



# 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

**JANUARY AND FEBRUARY 2007**



Western Watauga Community Center

297-5195

### Income Tax Assistance Available at Senior Centers

The Watauga County Project on Aging will once again offer tax assistance at the senior centers. The Internal Revenue Service (IRS) and the American Association of Retired Persons (AARP) jointly sponsor the Tax-Aide program. This is a free tax assistance service for low- and middle-income taxpayers, with special attention to those 60 and over.



To be eligible:

- You should **not** have any of the following types of income: Rental, Partnership, Business requiring Schedule C, Royalties, and Sale of home or 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 6 to April 10, 2007. Tax counselors are available to file returns electronically or by traditional method.

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, 2007 to make an appointment.

**L.E. Harrill Center-----265-8090**

**Western Watauga Center----297-5195**

### Senior Center Suggestion Boxes

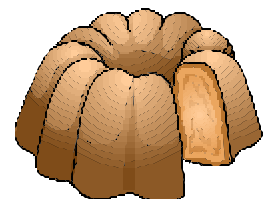
We appreciate the suggestions that have been placed in the Centers Suggestion Boxes. Your input is vital to the planning process. Examples of some suggestions that were addressed are: the picnic at Howard's Knob Park, the variety word puzzles, another treadmill, and more magazines for men. We are delighted that you are using the suggestion boxes to make us aware of your ideas. We need to hear from you in order to make the center the best it can be for you!

### Caregiver's Information Program at Senior Center

The topic for the next caregiver program at the Harrill Senior Center will be, Understanding Behaviors: Causes and Strategies for Coping. This course will help attendees recognize some of the causes of difficult behavior and provide strategies for preventing such situations when possible and for coping with them if they arise. Nicole Rieger-Thomas with the Western Carolina Chapter of the Alzheimer's Association will be the presenter. This program is scheduled for Thursday, January 18, from 2-4 p.m. It is free and open to the public. Please call the center at 265-8090 to reserve a seat so that adequate materials will be available.

### Lemon Buttermilk Cake

- 1c. Crisco
- 2c. Sugar
- 3c. Self-rising flour
- 1c. Buttermilk
- 4 eggs
- 2 tsp. Lemon extract



Preheat oven to 325. Grease and flour tube pan. Put all ingredients in large bowl at once. Beat with electric mixer 3 minutes. Pour into greased tube pan. Bake 1 hour.

Recipe submitted by Ellen Townsend

This recipe and many others can be found in the *Cooking with Style* cookbooks on sale at the Project on Aging. The price is \$7.00 each. The cookbooks are dedicated to the caregivers of the High Country and all proceeds from the sale will be donated to the High Country Caregivers Foundation.

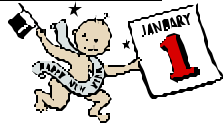
### Inclement Weather



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.

**LOIS E. HARRILL SENIOR CENTER**

**January and February 2007**



**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.**

**Caldwell Community College Classes**

Lap Quilting — Tuesdays - - - 1-4 p.m. (registration Feb. 13)

Crafts — Thursdays - - - -10 a.m.-1 p.m. (registration Feb. 15)

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

**Weekly Activities**

Monday—Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Exercise w/Kristy - - - - -	2 - 3 p.m.
Tuesday –Exercise - - - - -	11 - 11:30 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
Bingo - - - - -	11 - 11:45 a.m.
Exercise w/Kristy - - - - -	2 - 3 p.m.
Bridge - - - - -	6:30 - 10 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Exercise - - - - -	11 - 11:30 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Yoga - - - - -	5:15 - 6:15 p.m.
Tai Chi - - - - -	5:30 - 6:30 p.m.
Tai Chi - - - - -	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.

**Blood Pressure Checks**

Third Tuesday each month from 11 a.m.-12 noon. Service provided by Boone Drug at Deerfield Pharmacy.

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

**Agency Information**

AppalCart- Chris Turner, Director- Tuesday, January 9, at 11 a.m.

WAMY, Community Action, Inc.- Oliver Adams, Weatherization Coordinator- Friday, February 23, at 11 a.m.

**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.

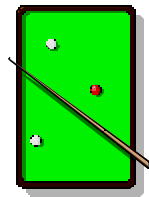
Family/Caregiver Support Group - Meets the third Thursday of each month at 1:30 p.m.

Caregiver Class – Understanding Behaviors: causes and strategies for Coping - Thursday, January 18, from 2-4 p.m.

**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)



**Special Activities**

**Tax Assistance-** Tuesdays, February 6, to April 10. By appointment only.

**Valentine’s Day Party-** Wednesday, February 14, from 10 a.m.-12 noon. Refreshments, games, Crowning of the King and Queen.

