



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

JULY AND AUGUST 2008



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.

Farmers Market Program

Watauga County will once again be participating in the USDA Farmers Market Coupon Program. Eligible participants will receive \$18 in coupons to use at the Watauga County Farmers Market during the summer and early fall months. To be eligible you must be

- ✓ A current registered congregate nutrition program participant at either the L.E. Harrill or the Western Watauga Senior Centers.
- ✓ A resident of Watauga County.
- ✓ Age sixty or older.
- ✓ Monthly income no greater than \$1,603 for an individual or \$2,158 for a couple.

Call Sherry at 265-8090 with any questions. Coupons should be available for distribution by Tuesday, July 1.

AARP Driver Safety Class for Older Adults

The nation's first and largest driver safety classroom refresher course geared especially to older adults driver safety needs will be offered, for a nominal fee, by the Lois E. Harrill Senior Center on Tuesday and Wednesday July 15 & 16 from 8:30 a.m. -12:30 p.m. Classes will be held at the Watauga County Law Enforcement Center located at 184 Hodges Gap Rd., Boone, NC.

The instructor will be Kathy Powell. The cost of the program is \$10 per person and will offer information on: How to compensate for changes in vision, hearing, and reaction time; What to do if confronted by an aggressive driver; When to use a car phone; How medications may affect driving; and much more valuable information. Auto insurance discounts may be available for participation in this course (ask your auto insurance agent). Call the Center at 265-8090 for more information, or to reserve a seat.

Western Watauga Community Center

297-5195

Happy Anniversary to the Lois E. Harrill Senior Center

On Tuesday, August 26, 2008, from 9:30-11:30 a.m. join us to celebrate the 30th anniversary of the L.E. Harrill Senior Center. There will be musical entertainment, a slide show featuring familiar faces from the past and present, refreshments and a sharing of memories.

The following is a brief history of the L.E. Harrill Senior Center:



The Watauga County Project on Aging spearheaded the drive for a multipurpose senior center in Watauga County during the mid 1970s. Other agencies and groups including The Area Agency on Aging, WAMY Community Action, Council on Aging, etc worked together to advocate for a center that would provide a focal point on aging in the county. Watauga County government leased and renovated a former A&P grocery store on King St. in Boone. The building housed the Department of Social Services, a congregate nutrition program operated by WAMY Community Action, Project on Aging offices and the Watauga County Senior Center. The center opened in July 1978. In 1979 WAMY turned over operations of the congregate and home delivered meals programs to the Project on Aging. The senior center was renamed in 1979 following the tragic death of Lois Harrill, the founder and first director of the Project on Aging. The renaming was a memorial to her years of service and devotion to the elderly in Watauga County. The center remained in this location until September 1997. The center had long since outgrown the space and in addition to limited parking was unable to expand activities and programs for seniors. Watauga County purchased a former Winn Dixie building. This building was renovated and now houses New River Behavioral Health Care, the Department of Social Services, Project on Aging offices and the Senior Center. The structure known as the Watauga County Human Services building is our present day home. With additional space for programming and plenty of parking the center has grown enormously in its' new location. We are able to truly function as a focal point on aging where older adults and their families can receive assistance with services for both frail and well elderly.

LOIS E. HARRILL SENIOR CENTER
July and August 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 - - - - -	1:30 - 5 p.m.
Body Recall (will resume 8/4) -	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.
Wednesday -Beginner Art Class-	9 a.m. - 12 noon
Muscles and More - - - - -	10:30-11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Bridge - - - - -	1:30 - 5 p.m.
Body Recall (will resume 8/4) -	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 - - - - -	5:30 - 6:30 p.m.
Friday- Muscles and More - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Bridge - - - - -	1:30 - 5 p.m.

Congregate Nutrition Program

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

Blood Pressure Checks

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

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 *



Agency Information

WAMY Community Action, Inc.-Tuesday, July 8, at 11 a.m.- Weatherization Program

AppalCART- Tuesday, August 12, at 11 a.m. -t
 Transportation Services

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.

Special Activities

Picnic at Watauga Lake- Tuesday, July 15,
 10am-3pm. Transportation and a picnic lunch
 will be provided. See Toni or Sherry to reserve
 a seat on the bus and a meal.

Driver Safety Class- Tuesday & Wednesday,
 July 15 & 16 from 8:30am-12:30 p.m. Call the
 center to reserve a space.



Walking Tour of Rosen Outdoor Sculpture
 Competition - Monday, August 4, 10 a.m.-12
 noon. Transportation provided to ASU. See
 Sherry to sign up.

Trip to Asheville Farmers Market -
 Wednesday, August 13, 8 a.m.-5 p.m. There
 are two restaurants on site. Everyone is
 responsible for the purchase of their own
 lunch. Seats are limited and must be reserved
 through Toni or Sherry.



30th Anniversary Celebration - Tuesday,
 August 26, 9:30-11:30 a.m.
 Music, Slide Show, Refreshments,

Special Interests and Services

Health Screenings- Mondays, July 14 and
 August 11. You must have an appointment for
 the screening.

