



# 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 297-5195

Western Watauga Community Center

**MAY AND JUNE 2008**



### Older Americans Month

Each year, the month of May is proclaimed Older Americans Month throughout the nation. The 2008 theme is "Working Together for Strong, Healthy, and Supportive Communities", which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults overall quality of life by helping them:

- Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury.
- Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.
- Have more options to avoid placement in nursing homes and remain at home as long as possible.

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90. Our Nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation's history. An expanding older adult population also spotlights

### Older Americans Month cont.

our responsibility to ensure the well-being of our older citizens. As a Nation, we are working diligently to address older adults' unique health and long-term care challenges. The thousands of professionals, caregivers, and volunteers that make up the National Aging Services Network have been collaborating in innumerable ways for decades to fulfill the mission of the Older Americans Act. Led by the U.S. Administration on Aging, the Network is now engaged in modernizing systems of care to provide consumers with more control over their lives. By working together we can improve the health and well being of our Nation's older adults and pave the way for future generations.

### 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.

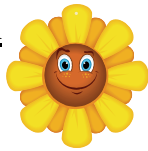
**Caregiver Program on Wandering** - People with Alzheimer's disease or other similar Dementia Diseases suffer losses in the parts of their brain that control thinking, judgment, reasoning, and orientation. This makes them particularly susceptible to becoming lost or wandering. This seminar will cover reasons for wandering, prevention, and systems for a Safe Return. This program, which is free and open to the public, will be offered at the L.E. Harrill Senior Center on Thursday, June 12 from 2-3:30 p.m. Please call to reserve a seat.

### 6<sup>th</sup> Annual Adult Services Expo at Boone Mall

On Tuesday, May 20, 2008, the Adult Services Coalition of Watauga County will present the 6<sup>th</sup> annual Adult Services Expo from 10 a.m. – 4 p.m. at the Boone Mall. The expo will feature an array of activities that include agency information, door prizes, entertainment, and more. May is Older Americans month; therefore organizers hope the event will provide valuable information to the public regarding services for senior adults in Watauga County.

**LOIS E. HARRILL SENIOR CENTER**

May and June 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 (begins 6/2) - - - - -	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
Line Dancing - - - - -	2 - 3:30 p.m.
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 (begins 6/2)- - - - -	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 <i>Intermediate</i> - - - - -	5:30 - 6:30 p.m.
Friday- Muscles and More - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Bridge (begins 6/2) - - - - -	1:30 - 5 p.m.

**Congregate Nutrition Program**

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

**Agency Information**

Watauga County Parks and Recreation- Thursday, May 8, 10:30-11:30 a.m.- Holly Gates will discuss the upcoming High Country Senior Games.

Passages/Watauga Medical Center Behavioral Health- Tuesday, June 10, 10:30-11:30 a.m. Russell Snipes will offer a program on dealing with grief and loss. Passages is an adult specialty outpatient service, with a focus on geriatric psychiatry, serving older adults who are experiencing life crisis issues, as a result of declining health, loss and grief.

**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.

Caregiver Class - Thursday, June 12 from 2-3:30 p.m.

**Drop in Activities**

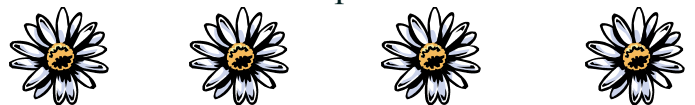
The following are available for use at the center by persons 60 and older:  
 Electric typewriter \* Piano \* Pool Table \* Card Tables \* Exercise Equipment \*Computer Lab \* Table games, jig saw puzzles, and cards \* Televisions/VCR and DVD players \* Library (Books and Audio books) –May also be checked 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) \* Photo Smart Printer - .50 cents per 4x6 photo \* Karaoke Machine \* wii \*

**Special Activities**

**Adult Services Expo**-Tuesday, May 20, from 10 a.m. - 4 p.m. at the Boone Mall.

**Trip and Picnic**-Thursday, June 19, from 9 a.m. - 4 p.m. We will visit Kerr Scott Dam in Wilkes County. There will be a presentation on the construction and history of the dam, hiking on the walking trails and a picnic lunch. There is no charge for the trip or the lunch. Seats are limited so reserve your space.

**Program on make up tips and care for mature skin**-Tuesday, June 23, from 10-11:30 a.m. Call to reserve a space.

**Special Interests and Services**

**Health Screenings**- Will resume in July 2008. Call the center after June 8, to make an appointment for July.

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

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

## Special Interests and Services continued

**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, June 24, 10 a.m. - 12 noon.

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



**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.

**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.

**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.

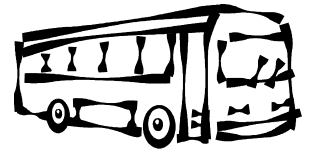
## Newsletter Availability

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.



## 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

## The Lois E. Harrill Senior Center recertified as a Center of Excellence

The Lois E. Harrill Senior Center has once again been recertified as a Senior Center of Excellence. This certification is valid for three years, from March 1, 2008, to February 28, 2011. The purpose of the certification process is to improve the quality of senior centers, recognize excellence that exists and provide a guide for developing activities and services that respond to consumers' wishes. The review team stated they were impressed with the center and the hospitality shown them by staff and participants.

