



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 2008



Caregiver Program at Harrill Center

When caring for loved ones with a memory impairment or cognitive dysfunction, or a dementia (such as Alzheimer's disease), there is no 'one size fits all' care plan. There are four parts to successful problem-solving when giving care at home. "COPE". Creativity, Optimism, Planning, and Expert Information. If you are considering being a caregiver, new to the world of care giving, or an experienced caregiver looking for new tips this class may be for you. We will discuss stages of care giving, problem solving skills, communication, home safety, local resources, and caring for the caregiver. Tuesday, September 18, from 2:30-4 p.m. No charge to attend. Open to the public. Call the center to reserve a space.

Hospice 101

The Hospice Speakers Bureau of High Country Home Health & Hospice will present a program on Monday, September 15, 2008, from 3:00 – 4:00 p.m. in the dining room of the Lois E. Harrill Senior Center. This free presentation is open to the public and will provide an overview of all aspects of the Hospice program. Call the Project on Aging at 265-8090 to reserve a seat so adequate handouts will be available.

Senior Centers Work! Celebrate National Senior Center Month--September 2008

As a new generation looks to redefine retirement, senior centers are evolving to reflect a more empowered vision of aging. We're working to connect older adults with meaningful career and volunteer opportunities, and increase their access to valuable benefits and resources. We are offering programs that provide seniors with informational tools to manage their health and finances, so they can continue living in their homes as long as possible. We also continue to offer many activities that encourage socialization, physical fitness and a good time. The public is invited to come by the Lois E. Harrill and Western Watauga Senior Centers to check out our vast array of services and activities.

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

If you are a crafter aged sixty 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 event will be Wednesday and Thursday, November 19 and 20. 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. Inventory forms and instruction sheets for participating crafters are available at both the Harrill Center and the Western Watauga 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.

Another AARP Driver Safety Class Offered for Older Adults

The nation's first and largest driver safety classroom refresher course geared especially to older adults driver safety needs will be offered, for a nominal fee, on Friday and Monday September 5th, and 8th, from 8:30 a.m. -12:30 p.m.. Classes will be held at the Watauga County Law Enforcement Center located at 184 Hodges Gap Rd., Boone, NC. The instructor will be Kathy Powell. The cost of the program is \$10 per person and 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 265-8090 for more information, or to reserve a seat.

It's Not Too Late Claim Your Tax Stimulus Payment

Although the April 15th tax deadline has passed, people who do not usually file a tax return, have until October 15, 2008 to file a 2007 tax return to receive their tax stimulus payment.



For more information, visit: www.irs.gov.

LOIS E. HARRILL SENIOR CENTER
September and October 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 -Intermediate Art Class - 9 a.m. – 12 noon	
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Bridge (September only)- - -	1:30 - 5 p.m.
Body Recall - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- -	11 a.m. - 12 noon
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Wednesday -Beginner Art Class- 9 a.m. - 12 noon	
Muscles and More - - - - -	10:30-11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Bridge (September only)- - -	1:30 - 5 p.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 - - - - -	5:30 - 6:30 p.m.
Friday- Muscles and More - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Agency Information

Department of Social Services- Fuel Assistance and Food Stamp Programs- Tuesday, September 16, 11 a.m.-12 noon.

Area Agency on Aging Family Caregiver Specialist- Relatives as Parents Program- Tuesday, October 14, 11 a.m.-12 noon.

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 * Karaoke Machine * wii * wireless internet *



Congregate Nutrition Program

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

Blood Pressure Checks

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

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.

Living with cancer education program and support group- Meets the third Thursday of each month at 1:30 p.m.

Special Activities

Program on Winter Blues, which is a mood disorder whose sufferers experience normal mental health throughout most of the year, but experience depressive symptoms in the winter or, less frequently, in the summer, repeatedly, year after year- Presented by Russell Snipes with Appalachian Regional Behavioral Health – Tuesday, September 9, from 11 a.m. – 12 noon.

Free Advance Directives Workshop- Tate Davis, Attorney from Legal Services of N.C. will be at the Harrill Center for a two day workshop to assist persons aged sixty and older with the preparation of Living Wills and Health Care Power of Attorney. On Wednesday, September 10, at 10:30 a.m. there will be a discussion about Advance Directives and documents will be distributed.

Participants will be instructed to take them home to discuss and complete with family members. On Friday, September 19, at 10:30 a.m. he will return to execute and notarize the legal documents. This is an important issue- Make plans to attend.

Trip to Ashe County- Thursday, September 11, from 9 a.m.-4 p.m. We will view the Frescoes at Holy Trinity Episcopal Church, Have lunch at Smokey Mtn. BBQ and have free time to explore downtown West Jefferson's Cheese Factory, Art Galleries, etc.

Hospice 101 Program- Monday, September 15, from 3-4 p.m.



