






Lois E. Harrill Senior Center January 2021



Mon	Tue	Wed	Thu	Fri
⇒ Meal Served daily-11:30 via drive-thru pick-up (must be registered)	 Don't forget to call in by Friday 9am to reserve your meals for next week!			1 CLOSED Bingo-I21 
4 Registration begins for all virtual classes Bingo-I27	5 Bingo-B14	6 Bingo-O71	7 Bingo-O64	8 Bingo-G52
11 Virtual Exercise Class Intro Meetings online at 9am and 2pm Bingo-I22	12 Bingo-B13	13 Virtual Craft Class Intro Meetings online at 9am and 2pm Bingo-O67	14 Bingo-G60	15 Virtual Tuber's Club Intro Meetings online at 9am and 2pm Bingo-O72
18 CLOSED Bingo-G55 	19 Bingo-I23	20 Virtual Craft Class-2pm Bingo-I25	21 Virtual Medicare 101 seminar- 2pm Bingo-I29	22 Tuber's Club Virtual Meeting-2pm Bingo-B15
25 Virtual Exercise Class-2pm Bingo-G46	26 Virtual Medicare 101 seminar- 9am Bingo-B12	27 Virtual Craft Class-2pm Bingo-O74	28 Bingo-I28	29 Tuber's Club Virtual Meeting-2pm Bingo-O66

Medicare 101: Join us for this interaction, live online presentation Thursday Jan 21st at 2pm or Tuesday January 26th at 9am. This informative presentation covers all the basics of Medicare including deadlines and penalty information. Registration is required to get the online link for the virtual meeting. All Medicare recipients, future beneficiaries, caregivers, or professionals are welcomed. Call or email Billie at 828-265-8095 or billie.lister@watgov.org to register or call the main office at 828-265-8090.

Planning/Survey Senior Center Input: We need your input. Please email any suggestions or ideas for virtual meetings, events, or programs to billie.lister@watgov.org. Also, we have an online survey we would like you to complete. Please click the link or go to complete.

<https://www.surveymonkey.com/r/BRJ73NV>

We hope to see wide participation in online/virtual programming. As the months roll by we will add more things to our virtual calendar. Thanks for helping us make this the best senior center ever!

Virtual Classes Begin: We have 3 virtual classes that will begin this month– Exercise, Crafts, and Tuber’s Club. The exercise class will be a review of exercises from the Matter of Balance Classes-but not the whole class– just exercises using both standing and floor exercises. Craft class will be a meeting with demonstration and discussion about a new craft each week. The last class starting is called Tuber’s Club. It’s like book club but for You Tube Videos. Each week we will view and re-view a new You Tube video and have a discussion about the video. The videos will range from strange, to funny, to educational or thought-provoking. Each class will begin with a morning and afternoon introduction session where we will introduce ourselves, discuss technology questions, and then plan the way the classes will run going forward. You only need to attend one of the introductory classes-but following that, each class will run 1 time a week at 2pm. We will try this for a few weeks and then assess if the day or time should be changed. For now– see the class schedule below.

Weekly Classes Available offered :

- Exercise Class– Mondays at 2pm
- Craft Class– Wednesdays at 2pm
- Tuber’s Class– Fridays at 2pm

January Health/Wellness Presentations

We are planning several health and wellness discussions– we will post these on Facebook as we schedule them. For the month of January– we plan on collecting surveys and will have a list of these presentations available for February. Stay Tuned!

In the meantime– contact Vaya Health to connect with their virtual mental health presentations!

Weekly Activities

Congregate Nutrition: Served via drive through Monday-Friday 11:30am-11:45am

BINGO: Daily by drive through 11:30

Facebook Activity: Daily interactions

Nutrition/Wellness Education: Coming soon virtually- resources available for pick up daily M-F 8-5.

Drop In and In-Person Activities:

At this time all in-person congregare activities have been suspended until the center can be safely opened again.

