



Lois E. Harrill Senior Center February 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!		You can pick up your Show a Little Love basket any day this month from 11:30-12 at the cafeteria door during meal distribution-you must call ahead and reserve with Billie first	
1 Virtual Exercise Class-2pm Bingo-I18	2 Bingo-B2	3 Virtual Craft Class-2pm (glass deco vase) Bingo-I20	4 Bingo-B11	5 Tuber's Club Virtual Meeting-2pm Bingo-O61
8 Virtual Exercise Class-2pm Bingo-O68	9 Bingo-G57	10 Virtual Craft Class-2pm (vintage saucer frame) Bingo-O65	11 Virtual Medicare 101 seminar-2pm Bingo-O62	12 Tuber's Club Virtual Meeting-2pm Bingo-B1
15 Virtual Exercise Class-9am- note different time Bingo-G56	16 Virtual Medicare 101 seminar- 9am Bingo-N36	17 Virtual Craft Class-2pm (faux coffee filter flowers) Bingo-O75	18 Cooking For A Few- Virtual Class-9:30-10:30am Bingo-B5	19 Tuber's Club Virtual Meeting-2pm Bingo-N34
22 Virtual Exercise Class-2pm Bingo-B7	23 LEH Virtual Book Club 9:30-10:30 (5 Wishes of Mr. Murray McBride) Bingo-N40	24 Virtual Craft Class-2pm (Hand Sanitizer) Bingo-B9	25 Health & Wellness in Winter Virtual Presentation-MediHome- 10am Bingo-O69	26 Tuber's Club Virtual Meeting-2pm Bingo-O63

February 2021

Medicare 101: Join us for this 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.

Give A Little Love Baskets: The Lois E. Harrill Senior Center in collaboration with area agencies would like to Give A Little Love to all community seniors aged 60 or older. Throughout the month of February– you can reserve and pick up your care package. You must call ahead-ask for Billie at 828-265-8090. You can only pick up 1 basket of love per person-and supplies are limited to the first 100 callers.

Once you call to reserve your basket-you will be given a day and time to pick it up.

Healthy For Life: Now taking registration for a 4-part virtual class: Healthy For Life which is offered in collaboration with Aramark, American Heart Association, and ASU which will focus on nutrition and wellbeing to empower people to make healthy food, nutrition, and lifestyle choices. It includes interactive components such as shopping and cooking demonstrations. The goal is to equip you to make and reach your wellness goals through education. The four sessions will be the following Thursdays at 2pm: March 4th, March 18th, April 1st, & April 15th. Please call Billie Lister at the senior center to register for this wonderful opportunity!

Virtual Classes Begin: We have 2 more virtual classes that will begin this month– Cooking for a Few and LEH Virtual Book Club. Last month's classes are continuing-Exercise, Crafts, and Tuber's Club. To register for any class– please call Billie at 828-265-8090. All classes are free and offered through Google Meets– you will not need any subscription or app-but having a google email will help. If you need help creating an email or joining in a virtual classroom please call Billie today!

Weekly Classes Available offered :

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

Monthly Classes Available offered:

- LEH Virtual Book Club
- Cooking For A Few
- Medicare 101
- Health and Wellness Presentations

February Health/Wellness Presentations

Medicare 101– 2pm on Feb 11th and 9am on Feb 16th

Health & Wellness in Winter-MediHome– 10am Feb 25th

Contact Vaya Health to connect with their virtual mental health presentations!

Healthy For Life coming soon!

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: Virtual Presentations Monthly & resources available for pick up daily M-F 8-5.

