

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 2002



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.



Christmas Craft Sale

The dates for this year's sale are Wednesday and Thursday, November 20, and 21.

The sale will be held at the Lois E. Harrill Senior Center located in the Human Services Building at 132 Poplar Grove Connector in Boone. This is a free service for the areas older adult crafters. Take advantage of this wonderful opportunity to show off your talents and make some extra money.

Shoppers, sale hours are 9 a.m.-4 p.m. This is a great opportunity to shop for Christmas decorations and gifts.

Inventory forms and instruction sheets for participating crafters are available at the Lois E. Harrill Senior Center and the Western Watauga Community Center. For more information you may call Sherry Harmon at 265-8090.

Prescription Drug Assistance Resources

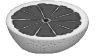
Paying for prescription drugs is a major problem for many older adults. Medicare typically does not pay for prescription drugs. Based on the most recent data available, approximately 52% of older North Carolinians are projected to be without prescription drug coverage. There are resources available to assist North Carolina's older adults with the purchase of prescription medication. Please call the Lois E. Harrill Senior Center at 265-8090 for assistance with finding affordable prescription medications.

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.

Partners in Wellness Nutrition Classes

The next series of classes to be offered will focus on Facts, Food & Fun!!



A series of six interactive lessons will provide information on: How diet influences health; Solutions to lower nutritional risk; Balancing meals with a variety of foods; Understanding serving sizes; Reducing barriers to eating healthy and Developing a personal plan.

Classes will be offered at both the Western Watauga Community Center and the Lois E. Harrill Senior Center. Schedules are as follows:

Western Watauga Community Center – Wednesdays, October 23 through December 18 from 10:00 to 11:00am. A one-month follow up session and Christmas celebration will be held on Wednesday, December 18 from 10:00 to 11:00am.

Lois E. Harrill Senior Center – Fridays, October 25, through November 22, from 10:45 to 11:45 a.m. A one-month follow up session and Christmas celebration will be held on Friday, December 20, from 10:45 to 11:45 a.m.

For more information you may contact Toni Wait at the WWCC at 297-5195 or Sherry Harmon at the Harrill Center at 265-8090.

These classes are provided through the NC Cooperative Extension Agency and taught by a Family and Consumer Science Agent.

LOIS E. HARRILL SENIOR CENTER

November and December 2002



Weekly Activities

Monday - -Art Class - - - - - 9 a.m. – 12 noon
 Bingo - - - - - 11 - 11:45 a.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 Group- - - - - 9 a.m. – 12 noon
 Bingo - - - - - 11 - 11:45 a.m.
 Muscles and More - - - - - 1:30 - 2:30 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)
 Tai Chi Group - - - - - 1 –2 p.m.
 Needlework Class - - - - - 1 - 4 p.m.
 Friday - Ceramics - - - - - 10 a.m. - 1 p.m.
 Nutrition/Health Classes - - 10.45 - 11:45 a.m.

Congregate Nutrition Program

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

Special Activities

Health Screenings - Thursday, November 14, and Thursday, December 12. By appointment only.

Free Foot Evaluation with Pedicare -Wednesdays, November 13, and December 11, from 11 a.m.-12 noon.

Shopping Trip to Hickory - Tuesday, November 19, 8 a.m.-5 p.m. Seats are limited. Call to reserve a seat. There is no charge for the trip but everyone is responsible for his/her own lunch at J&S cafeteria.

Library Reading with Evelyn and Tracy—Monday, November 4, and Monday, December 2, 11-11:30 a.m.

Christmas Craft Sale - Wednesday and Thursday, November 20, and 21, 9 a.m.-4 p.m.

Thanksgiving Celebration - Monday, November 25, 10 a.m.-12 noon. Provided by ASU Freshman Seminar Class

Christmas Party - Monday, December 16, 10 a.m.-12 noon. Games, Refreshments, Entertainment

Agency Information

Legal Aid of NC, Inc., “Pay Day Lending”
 Wednesday, November 6, 11:30 a.m.-12 noon

High Country AAA, “Medicare Lookout”
 Tuesday, December 17, 11:30 a.m.-12 noon

Blood Pressure Checks

To be announced.

Support Groups:

Alzheimer’s Support Group - Third Thursday of each month at 1:30 p.m.

Caregiver Class/Support Group - Thursday, November 21, at 1:30 p.m.