Resources you can pick-up/Check-out:
Puzzles, Books, Movies, Audio Books, Magazines, limited art/craft supplies, Health and wellness and Medicare information, durable medical equipment, coloring pages, incontinence supplies
Just call Billie to ask about these items. 828-265-8090.

**132 Poplar Grove Connector Suite A
Boone, NC 28607**

Phone: (828)265-8090

Snr. Center Director: Billie Lister

Email: billie.lister@watgov.org

For additional information, questions about activities, or to register for transportation please contact the Center Director.

Upcoming Events:

New Virtual Classes

Exercise-Mondays 2pm

**Crafts– Wednesdays
2pm**

**Tuber’s Club– Fridays
2pm**

Medicare 101

Hours of Operation: Monday-Friday 8-5pm

Is there something you wish the senior center would offer? Email us or call with your thoughts, billie.lister@watgov.org or 828-265-8090

New participants are always welcome!

There is no fee to join the senior center, however, we do ask for participants to register with the senior center directors and call the day they plan to attend to reserve a meal.

Congregate drive through pick-up lunch is available Monday-Friday by registration. Meals are served at Western Watauga and at the Lois E. Harrill Senior Center at 11:30am, consumer contributions can be given to staff. The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and

CAP (Community Alternatives Program).

Contributions are accepted for all programs and services.

The Lois E. Harrill Senior Center and Western Watauga Community Center offer the following services and information:

- Medicare Insurance Counseling (SHIIP-Seniors Health Insurance Information Program)
- Tax Preparation - partnership with AARP's Volunteer Income Tax Assistance Program
- Transportation to the senior center will resume when open, currently offering errands and medical appointments provided through partnership with AppalCART
 - Legal Services Information Available
 - Support Groups
 - Various Health Screenings
 - Social Security Assistance
 - Consumer Education
 - Retirement Planning Information
 - Advocacy Opportunities
 - Medical Loan Closet (various items available)
 - High Country Senior Games
 - Congregate Meals pick-up/drive through onsite (Monday-Friday)
 - Information and Referral
 - Caregiver and Respite Information
 - Volunteer Placement Opportunities
 - Job Placement and Assistance
 - Arts and Crafts Sales
 - Housing Assistance
 - Nutrition and Wellness Education
 - Incontinence Products (various items)
 - Virtual Programming
 - Friends Connection Assistance

Area Agencies and Services

- **AppalCART:** 828-297-1300
 - **Cove Creek Library:** 828-297-5515
 - **Daymark Recovery:** 828-264-8759
 - **Department of Social Services:**
 - 828-265-8100
 - **Health Department:** 828-264-4995
 - **Hospitality House of Boone:**
 - 828-264-1237
 - **Hunger and Health Coalition:**
 - 828-262-1628
 - **Legal Aid Helpline:** 1-877-579-7562
 - **Library:** 828-264-8784
 - **NC Division of Deaf & Hard of Hearing:** 1-800-999-8915
 - **OASIS:** 828-264-1532
 - **Social Security (National Number):** 1-800-772-1213
 - **Social Security (Wilkesboro Office):** 1-866-331-2298
 - **Watauga Medical Center:**
 - 828-262-4100
 - **Western Watauga Community Center:** 828-297-5195
- Project on Aging: 828-265-8090**

Transportation Services are available through AppalCART. Transportation is provided Monday, Tuesday, Wednesday and Friday. Individuals need to be registered to use transportation services. Please contact the senior center directors with questions or to register.

**Western Watauga: Cindy Lamb
(828) 297-5195**

**Lois E. Harrill: Billie Lister
(828) 265-8090**



Lois E. Harrill is a
SENIOR CENTER OF EXCELLENCE
Serving Individuals age 60 and older

Would like help connecting to friends you miss from the senior center? We can help you with that! Please call your friendly senior director and let them know the person you would like to connect with. We can give your name and number to others only with your permission. Once you give us permission to give your name and number to a friend– that person will have the option to call you. We know that it is hard being away from friends so long. Many of you may have never exchanged numbers before. We can help get your number to your friends. We are all in this together. We also have ASU students who would like to exchange friendly phone calls or letters– so please let Billie or Cindy know if you would like to participate in that program also. Finally– there is the NC BAM Hope Line. If you are lonely– they operate the Hope Line daily from 9am to 9pm. Call 1-866-578-4673.

