



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

JANUARY AND FEBRUARY 2009



Income Tax Assistance Available at Senior Centers

The AARP Tax-Aide Program, in cooperation with the IRS and N.C. Dept. of Revenue, will again offer free tax preparation for seniors, as well as low- and middle-income taxpayers. Electronic filing (E-file) is available for safe and accurate preparation and fast refunds.

TAXPAYERS SHOULD BRING THE FOLLOWING DOCUMENTS:

- Social Security cards and Identifications for taxpayer and all dependents
- Last year's (2007) tax return
- W-2 forms from each employer
- 1099 forms for Social Security, Pension, Interest, and Dividends, Broker/Mutual Fund income
- Detailed list of expenses for Medical, Charities, Taxes, Interest, if claiming itemized deductions
- A blank check for direct deposit of any refund to your checking or savings account.



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.
- Will file federal and NC returns. No out of state returns will be done.

The Tax-Aide program will run from February 3, to April 14, 2009.

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, 2009 to make an appointment.

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

Western Watauga Center----297-5195

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.

New Director Hired for L.E. Harrill Senior Center

Tabitha Thomas has been hired as director of the Lois E. Harrill Senior Center effective January 1, 2009. Tabitha has been employed with the Watauga County Project on Aging as a CAP Case Manager for two years. Her prior experience includes positions at Hospice of Watauga County and Caldwell Community College. Tabitha graduated with a Bachelor of Social Work Degree from ASU, where she met her husband. They have two children and enjoy music, spending time outdoors and playing with their three dogs. Tabitha is excited about her new position and looks forward to meeting you. Join the staff at Watauga County Project on Aging in welcoming Tabitha.



Census Bureau Seeking Applicants to Fill Jobs in Area

The U.S. Census Bureau is looking for qualified applicants to help prepare for the 2010 Census. The Charlotte Regional Census Center has opened 15 local census offices in the five-state region to carry out a pre-census operation called Address List Development. Positions include address listers, office clerks, recruiting assistants, crew leaders and field operations supervisors. Those interested in applying for these jobs can go to www.2010censusjobs.gov for job descriptions, qualifications and applications. Potential applicants also can call toll free 1-866-861-2010. Applicants must be U.S. citizens, age 18 and older, have a valid Social Security number, and pass a basic aptitude test. Most jobs require a driver's license and use of a car. The Harrill Senior Center is a census partner and may be able to provide additional assistance if needed.

LOIS E. HARRILL SENIOR CENTER
January and February 2009



To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Tabitha Thomas is the Director.

Weekly Activities

Monday - Art Class	-----	9 a.m. – 12 noon
Muscles and More	-----	10:30 - 11 a.m.
Bingo	-----	11 - 11:45 a.m.
Body Recall Exercise	-----	1:30 - 2:30 p.m.
Tuesday - Exercise	-----	10:30 - 11 a.m.
Nutrition/Health Classes-	-----	11 a.m. - 12 noon
Line Dancing (Call prior to attending)	-----	2 - 3:30 p.m.
Sewing Classes	-----	6 - 8:30 p.m.
Yoga	-----	6:15 - 7:15 p.m.
Wednesday - Muscles and More-	-----	10:30-11 a.m.
Bingo	-----	11 - 11:45 a.m.
Body Recall Exercise	-----	1:30 - 2:30 p.m.
Bridge	-----	6:30 - 10 p.m.
Thursday - Music	-----	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 Group	-----	5:30 - 6:30 p.m.
Friday- Cheer Givers Group	-----	10 a.m. - 12 noon
Muscles and More	-----	10:30 - 11 a.m.
Bingo	-----	11 - 11:45 a.m.

Wii Games are available. We would like to eventually host a Wii competition. If you are interested in practicing at the center please contact Tabitha 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.

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.

Agency Information

Watauga County Library- Evelyn Johnson,
 Adult Services Librarian- Monday, January 12,
 2009, at 11 a.m.

OASIS- Rebecca Gummere-Tuesday, February
 17, 2009 at 11 a.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

Valentine's Day Party- Friday, February 13,
 from 10 a.m.-12 noon- Refreshments, Games
 and Crowning of the Senior Center King and
 Queen.

'Pack Your Bag' Event Coming Soon! - The
 National Council on Aging and CVS/
 pharmacy is sponsoring a free 'Pack Your Bag'
 Medication Consultation event at the L.E.
 Harrill Senior Center. Our local CVS
 Pharmacist will conduct a 15-minute
 presentation, followed by one-on-one
 consultations to review your prescription and
 non-prescription medications. The exact date
 will be determined soon. Watch for
 announcements at the center and in local
 media.

Special Interests and Services

Social Security- A representative from the
 Social Security Administration will be at the
 Lois E. Harrill Senior Center on Wednesday,
 January 7, 2009 from 9 a.m.-12 noon.

Health Screenings- No screenings are
 scheduled during January & February 2009.
 Screenings may resume in March if funding is
 available. Watch for public service
 announcements in local media and March/
 April Young at Heart Newsletter for
 information.

Special Interests and Services Continued

Tax Assistance- Call after January 15, 2009 to make an appointment.