Arthritis/Chronic Pain/Fibromyalgia Support Group- First Thursday of each month at 6 p.m.

Diabetes Support Group - November meeting will be a Diabetes Cooking School Nov. 6, 13, and 20, from 12 noon to 1 p.m., at the Agricultural Conference Center

No December Meeting-Happy Holidays

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



Special Interests:

SHIP- Call Sherry Harmon for assistance with Medicare, Medicare supplements, Medicare + Choice, Medicare Lookout and long-term care insurance questions.

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 Unglesbee at 265-3656.

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

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.

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

Self-Advocacy class- Wednesday, November 20, at 11 a.m. “How to Communicate with your Doctor”

Senior Education Corps-This partnership will increase students’ academic success and enhance technology skills and experience for seniors. For more information or to request a volunteer registration form please contact the Board of Education at 264-7196 or the L.E. Harrill Senior Center at 265-8090.

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.



WESTERN WATAUGA COMMUNITY CENTER

November and December 2002



Weekly Activities

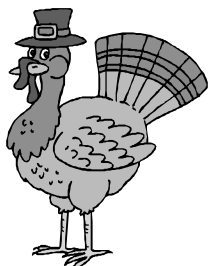
Monday -Exercise Class	-----	9 - 10 a.m.
Aristocrats—Live Music	-----	9 - 11:30 a.m.
Lap Quilting	-----	10 a.m. - 1:00 p.m.
Line Dancing / Walking-	-----	1 - 2 p.m.
Tuesday - Artist Guild	-----	9 a.m. - 3 p.m.
Ceramics	-----	10 a.m. - 1 p.m.
Bingo	-----	10 - 11 a.m.
Wednesday – Scrapbook Workshop-		9 a.m. - 2 p.m.
Nutrition / Health Classes	-----	10 - 11 a.m.
Bible Study	-----	11 - 11:30 a.m.
Thursday - Walking in CC Gym	--	9 - 11 a.m.
Lap Quilting	-----	10 a.m. - 1 p.m.
Friday - Weaving Guild	-----	9 a.m. - 3 p.m.
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.

Blood Pressure Checks

To be announced.



Special Activities

Health Screenings - Thursday, November 21, and Thursday, December 19. By appointment only.

Shopping Trip to Hickory - Tuesday, November 19, 8 a.m.-5 p.m. Seats are limited. Call to reserve a seat. There is no charge for the trip but everyone is responsible for his/her own lunch at J&S cafeteria.

Free Foot Evaluation with Pedicare-Thursdays, November 21, and December 19, from 10-11 a.m.

Thanksgiving Program - Wednesday, November 27, 10 - 11:30 a.m.

Christmas Time Festivities - Each week in December. Events to be announced.

Christmas Party - Monday, December 23, 10 a.m. - 12:30 p.m.

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.



Agency Information

Legal Aide of NC, “Payday Lending”
Wednesday, November 13, 11—11:30 a.m.



Special Interests

Cove Creek Homemaker’s 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 appointment at the Western Watauga Community Center. 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 delivered to your home on Fridays.

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

Multimedia Artist Guild- Meets Fridays 12 noon –3 p.m. Anyone who paints or is interested in learning to paint may bring materials and join in. There is no charge for this activity. For more information call Barbara Sturgill at 423-727-9494.

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

Appalachian Chapter of the N. C. Archeological Society -Meets the 4th Tuesday of each month at 7 p.m. Free and open to the public. For more information or if attending for the first time call Dr. Tom Whyte at 262-2283.

Self-Advocacy Class— Monday, November 18, 11 a.m. “How to Communicate with your Doctor”

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.



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

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

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.

AARP— Tuesday, Nov. 19, meeting will be at the L.E. Harrill Senior Center from 10 a.m. to 12 noon. Guest speaker will be Dr. Ed Harrill. Tuesday, December 17, meeting/Christmas Party will be at Meadowbrook Inn. Contact Louise Harris at 264-6616 for more information.

Job Placement and Job Training— See Sherry Harmon for more information or to make an appointment.

Military Veterans – Watauga County Veteran's Service Officer will be at the senior center on Friday, November 8, to answer questions regarding veteran's benefits.

**Thanksgiving Blessing**

Lord, we bow our heads before thee and close our eyes and fold you within our hearts. Bless us at this hour; bless this food before us and accept our devout prayers of thanksgiving. Amen.

AppalCart Schedule**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.

