



# 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

**SEPTEMBER AND OCTOBER 2010**



### 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.

**Education Opportunity** - New River Geriatric and Adult Mental Health Specialty Team will be leading a variety of seminars which are open to everyone, including professionals as well as family caregivers. On Wednesday, September 15, from 3-4 p.m. Amelia Fan will discuss Personality Disorders and on Tuesday, October 5, from 3-4 p.m. she will discuss Seasonal Affect Disorder. Please call to register for these free sessions.

### September is National Senior Center Month

In honor of this year's theme, "Make a Connection", we are planning a week of celebration September 20-24 at the Harrill Center in Boone. This week of events will offer many opportunities for people to get involved:  
**Tuesday, September 21:** 2<sup>nd</sup> Annual Walkathon, 10 a.m.-12 noon. Come help us walk toward a combined goal of 32 miles, to celebrate the number of years our senior center has been serving our community!

**Thursday, September 23:** Falls Prevention Fair, 10a.m.-12 noon.

**Friday, September 24:** Talent Show and Open House, 10 a.m.-12 noon. Refreshments will be served.



### Advocacy Corner

Lisa Reynolds, a gerontology student at ASU, will be joining the Seniors of Service group at the Harrill Center in Boone on Tuesday, September 7 at 1p.m. to discuss how to make homes and communities more senior friendly, or "livable." She is conducting surveys to see how if areas of town are easily walkable for seniors and would love your input. Call Tabitha for more information and/or join us on Tuesday, September 7.

### Yoga Classes will resume in September

The registration schedule for the Western Watauga Center is: Deadline to pay 4 p.m. Thursday, September 9. Class will begin at 10:15 to 11:15 a.m. on Friday, September 10.

The schedule for the Harrill Center is: Deadline to pay 5 p.m. Monday, September 13. Class will begin at 6:15 p.m. on Tuesday, September 14.

These classes are appropriate for beginners as well as experienced yoga students. The cost of the 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. You may call 265-8090 with any questions.



### Vendors – Get Ready! Christmas Craft Sale is Coming to Senior Center

If you are a crafter age 60 or older and interested in earning extra money then make plans to participate in this year's senior center craft sale. The dates for this year's sale are Wednesday, November 17, and Thursday, November 18, from 9 a.m.-3 p.m. each day at the Lois E. Harrill Senior Center. Inventory forms and instruction sheets for participating crafters will be available at both the Harrill Center and the Western Watauga Center. Items must be hand made and crafters must be age 60 or older. Crafters get 100% of their asking price.



### Flu Shot Clinic

The Harrill Center in Boone will be hosting a flu shot clinic on Friday, September 17, from 10 a.m.-1 p.m. and at the Western Watauga Community Center on Wednesday, October 6, from 10 a.m. – 1 p.m. A nurse from Boone Drug will be here to administer both flu shots and pneumonia shots. No appointment is needed. There is no charge if you present your Medicare card or other primary insurance card. For those with no insurance the flu shot is \$29 and the pneumonia shot is \$49. You may have 2 pneumonia shots before the age of 65 and 2 after the age of 65 (shots must be 10 years apart). Please call Boone Drug at 264-5116 for more information about the pneumonia shot.

**LOIS E. HARRILL SENIOR CENTER**

September and October 2010



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

**Weekly Activities**

Monday - Art Class (intermediate) -	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Rummy Group - - - - -	11 a.m - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Origami Class (\$3 per class ) - - -	5:30 - 7:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	11 a.m - 12 noon
Nutrition/Health Classes - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	2:30 - 4:00 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Watauga Photography Club -	7 - 8 p.m.
Wednesday - Art Class (beginners)-	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Outdoor Games - - - - -	10:30 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Rummy Group - - - - -	11 a.m. - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	11 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 - - - - -	5:30 - 7:30 p.m.
Friday- Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	11 a.m - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Origami to resume after Labor Day. Call before attending.

**Congregate Nutrition Program**

Lunch is served Monday - Friday at 12-12:30 p.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 \* Card Tables \* Computer Lab \* 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 -May also  
 be checked out for use at home \* Wii \*

**Support Groups:**

**NAMI Connections Support Group** - Meets every Tuesday from 2:30 p.m-4 p.m. The group is for adults of any age who face the challenges of mental illness, regardless of their diagnosis.

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

**“The Art of Living”**, a reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator - is held the first Friday of each month from 10a.m.-12 p.m. On September 3 Jennifer will be leading us in a mosaic activity.

**Agency Information**

**Tuesday, September 14, 11 a.m. – A** representative from the Department of Social Services will join us to discuss the Food Stamp Program.

**Wednesday, October 27, 11 a.m. – A** representative from the Department of Social Services will join us to discuss the Heating Assistance Program. Applications will be taken the first two weeks of November for assistance to be given as a check in February. Emergency assistance will also be discussed.