## Happy Mother's Day May 11, 2008



## Happy Father's Day June 15, 2008



## WESTERN WATAUGA COMMUNITY CENTER

May and June 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.

### 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 - 9 a.m.
Body Recall Exercise - - - - -	9 - 10 a.m.
Sewing & Crafts - - - - -	10 a.m. - 1 p.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
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.
Lap Quilting - - - - -	10 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.

Walking in the gym- Old Cove Creek School- Everyone must register the first time to participate. Basketballs are also available upon request.

### Congregate Nutrition Program

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

### Agency Information

Tuesday, May 13<sup>th</sup> 10:30 - 11:30 a.m. - Passages/Watauga Medical Center Behavioral Health-Russell Snipes will offer a program on dealing with grief and loss. He is also available each month for information and referral. Passages is an adult specialty outpatient service, with a focus on geriatric psychiatry, serving older adults who are experiencing life crisis issues, as a result of declining health, loss and grief.



### 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



### Special Activities

**Adult Services Expo**-Tuesday, May 20, from 10 a.m. – 4 p.m. at the Boone Mall.

**Free Advance Directives workshop**-Stephen M. Coe P.A. from Legal Aid of Boone will be at the WWCC for a two day workshop to assist 60+ seniors with the preparation of Living Wills, Health Care Power of Attorney etc. The first day, Tuesday, May 20<sup>th</sup> 10-11:30 a.m. he will discuss Advance Directives and wills and distribute documents. Participants will take them home to discuss and complete with family members. The second day, Monday June 2<sup>nd</sup> 10 a.m. – 2 p.m. he will return to execute and notarize the legal documents. Call Toni Wait to sign up or for more information 297-5195.

### **Assisted Technologies Program for persons with low vision -**

Jack Mitchell, vision technologies specialist from Indigo Logix, Durham, NC will be at the WWCC on Thursday, May 22, 10:00-11:30 a.m. He will demonstrate a variety of products designed to aid those with low vision and blindness for the purpose of reading, and also software for computer accessibility. There will also be Braille and speech based items on display. Branch library sponsored-Let the library staff know if you plan to attend.

**Senior Bingo**-Tuesday, June 17, 10-11:30am.

**Trip and Picnic**-Thursday, June 19, from 9 a.m. – 4 p.m. We will visit Kerr Scott Dam in Wilkes County. There will be a presentation on the construction and history of the dam, hiking on the walking trails and a picnic bag lunch. There is no charge for the trip or the lunch. Seats are limited so reserve your space.

**Chocolate Bingo** - yes, it is all candy (except for the board). Fun for the whole family! Thursday, June 19<sup>th</sup> 5-6:30pm- Branch library sponsored-Let the library staff know if you plan to attend.



**Support Groups:**

Weight Loss- Mondays 7-8 p.m.

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

**Health and Nutrition information**

Coping with Cancer Series. Begins June 3, and will meet the first Tuesday each month 10:00-11:30 a.m. This is an ongoing integrated program for patients and their loved ones that target all the different aspects of dealing with Cancer. Each month we will focus on a different related emotional or physical topic. Open to everyone.

**Western Watauga Community Center****Special Interests and Services**

**Health Screenings-** Will resume in July 2008. Call the center after June 8, to make an appointment for July.

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

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

**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 month, 6-8 p.m. Meetings open to the public.

**Crafty Critters Club-** The Crafty Critters Club has re-organized and accepting new members. Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center special occasions. Meets the first Monday of each month 12-3 p.m.- 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.

**Outpatient Behavioral Health** –Russell Snipes with Passages II will be available for consultation. See Toni for dates.

**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.

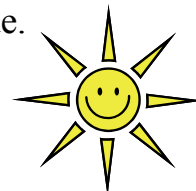
**Transportation-** The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both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

**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.

**Primary Election Day**

Tuesday, May 6 - The Western Watauga Community Center is the official voting site for the Cove Creek Precinct. Activities will go on as usual, but there will be more traffic, and the building may be more crowded.

**Volunteer Position available at Western Watauga Center**

A part time Receptionist is needed 2-5 days per week between the hours of 9 a.m.-1 p.m. Duties include: answering the phone; providing general information about agency services and activities; keeping bulletin boards updated; directing patrons to classrooms or library. Occasional filing/stapling forms. Call Toni at 297-5195 for more information or to schedule an appointment for an interview.

**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.

**Program on make up tips and care for mature skin**

Join us at the L.E. Harrill Senior Center on Tuesday, June 23, from 10-11:30 a.m. when Tracy Brown will present a free program on caring for mature skin. The program will cover such topics as: How to apply make up, What products work best on dry skin, Tips for enhancing eye brows, etc. There will be an opportunity for hands on practice of application techniques. Due to the opportunity for one on one assistance attendance will be limited to 10 persons. Call the senior center at 265-8090 for more information or to reserve a space.

**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, May 26, 2008, in observance of Memorial Day.

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



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