**Healthy Aging Classes-** Will continue once each month during 2007. Dates and Topics will be announced through public service announcements in local media and at the Harrill Senior Center/Congregate Nutrition Site.

**Special Interests and Services**

**Health Screenings-** Mondays, January 8, and February 12. By appointment only.

**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 27 , 10 a.m.-12 noon.

## Special Interests and Services continued

**AARP-** Will not meet January and February. Meetings will resume the third Tuesday of each month from 10 a.m.-12 noon beginning in March.

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

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

**Book Discussion Group-** Will not meet January and February. Will resume the fourth Wednesday of each month at 1:30 p.m. in March.

**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.

**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).

**Social Security** - A representative from the Social Security Administration is at the Lois E. Harrill Senior Center the first Wednesday of each month from 9 a.m.—12 noon.

**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.

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

**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 and Foscoe

**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



### Tips for healthful living

- Eat a good breakfast, including a protein food, every day.
- Select high-fiber foods, such as whole-grain breads and cereals, fruits, vegetables and cooked dry beans.
- Have three daily servings of non-fat or low-fat milk, yogurt or cheese because the high calcium and vitamin D content of these foods helps keep your bones strong. Or, take a calcium and vitamin D supplement.
- Drink plenty of water. Although you may feel less thirsty as you get older, your body still needs at least eight 8-ounce servings a day.
- Ask your healthcare provider about ways you can safely increase your physical activity. Also plan physical activity into your everyday life. For example, take short walks throughout the day. You don't have to have a formal exercise program to stay active and improve your health.
- Get enough sleep.
- Stay connected with your family, friends and community.

Reprinted from Rediscover- a newsletter for Active Adults

**WESTERN WATAUGA COMMUNITY CENTER**

**January and February 2007**



**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.  
(registration Feb. 13)  
Lap Quilting — Thursdays - - 10 a.m. - 1 p.m.  
(registration Feb. 15)  
Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

**Congregate Nutrition Program**

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

**Weekly Activities**

Monday - Walking - - - - -	8 - 10:00 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	9:30 – 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
Thursday - Walking - - - - -	8 - 10 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light weights-	9:30 – 10 a.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.

**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)
- Horse Shoes



**Support Groups:**

Weight Loss- Mondays 7-8 p.m.  
 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**

AppalCart- Chris Turner, Director- Wednesday, January 10, at 11 a.m. He will discuss local Appalcart transit opportunities and the Mountaineer Express inter City transportation services.



**Special Activities**

**Health & Nutrition Information Sessions-** Monday, January 8, 10-11 a.m.—“What’s in Our Food? Understanding Food Labels.

**“Handling Diabetes/Lifestyle Changes” —** Monday, February 12, 10-11 a.m

**Valentine Bingo-**Tuesday, February 13, 10:30 a.m.

**Valentine Party-** Wednesday, February 14, from 9-11:30 a.m.

**Tax Assistance-** Dates to be announced. By appointment only.

**Special Interests and Services**

**Health Screenings -** Mondays, January 22, and February 26. By appointment only.

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

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

**Cove Creek Community Council-** 1<sup>st</sup> Thursday of each month, 6-8 p.m. Meetings open to the public.

**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.

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

## Western Watauga Community Center Special Interests and Services cont.

**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.

**Fiber Art/Hand Spinning Guild** — Spinners meet first Saturday of each month, 9 a.m.—12 noon.

Fiber Guild Meets third Saturday of each month, 9 a.m.—12 noon. 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.

**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.



### 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.

### 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](mailto:sherry.harmon@ncmail.net) 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.



### 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, January 1, 2007, for New Year's Day and Monday, January 15, 2007, for Martin Luther King's Birthday.

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

### Employment Bulletin Board at Senior Centers

If you are looking for full or part-time employment remember to check out the employment bulletin board at both senior centers. Jobs are posted and assistance is available to help with job searches through Employment Security Commission and Appalachian State University. ASU now has an online staff employment system. Applications will be accepted online and positions will be posted on line. Senior Center staff has been trained to assist seniors with this service.

### **Osteoporosis**

In the U.S. today, 10 million individuals are estimated to already have osteoporosis and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis. While osteoporosis can strike any person, women, especially older women, are at increased risk. Of the 10 million people estimated to have osteoporosis, eight million are women. Additionally, one in two women over the age of fifty will have an osteoporosis-related fracture in her lifetime. However, many women do not get screened for osteoporosis. According to a 2003 survey conducted by the National Osteoporosis Foundation, only 57 percent of women aged 65 and older had a bone mass density test, the test to screen for osteoporosis, and more than a third had not talked with their doctor about osteoporosis. Please talk with your medical provider about the risk of osteoporosis and the potential need for testing.

### **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.



### **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.