**Special Activities**

**Field Trips- Call to reserve a seat. Both trips will include moderate amounts of walking and will leave from the Harrill Center in Boone.**

**Trip to Mt. Airy** - Thursday, September 16, 8 a.m.-5:00 p.m. Come enjoy a stroll through Mayberry and a pork sandwich at Snappy Lunch. Entrance to the Andy Griffith museum is \$3.

**Trip to Lazy 5 Ranch in Mooresville** - Friday, October 22, 8 a.m.-5 p.m. Enjoy the horse stables, petting zoo, and a wagon ride to feed the giraffes and other animals. Entrance to zoo is \$5 and wagon ride is \$2.50 (must pay in cash when we arrive at zoo, no personal checks or credit cards accepted). We will have a picnic lunch on the zoo grounds. Snacks and drinks as well as feed for the animals will be available for purchase at zoo (cash only).



**Halloween Party** – Friday, October 29, 10a.m.-12p.m. Refreshments, music, costume contest! Get creative and you may win a prize! Store bought snack and drink donations are greatly appreciated.

**Rosen Outdoor Sculpture Walk** – Wednesday, September 15, 10 a.m.- Noon. The Appalcart will take us to the campus of ASU where we will be guided on a tour of this year's competition entries.

Continued on page 3.

**Blood Pressure Checks**

Third Wednesday each month from 11 a.m.-12 noon. Service provided by Healthy Carolinians.

**Special Interests and Services**

**Health Screenings** – Thursday, September 9. Appointments still available. One health screening per person is allowed each fiscal year. (July-June).

**Social Security**- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, October 6, 2010, from 9 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.

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

**Book Discussion Group** - Meets the third Wednesday of each month, 1:30-2:30 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.

**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.

**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, September 28, 10 a.m.-Noon.

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

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

**Special Interests and Services Continued**

**Coupon Swap** – Drop off the coupons you don’t need and pick up ones you can use. Available anytime during operating hours.

**Seniors of Service (S.O.S.) Advocacy Group**

We have formed a group that meets on a regular basis to advocate for and develop service projects for seniors in the community. The meetings will be held the first and third Tuesdays of the month at 1 p.m.

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

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

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

**Days/Routes are subject to change.**



**Monday** - Intown, Foscoe, Meat Camp, and Western Watauga Community Center

**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

**“Managing Your Medicare Paperwork: “Are those charges really mine?”**

Join us on Tuesday, October 26, at 11 a.m. as we take a closer look at protecting our Medicare benefits from identity theft, detecting errors on our Medicare statements and the process for reporting Medicare errors, fraud and scams. Stephanie Bias, the North Carolina Senior Medicare Patrol (SMP) Coordinator at the North Carolina Department of Insurance will be on hand to share practical tips about protecting ourselves from becoming victims of healthcare fraud.





## WESTERN WATAUGA COMMUNITY CENTER

September and October 2010



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

<b>Monday</b> - Walking - - - - -	8 - 11:00 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Sewing Class - - - - -	9:30 - 11:30 a.m.
Gentle Exercise - - - - -	12:00 - 1:00 p.m.
<b>Tuesday</b> - Walking - - - - -	8 - 11 a.m.
Woodcarving Guild - - - - -	8:30 - 11:30 a.m.
Beading and Jewelry Making -	9:30 - 12:30 a.m.
Outdoor Games - - - - -	10:30 a.m.– 1 p.m.
<b>Wednesday</b> – Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Gentle Exercise - - - - -	12:00 - 1:00 p.m.
<b>Thursday</b> - Walking - - - - -	8 - 11 a.m.
Art Class - - - - -	10 a.m. - 1 p.m.
Lap Quilting Guild - - - - -	9 a.m. - 1 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
<b>Friday</b> - Walking - - - - -	8 - 11 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Live Music - - - - -	10 - 1 p.m.
Yoga - - - - -	10:15 - 11:15 a.m.

Rook is an ongoing activity Monday - Friday.

Fitness equipment is available to those age 60+ population 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 at 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) – Watauga Branch Library \* Piano \* Sewing Machines \* Table games, jig saw puzzles, and cards \* Television/VCR and DVD player \* Wireless Internet \*

### Blood Pressure Checks

Second Thursday each month from 10:30 - 11:30 a.m.

### Support Groups:

**Alcoholics Anonymous**-Wednesdays 7-9 p.m.

**Alanon**-Wednesdays 7-9 p.m.

“**The Art of Living**” -A reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the third Friday of each month from 9:30 - 11:30 a.m.. Please call to sign up beforehand to ensure adequate materials are provided.