Drop In and In-Person Activities:

At this time all in-person congregated 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

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-

LEH Virtual Book Club

Cooking For A Few

Health and Wellness in the Winter

Medicare 101

Healthy For Life

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

Project Give a Little Love– The Lois E. Harrill Senior Center in collaboration with community agencies and organizations would like to give a little love to seniors in the community this month. Seniors must call ahead to reserve their care package– and then by reservation– can drop by any day in the month of February to pick up the basket of love. Pick up must be made during drive up meal distribution at the side cafeteria door from 11:30-12 Monday through Friday. You must call ahead to register and reserve your basket before picking up. These care packages are free but are limited to the first 100 seniors to call. Call to reserve your care package today! Ask for Billie at 828-265-8090.



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.



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.

NEW VIRTUAL CLASSES JUST CALL BILLIE TO REGISTER AT 828-265-8090.

Exercise class-chair and modified exercise weekly
Craft Class– we make all sorts of useful projects weekly

Tuber's Club– we view and discuss interesting, educational, entertaining, or inspirational YouTube videos and discuss them weekly

LEH Virtual Book Club– we meet monthly to discuss a book

Cooking For A Few– this class meets monthly to offer tips and tricks for cooking on a small scale but maintaining budget and healthy balanced meals for 1 or 2 people

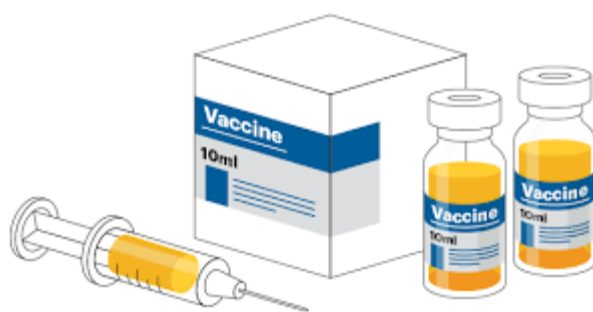
Are you missing your senior center friends but don't have their number– call Billie– she can help you connect with each other!



Quarantine Expectations:

If you are experiencing any symptoms of illness (fever/chills, vomiting, cough/shortness of breath, body aches/fatigue, headache, loss of smell or taste, sore throat, congestion/runny nose, diarrhea, so forth)-if you have been exposed to someone who is confirmed positive for COVID or Flu– or if you have been given notice that you should isolate or quarantine-please do not pick up meals through the drive through service. Please call the senior center and let Billie or other staff know. We will keep the information confidential and guide you on when it is safe to return to pick up meals. If you have symptoms but have not been tested– we ask that you remain at home until at least 3 days after your symptoms have resolved or 14 days after symptoms begin-whichever is longer. If you have been exposed to someone you suspect has COVID-19 or Flu– we ask that you remain in isolation for at least 14 days or until a negative test is confirmed by the sick individual. If you have received a letter or call from your local health department or doctor informing you that you need to isolate or quarantine– please follow the instructions about length of isolation or quarantine given on that letter. If you have been confirmed positive for COVID or Flu– we will ask you to refrain from meal pick up for 3 days after the resolution of symptoms or 14 days after symptoms began-whichever was longer.

We do not wish to deny service to those who are sick. However in the best interest of the community- and for the good of the population we serve– we must insist that no one who is sick or has been exposed to sickness pick up meals in the drive up service. If we are exposed and a staff member becomes ill, we not only risk exposing those who pick up meals– we also risk a mandatory shut down of the entire department. This would mean all services, such as Home Delivered Meals, CAP services, In-Home Aide, Congregate Drive-Thru meals, and Medicare counseling would be effected for at least 14 days. This would be devastating for many seniors in the community who depend on us. So we appreciation your cooperation with this request. Stay safe and continue to help keep others safe as we navigate through the vaccine phase of this pandemic.



Free COVID-19 Testing at AppHealthCare (Health Department) by Appointment.

They are working toward building a consistent schedule of vaccinating and testing on set days of the week with Monday and Thursday focused on testing and Tuesday, Wednesday and Friday focused on vaccine administration. Please do not just show up for testing or vaccination. They request that you schedule an appointment through their website or by calling the COVID-19 Call Center at (828) 795-1970.