25, and Thursday, December 26, 2013 in observance of Christmas.

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



Waiting List Update

We still have a waiting list for our congregate nutrition and transportation programs. If you are not currently registered for these programs and would like to be placed on the waiting list, please contact the center's director.

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.

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 Elizabeth at 264-0336 for more information.

To Celebrate and Honor Local Caregivers –

The Watauga Council of the High Country Caregiver Foundation is proud to announce its annual *Caregiver Appreciation Luncheon* on Tuesday, November 5 at Noon at Casa Rustica Restaurant. If you are a Watauga County family caregiver, please join us on November 5. For additional information or to reserve your spot please contact Brenda Reece by November 1st at (828) 265-5434 ext. 128 or breece@regiond.org.




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.

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.

Call the senior centers with any questions.

 **Watauga County Project on Aging**
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