Special Activities

Trip & Picnic- Friday, October 17, from 10 a.m.-3 p.m. We will travel the Parkway to view the beautiful fall colors, Enjoy a picnic lunch at the Blowing Rock park gazebo, and have free time to explore downtown Blowing Rock.

Halloween Party- Friday, October 31- 10 a.m.-12 noon- Dress in costume, refreshments, games.



Special Interests and Services

Health Screenings- Mondays, September 8, and October 13. You must have an appointment for the screening.

Social Security - Social Security - A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, October 1, 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 second Monday of each month from 6 - 8 p.m.

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.

Free Hearing Aid Services- Hearing screenings; Otoloscopic 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 23, 10 a.m. - 12 noon.

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.

Special Interests and Services Continued

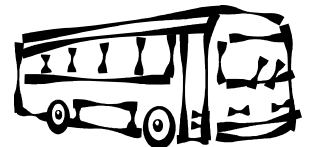
Quilt Guild - Meets the first Thursday of each month from 1:30 - 8 p.m.

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.

WESTERN WATAUGA COMMUNITY CENTER

September and October 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

Lap Quilting--sign up Thursday, September 11, 9 a.m.-12 noon

Sewing & Crafts—To be announced

Weekly Activities

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

Health and Nutrition class - First Tuesday each month from 10-11:30 a.m.

Walking in the gym: Old Cove Creek School--- Monday-Friday from 8-11 a.m. Tuesday & Thursday 8-9 a.m. Everyone must register the first time to participate. Basket balls are available upon request.



Agency Information

Program on Winter Blues, which is a mood disorder whose sufferers experience normal mental health throughout most of the year, but experience depressive symptoms in the winter or, less frequently, in the summer, repeatedly, year after year- Presented by Russell Snipes with Appalachian Regional Behavioral Health – Thursday, September 18, from 10:30 - 11:30 a.m.

Congregate Nutrition Program

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

Blood Pressure Checks

First Thursday each month from 10:15 - 11:30 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

Support Groups:

Weight Loss- Mondays 7-8 p.m.

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Cancer support and education program- First Tuesday each month from 10-11:30 a.m. This program is designed for patients, their loved ones, and caregivers.

Special Activities

Will Writing & Estate Planning Workshop- Thursday, September 4, 9:30-11:30am. Presented by Legal Services of N.C.

Integrated Medicine Program- Tuesday, September 9, from 10-11:30 a.m. An MD will discuss all aspects of healing and curing conditions by combining conventional and alternative medical treatments. Advance sign up advised but not mandatory.

Trip to Ashe County- Thursday, September 11, from 9 a.m.-4 p.m. We will view the Frescoes at Holy Trinity Episcopal Church, Have lunch at Smokey Mtn. BBQ and have free time to explore downtown West Jefferson's Cheese Factory, Art Galleries, etc.



Overcoming Illness with Nutrition Program-

Tuesday, October 7, from 10-11:30 a.m. Learn how specific foods and nutrients affect our bodies.

Special Activities Continued

Trip & Picnic- Friday, October 17, from 10 a.m.-3 p.m. We will travel the Parkway to view the beautiful fall colors, Enjoy a picnic lunch at the Blowing Rock park gazebo, and have free time to explore downtown Blowing Rock.

Halloween Party- Friday, October 31, from 9:30-11:30 a.m.



Special Interests and Services

Health Screenings- Mondays, September 22 and October 27. You must have an appointment for the screening.

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- 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.

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.

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.

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.

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

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.

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



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.

Yoga Classes will resume in September

The registration schedule for the Western Watauga Center is: Deadline to pay 4 p.m. Thursday, September 4. Class will begin at 12 noon on Friday, September 5.

The schedule for the Harrill Center is: Deadline to pay 5 p.m. Monday, September 8. Class will begin at 6:15 p.m. on Tuesday, September 9.



Pre-registration with a payment of \$60.00 for the 12-week session is required. Call the senior centers with any questions.

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.

Welcome New Volunteers to Western Watauga Center

Ginny Austin will be assisting with receptionist and office duties.

Jason Beal will be volunteering in the kitchen.
WELCOME!

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.

**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 Monday, September 1, 2008, in observance of Labor Day.

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

Wii Games at Harrill Senior Center

The L.E. Harrill Senior Center has Wii games available. We would like to host a Wii competition. If you are interested in practicing at the center please contact Sherry to reserve a time to play. A competition will be scheduled when we have an adequate number of interested participants. The games available are: bowling, tennis, baseball, golf and boxing.

Flu and Pneumonia Immunization Clinics at Senior Centers

Vaccinations for flu and pneumonia will be given in early November by the Appalachian District Health Department at both the Harrill and Western Senior Centers. Once set the dates and times of clinics will be announced at both congregate nutrition sites, posted on center bulletin boards and advertised through local media.



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