Drive Through Meals!

Don't forget that we offer drive through, pick up meal service Monday through Friday for anyone who is interested. Please call Billie or Cindy to register. Billie 828-265-8090 or Cindy– 828-297-5195.



DO YOU NEED A WARM BLANKET OR A COAT? DO YOU HAVE AN EXTRA WARM BLANKET OR COAT TO DONATE? WE WILL TAKE DONATIONS- AND WE ARE HAPPY TO PASS ALONG ONE OF THESE ITEMS TO YOU IF YOU NEED ONE. JUST CALL BILLIE AT 828-265-8090.



Snow Cancellation Policy for Drive Through Meals:

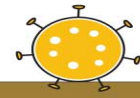
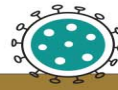
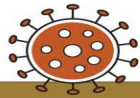
Listen to WATA radio-or call us to find out if we are cancelling the drive through meals. We also post it on GoBlueRidge.net and Ray's Weather and on Facebook.

We do not follow the school system or any other agency-we base this decision on the safety of home delivered and drive through meals throughout the county. Thank you for understanding.



Is it COVID-19, the Flu or a Cold?

Many COVID-19 and Influenza symptoms are similar. Testing is the only way to determine the right diagnosis.



	COVID-19*	Influenza	Cold
Symptom onset	2-14 days after exposure (initial symptoms over 1 day; may become worse on day 7-9)	Sudden (over 1-4 hours)	Slow (over 1-2 days)
Common or usual symptoms	Chills Cough Fatigue/weakness Fever Headache Muscle/joint aches New loss of taste or smell Shortness of breath or difficulty breathing***	Chills Cough Fatigue/weakness Fever (usually lasts 3-4 days)** Headache Muscle/joint aches (often severe)	Congestion: Stuffy or runny nose Cough: Mild to moderate hacking cough Sneezing Sore throat
Occasional symptoms	Diarrhea Sore throat	Congestion: Stuffy or runny nose Sore throat	Fatigue/weakness Headache Muscle/joint aches (mild)
Rare or uncommon symptoms	Congestion: Stuffy or runny nose Nausea or vomiting (more common in children) Sneezing	Nausea or vomiting Shortness of breath or difficulty breathing*** Sneezing	Chills Diarrhea Fever Nausea or vomiting New loss of taste or smell (accompanied by severe nasal congestion) Shortness of breath or difficulty breathing***

*According to the Centers for Disease Control and Prevention (CDC), COVID-19 symptoms are similar in children and adults, and symptoms can cover a wide range, from mild to severe. This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

**Not everyone with the flu will have a fever.

***If you have this symptom, seek medical care immediately.

Source: CDC.gov

Great care has been taken to ensure COVID-19 vaccines are safe and effective

Scientists had a head start. Although the vaccines were developed quickly, they were built upon years of work in developing vaccines for similar viruses.

Testing was thorough and successful. More than 70,000 people participated in clinical trials for two vaccines to see if they are safe and effective. To date, the vaccines are nearly 95% effective in preventing COVID-19 with no safety concerns.

There is no COVID-19 virus in the vaccine. The vaccine imitates the infection so that our bodies think a germ like the virus is attacking. This creates the antibody defenses we need to fight off COVID-19 if and when the real germ attacks.

No major side effects. Some people may have temporary reactions after being vaccinated, such as swelling from the injection, tiredness or feeling off for a day or two.

Those who need it most will get it first. A tested, safe and effective vaccine will be available to all who want it, but supplies will be limited at first. The best way to fight COVID-19 is to start first with vaccinations for those most at risk, then reach more people as the vaccine supply increases throughout 2021.

[NC DHHS COVID-19: Vaccines](#)