How to Communicate with Your Doctor

After you leave the doctor's office do you:

Wish you had asked more questions? Feel guilty because you asked so many questions? Feel a sense of frustration because you still don't understand what is wrong with you? The next self-advocacy class will address these issues and assist you in being more effective when communicating with health care professionals.

The class will be held at the:

Lois E. Harrill Senior Center on Wednesday, November 20, from 11 a.m.-11:30 a.m.

Western Watauga Community Center on Monday, November 18, from 11:00-11:30 a.m.



Food Safety



Storing canned foods-

- In general high-acid foods such as tomatoes, grapefruit and pineapple, can be stored on the shelf 12 to 18 months.
- Low-acid canned foods, such as meat, poultry, fish and most vegetables, will keep 2 to 5 years if the can remains in good condition and has been stored in a cool, dry place.

Storing refrigerated and frozen foods-

- For the very best quality meals, purchase foods before the “sell by” dates and use them by the “use by” dates. Take food home immediately. Follow the handling instructions on the package. If there are none, refrigerate any perishable foods to retard spoiling and help keep the foods from becoming a food-safety risk. Use a thermometer to be sure your refrigerator is at 33 to 40 F.
- Freeze perishable foods that you can’t use before the “use by” date. Freezing at 0 F or lower keeps food safe indefinitely. But quality declines in proportion to the length of freezing time. The longer items are frozen, the more likely they are to develop freezer burn and other unpleasant quality changes.
- Both refrigeration and freezing help keep most bacteria from growing but don’t destroy them. If bacteria are present in a refrigerated or frozen food, the bacteria will be able to grow again as soon as the food reaches a temperature above 40 F.
- So, always cook foods properly, refrigerate leftovers promptly and reheat them thoroughly.
- Keep meats, poultry, fish and seafood in their packages until just before using. If you freeze meat, poultry, fish or seafood for more than 2 months, over wrap the package with airtight heavy-duty foil, plastic wrap or freezer paper or seal the package inside a freezer-quality food-storage bag, squeezing out as much air as possible.

Reprinted from: “Rediscover Eggs”

Alzheimer’s Association Safe Return Program

The Alzheimer’s Association’s Safe Return Program is the only nationwide program that assists in the identification and safe, timely return of individuals with Alzheimer’s disease and related dementias who wander and become lost.

Wandering is a common and potentially life-threatening behavior that may accompany Alzheimer’s disease and other dementias. Individuals with these diseases may become disoriented and lost, in their own neighborhood or far from home. They may leave a safe environment or intrude in inappropriate places. Wandering can happen anytime or anyplace. Nearly 60 percent of the four million Americans with Alzheimer’s disease may wander off and get lost sometime during the course of the disease and many do so repeatedly. People with Alzheimer’s who are ambulatory are at risk. Unless found within the first 24 hours, nearly half of the people may die.

Since 1993 more than 70,000 individuals have been registered in Safe Return nationwide. Safe Return has helped locate and return more than 5700 individuals to their families and caregivers. The program has a success rate of nearly 100 percent of registrants who are reported missing.

Michelle Rossman, a Safe Return Specialist, will offer a presentation on this program at the Lois E. Harrill Senior Center on Thursday, November 21, at 1:30 p.m. There is no charge for this program, which is open to the public. Call 265-8090 for more information or to reserve a space so that adequate materials will be available.



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, 2002, in observance of Veteran's Day.
- Thursday and Friday, November 28 & 29, 2002, in observance of Thanksgiving.
- Tuesday, Wednesday, and Thursday, December 24, 25, & 26, 2002, in observance of Christmas.

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

**Pumpkin Spice Bread**

3 cups sugar	1 tsp. salt
1-cup vegetable oil	1 tsp. ground cinnamon
4 eggs, lightly beaten	1 tsp. ground nutmeg
1 can (16oz.) solid-pack pumpkin	½ tsp. ground cloves
3-1/2 cups all-purpose flour	½ tsp. ground allspice
½ cup water	2 tsp. baking soda
1 tsp. baking powder	

In a large bowl, combine sugar, oil and eggs. Add pumpkin and mix well.

Combine dry ingredients; add to the pumpkin mixture alternately with water. Pour into two greased 9-in. x 5-in. x 3-in. loaf pans. Bake at 350 for 60 –70 minutes or until bread tests done. Cool in pans 10 minutes before removing to a wire rack; cool completely. Yield: 2 loaves.



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