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- Will not meet during the winter months. Will resume monthly meetings on Wednesday, May 27, 2009, 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; Otoscopic 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, March 17, 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.

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.

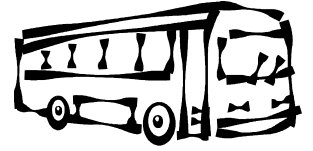
Special Interests and Services Continued

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, Meat Camp, and Western Watauga Community Center

Tuesday - Deep Gap, Stoney Fork, Blowing Rock, and Intown

Wednesday - Meat Camp, Todd and Intown

Thursday - Intown, Cove Creek, Foscoe and Matney

Friday - Blowing Rock, Deep Gap, Intown, and Stoney Fork

Yoga Classes scheduled for next session

This next 12 week-session of Yoga classes is scheduled to begin at the Harrill senior center on Tuesday, January 6, 2009 and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register will be 5 p.m. Monday, January 5, 2009. At the Western Watauga center class will begin on Friday, January 9, and will meet each Friday from 12 noon to 1p.m. Deadline to register will be 4 p.m. Thursday, January 8. These classes are appropriate for beginners as well as experienced yoga students. The instructor, Akal Dev Sharonne, has been a yoga practitioner and teacher for more than 30 years. Her classes are a delightful blend of humor, challenge and wisdom. The cost of the 12-week sessions is \$60.00 per person. Any age may register but if the class exceeds the attendance limit priority will be given to persons age sixty and older. You may call 265-8090 with any questions.

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.



WESTERN WATAUGA COMMUNITY CENTER

January and February 2009



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 Winter/Spring Schedule

Sewing & Crafts - - Tuesdays - - - 9:45 a.m.- 1:15 p.m.

Lap Quilting - - Thursdays - - 9 a.m.-12:30 p.m.

Sign up and first class the second week of February. Classes run for 10 weeks. Free for seniors aged 65 and older. There is a \$45.00 fee for under age 65.

Weekly Activities

Monday -Walking - - - - - 8 - 11:00 a.m.

Shopping Van - - - - - 9 a.m. - 3 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.

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.

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.

Walking in the gym: Old Cove Creek School--- Monday-Friday from 8-10 a.m. Everyone must register the first time to participate. Basket balls are available upon request.

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 * Wireless

Internet *



Congregate Nutrition Program

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

Blood Pressure Checks

First Thursday each month from 10:30 - 11:30 a.m.

Health and Nutrition

Tuesday, January 6, and Wednesday, February 18, from 10:30-11:30 a.m.

Agency Information

Watauga County Sheriff Dept.-Kelly Redmond will present a program on Safety for Older adults. Topics: Community Watch and protecting yourself and your property from vandalism and larceny-Date TBA

Appalachian Regional Behavioral Health- will give a brief program for seniors, and also be available for information and referral. This 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 Changing lifestyles, declining health, loss and grief- Date TBA

Support Groups:

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

Everything Chocolate Bingo (sugar free too)- Thursday, February 12, 10-11 a.m. Advance sign up advised.

Valentine's Day Party- Friday, February 13, 10-11:30 a.m.-Drawing for prizes and refreshments.

Special Interests and Services

Health Screenings- No screenings are scheduled during January & February 2009. Screenings may resume in March if funding is available. Watch for public service announcements in local media and March/April Young at Heart Newsletter for information.

Cove Creek Grange- 2nd Tuesday of each month, 7-9 p.m.

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

Special Interests and Services Continued

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. If interested in joining call Toni and 297-5195.

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

Fiber Guild meet the third Saturday of each month, 9 a.m. - 12 noon.

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.

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.



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

Monday and Thursday are shopping days 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.

Volunteer Position Available at Western Senior Center

We need someone to act as receptionist at the front desk weekday mornings for a couple of hours. Times and days are negotiable. Some duties include: answering the phone and taking messages, greeting and directing patrons to classrooms or library, handing out brochures, etc. If interested call Toni at 297-5195 M-F 8:30 a.m.-3:30 p.m.

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



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.

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.

Call the senior centers with any questions.

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 Thursday, January 1, 2009, for New Year's Day and Monday, January 19, for Martin Luther King's Day.

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

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.

Carolina Sweet Potatoes and Turnips

4 medium sweet potatoes, peeled, cut in chunks

4 medium turnips, peeled, cut in chunks

1 cup orange juice

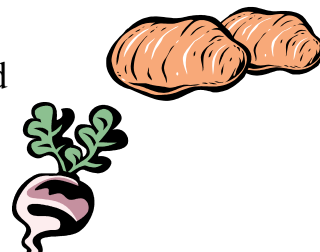
1 cup brown sugar

1/4 cup margarine, melted

1/2 tsp. mace

1/2 tsp. salt

2 oranges, peeled, sliced



Microwave potatoes and turnips in a glass plate until tender but still firm. Preheat oven to 400 degrees. Place vegetables in a 2-quart shallow baking dish. In small bowl, combine orange juice, sugar, margarine, mace, and salt. Add to vegetables. Put orange slices on top and bake. Vegetables are done when pan juices are reduced and vegetables are glazed.



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