### Health and Nutrition

**Behavioral Health Program** - New River Geriatric and Adult Mental Health Specialty Team will be discussing “Insights to the causes of Hoarding: Learning How to Part with Beloved Treasures from our Past, and Removing the Clutter in our Lives.”. Dates and Times to be announced.

### Special Activities

**Field Trips- Call to reserve a seat. Both trips will include moderate amounts of walking and will leave from the Harrill Center in Boone.**

**Trip to Mt. Airy** - Thursday, September 16, 8 a.m.-5:00 p.m. Come enjoy a stroll through Mayberry and a pork sandwich at Snappy Lunch. Entrance to the Andy Griffith museum is \$3.

**Trip to Lazy 5 Ranch in Mooresville** - Friday, October 22, 8 a.m.-5 p.m. Enjoy the horse stables, petting zoo, and a wagon ride to feed the giraffes and other animals. Entrance to zoo is \$5 and wagon ride is \$2.50 (must pay in cash when we arrive at zoo, no personal checks or credit cards accepted). We will have a picnic lunch on the zoo grounds. Snacks and drinks as well as feed for the animals will be available for purchase at zoo (cash only).

**Card Making Workshop** - September 24, 10 a.m. - 1 p.m. Learn to make two cards using the Iris folding method. Participants need to bring small sharp scissors and double sided tape. Please call Toni to register for class.

**Halloween Party** - Friday, October 29, 9 - 11:30 a.m. Games, refreshments and music.



### Special Interests and Services

**Hearing Screenings** - NC Services for the Deaf and Hard of Hearing will be conducting individual hearing and hearing aid evaluations, discuss the newest equipment available, and information on the program. Tuesday, October 12, 9 a.m. - 12 noon.

**Fiber Art/Hand Spinning Guild** — Spinners will meet first Thursday of each month from 6:30 - 8:30 p.m.

Fiber Guild will meet the third Thursday of each month from 6:30 - 8:30 p.m.

## Special Interests and Services Continued

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



**Book Discussion Club** - Will meet on Thursday, September 30, to discuss “*The Kitchen House*” by Kathleen Grissom and on Thursday, October 28, to discuss “*The Saints of the River*”, by Ron Rash. The meetings are from 7 - 8 p.m. and are sponsored by the Branch Library.

**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 quarter, 6-7 p.m. Meetings open to the public. Call Toni at 297-5195 for the schedule.

**Crafty Critters Club-** Meets the first Monday of each month 12 - 3 p.m. Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center special occasions. Always open to newcomers. If interested in joining call Toni at 297-5195.

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

**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.



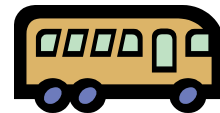
**Volunteer Opportunities-** Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

**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.

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

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

## AppalCart Schedule -Western Watauga Community Center



**Days/Routes are subject to change.**

**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

**Monday and Thursday** are shopping days 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

### Hand Built Pottery Classes

A Hand Built Pottery Class for beginners or intermediate students will be offered at the Western Watauga Community Center beginning Wednesday, September 8, through Wednesday, October 7, from 1:30 - 4:30 p.m.. Deadline to register and pay for the class is Friday, September 3, by 4 p.m. Make checks payable to Project on Aging.

The cost of the eight week session is \$60.00 per person with a \$40 supply fee (which is due at the first class). Any age may register but if the class exceeds the attendance limit priority will be given to persons age sixty and older. You may call Toni at 828-297-5195 with any questions.

### Craft Sales Opportunities

The Western Watauga Community Center will have a booth at the Heritage Day Fair, on Saturday, September 18, located at the Old Cove Creek School grounds. Vendors from the Western Watauga Community Center Arts & Crafts guilds are invited to sell their items. Space is limited. Call Toni Wait at 828-297-5195 to reserve a space.



The Western Watauga Community Center will host a Pre-holiday Arts and Craft Sale in October or November. The organizational meeting will be held on Monday, September 13, from 12 - 1 p.m. Call Toni at 828-297-5195 if interested.

### **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, September 6, 2010, in observance of Labor Day.

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



### **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.

### **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.

### **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](mailto:karin.bare@watgov.org)** 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.



### **Farmers' Market Program**

Watauga County is once again participating in the USDA Farmers' Market Coupon Program. Eligible participants will receive \$24 in coupons to use at the Watauga County Farmers' Market during the summer and early fall months.

Coupons will be distributed at the Lois E. Harrill Senior Center through October 29 and can be used through October 30.

To be eligible you must be

- A current registered congregate nutrition participant at either the L.E. Harrill or Western Watauga Senior Centers.
- A resident of Watauga County.
- Age sixty or older.



Monthly income no greater than \$1,670 for an individual and \$2,246 for a couple.



132 Poplar Grove Connector, Suite A, Boone, N.C. 28607

L. E. Harrill Senior Center  
265-8090

Western Watauga Community Center  
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