



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

JANUARY AND FEBRUARY 2008



Income Tax Assistance Available at Senior Centers

The AARP Tax-Aide Program, in cooperation with the IRS and N.C. Dept. of Revenue, will again offer 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.

TAXPAYERS SHOULD BRING THE FOLLOWING DOCUMENTS:

- Social Security cards and Identifications for taxpayer and all dependents
- Last year's (2006) tax return
- W-2 forms from each employer
- 1099 forms for Social Security, Pension, Interest, and Dividends, Broker/Mutual Fund income
- Detailed list of expenses for Medical, Charities, Taxes, Interest, if claiming itemized deductions
- A blank check for direct deposit of any refund to your checking or savings account.



TO BE ELIGIBLE:

- You should **not** have any of the following types of income: Rental, Partnership, Business requiring Schedule C, Royalties, and Sale of business. If your tax return is relatively complex you will be advised to seek professional tax assistance.
- You **must** be a Watauga County resident.
- Will file federal and NC returns. No out of state returns will be done.

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 and dates for the Western Watauga Community Center in Cove Creek will be announced. You may call after January 15, 2008 to make an appointment.

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- Wednesday, February 13, 2008, 2:45-4 p.m. Topic will be "Healthy Boundaries" and will be presented by New River Behavioral Health Care Geriatric Specialty Team. This presentation offers a brief definition and description of what it means to maintain healthy boundaries in care giving. Attendees will increase their awareness of how boundaries impact care giving and learn how to apply these principles in order to enhance quality of care.



Telephone Reassurance Service Available

Would you or someone you know benefit from a regularly scheduled telephone contact? This is just one of the services we offer that utilizes volunteers. A staff person will match a volunteer with a homebound older person for the purpose of providing a telephone reassurance call. This support network can assist in enabling a senior to safely remain in their own home.



Medication Management Supplies Available at Project on Aging

The Watauga County Project on Aging has medication management supplies available free of charge while supplies last to Watauga County residents aged sixty and older. These items include: daily organizers for diabetics; medication travel kits; mini measuring cups; an assortment of pill boxes including boxes with talking reminders and timers; pill crushers; pill splitters; foil pack pill openers; and syringe organizers. For more information, please call the Project on Aging at 265-8090.

LOIS E. HARRILL SENIOR CENTER**January and February 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—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 -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

Rose Glen Village Senior Community-
Wednesday, January 30, from 11 a.m.-12 noon.

Telephone Reassurance & Friendly Visiting
Programs- Wednesday, February 20, from 11 a.m.-
12noon.

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, February 13, 2:45 –
4 p.m. Topic will be “Healthy Boundaries”,
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**

Valentine’s Day Party - Thursday, February
14, 10 a.m. – 12 noon. Refreshments, games
and Crowning of the Senior Center King and
Queen.

“Protect Your Phone Records” - Monday,
February 18, 10:30 a.m. - noon.

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- Call after January 15
an appointment.



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

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

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, February 26, 10 a.m. - 12 noon.

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

Special Interests and Services continued

.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.

SHIIP - 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.

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, 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

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.



Yoga for Seniors



A new 12-week session of Yoga classes is scheduled to begin at both senior centers. The Western Watauga Community Center class will begin Friday January 4, and will meet Fridays from 12 noon to 1 p.m. The session scheduled for the Lois E. Harrill senior center in Boone will begin Tuesday, January 8, and will meet Tuesdays from 6:15 to 7:15 p.m. This class is appropriate for beginners as well as experienced yoga students. The instructor, Akal Dev Sharonne, has been a yoga practitioner and teacher for more than 30 years. The cost of a 12-week session is \$60.00 per person. Deadline to register will be 5pm Thursday, January 3, for the Western Center and Monday, January 7, at the Harrill Center. Class size is limited. Any age may register but priority will be given to persons age sixty and older. You may call 265-8090 (Harrill Center) or 297-5195 (Western Center) with any questions.

Beginner Tai Chi Class to Begin at Harrill Center

A new 12-week session of Beginner Tai Chi will begin Thursday, January 10, 2008, at the Lois E. Harrill Senior Center. Classes will meet on Thursdays from 6:30-7:30 p.m. The Instructor will be Tim Winecoff. The registration deadline is 5 p.m. Wednesday, January 9. Any age may join but priority will be given to persons aged sixty and older. The cost is \$48.00 per person for the 12-week series. Class size is limited to 12 persons.



WESTERN WATAUGA COMMUNITY CENTER

January and February 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.

Next semester sign up date is Feb. 5, 2008.

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

Next semester sign up date is Feb. 7, 2008.

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester. Classes will register for fall semester the first week in September.

Weekly Activities

Monday -Walking - - - - -	8 - 10:00 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 - 10 a.m.
Body Recall Exercise - - - - -	9 - 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
Nutrition & Health - - - - -	10:30 - 11:30 a.m.
Rook (call after 1pm to reserve a seat) -	5 - 9 p.m.
Thursday - Walking - - - - -	8 - 10 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.
Friday - Walking - - - - -	8 - 10 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.

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 10-10:30 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

Special Activities

Valentine's Day Party- Thursday, February 14, from 10 - 11:30 a.m.



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-Call after January 15, 2008 to make an appointment.

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.

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- 1st Thursday of each month, 6-8 p.m. Meetings open to the public.

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.

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

Western Watauga Community Center
Special Interests and Services continued

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 –Dev Looper 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.

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

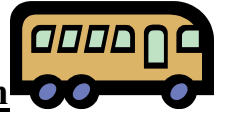
Transportation- The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both centers are listed in each newsletter.

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

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



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.

Protect Your Phone Records

On Monday, February 18, at 10:30 a.m. Sherry Harmon will present a program on protecting your phone records. The purpose of the program is to help participants learn how important it is to safeguard sensitive personal information in their telephone account. Many people today have two or more phones, including cell phones and landlines. We receive billing statements in the mail that list detailed calling records and are able to access our phone records online. Many people do not understand phone records are a central source of private information that criminals sometimes try to access without consent for illegal or harmful purposes. The privacy of phone records can be compromised by “pretexting”-a criminal act that identity thieves practice to access consumers’ personal information under false pretenses. Armed with confidential data detailing consumers’ identity, employment, bank accounts and calling activity, identity thieves and other scammers do serious, sometimes irreparable damage to consumers’ finances. Please call to reserve a space so that adequate hand outs will be available.



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.

**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.

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

Tuesday, January 1, 2008, for New Year's Day and Monday, January 21, 2008, for Martin Luther King's Birthday.

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

**Winter Crisp**

Filling:

- ½ cup sugar
- 3 tbsp. all-purpose flour
- 1 tsp. grated lemon peel
- 5 cups unpeeled, sliced apples
- 1 cup cranberries

Topping:

- 2/3 cup rolled oats
- 1/3 cup packed brown sugar
- ¼ cup whole wheat flour
- 2 tsp. ground cinnamon
- 3 tbsp. soft margarine, melted

1. Filling: In a medium bowl, combine sugar, flour, and lemon peel; mix well. Add apples and cranberries; stir to mix. Spoon into a 6-cup baking dish.

2. Topping: In a small bowl, combine oats, brown sugar, flour and cinnamon. Add melted margarine; stir to mix. Sprinkle topping over filling.

3. Bake in a 375 F. oven for 40 to 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.



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

L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195