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.

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, September 23, 10 a.m. - 12 noon.

Special Interests and Services continued

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– 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.

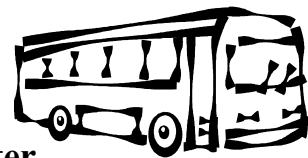
Quilt Guild - Meets the first Thursday of each month from 1:30 - 8 p.m.

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.



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

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.

Yoga Classes will resume in September

Yoga classes will break for July and August. Classes will resume in September. The registration schedule for the Western Watauga Center is:

Deadline to pay 4 p.m. Thursday, September 4. Class will begin at 12 noon on Friday, September 5.

The schedule for the Harrill Center is: Deadline to pay 5pm Monday, September 8. Class will begin at 6:15 p.m. on Tuesday, September 9.

Pre registration with a payment of \$60.00 for the 12-week session is required. Call the senior centers with any questions.

Wii Games at Harrill Senior Center

The L.E. Harrill Senior Center has Wii games available. We would like to host a Wii competition. If you are interested in practicing at the center please contact Sherry 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.

WESTERN WATAUGA COMMUNITY CENTER

July and August 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 - 11:00 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.
Sewing & Crafts - - - - -	10 a.m. - 1 p.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.
Health & Nutrition Info. - - -	10 - 11 a.m.
Lap Quilting - - - - -	10 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.

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.

Rug hooking class on Mondays is accepting new students. There is no charge for the class for persons aged sixty and older. Persons under age sixty may pay \$3.00 per class if space allows. Turn your old fabric scraps into beautiful masterpieces! Instructor is Kathleen Moore

Congregate Nutrition Program

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



Agency Information

Date and Time TBA-Passages II Behavioral Health Representative Russell Snipes will present a program for seniors. He is also available each month for Information & Referral. Passages II 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. To contact Passages call 828-262-9121.

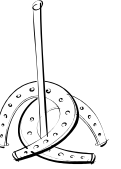
Blood Pressure Checks

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



Support Groups:

Weight Loss- Mondays 7-8 p.m.

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.



Special Activities

Picnic at Watauga Lake- Tuesday, July 15, 10am-3pm. Transportation and a picnic lunch will be provided. See Toni or Sherry to reserve a seat on the bus and a meal.

Trip to Asheville Farmers Market- Wednesday, August 13, 8 a.m.-5 p.m. There are two restaurants on site. Everyone is responsible for the purchase of their own lunch. Seats are limited and must be reserved through Toni or Sherry.

Western Watauga Community Center

Special Interests and Services

Health Screenings- Mondays, July 28 and August 25. You must have an appointment for the screening.

Living with Cancer Series- Meets the first Tuesday of each month from 10-11:30 a.m. This program is designed for patients, their loved ones, and caregivers. Topics target different aspects of dealing with cancer. There is no charge to attend. Advance sign up is advised but not mandatory. Call 297-5195 M-F from 8:30 a.m.-4 p.m.

Tuesday, July 1, topic is: Massage for patients and caregivers. Conducted by: Morgan Winkler, Certified Cancer Massage Therapist.

Tuesday, August 5 topic will be announced in local media and at the senior center.

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

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.

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.

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.

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.



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

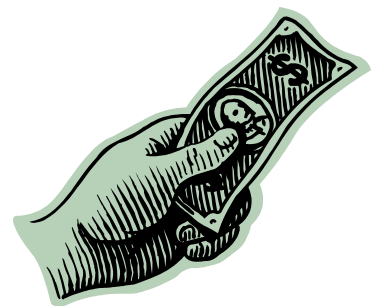
Classes and Activities are scheduled two months in advance, therefore cancellations and rescheduling can occur. If you are coming in for a specific activity call first to verify.

Lois E. Harrill Senior Center - 265-8090
Western Watauga Community Center - 297-5195

Welcome new Volunteer

The Western Watauga Community Center is pleased to welcome a new volunteer. Amy Petz will be assisting in the office and reception areas.

Welcome Amy!



It's Not Too Late Claim Your Tax Stimulus Payment

Although the April 15th tax deadline has passed, people who do not usually file a tax return, have until October 15, 2008 to file a 2007 tax return to receive their tax stimulus payment.

For more information, visit: www.irs.gov

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.

Walking Tour of Rosen Outdoor Sculpture Competition

On Monday, August 4, at 10 a.m. interested seniors should meet at the Lois E. Harrill Senior Center for a walking tour of the Rosen outdoor sculpture competition on the ASU campus. A staff person with the ASU Turchin Center for the Visual Arts will be our tour guide. Ballots for voting for your top three choices will be available. We will return to the center for lunch at 12 noon and the winners will be announced. The Rosen Sculpture Competition is a national juried event. We can compare our results with the national jurors. AppalCart will provide transportation to ASU and the return trip to the center. This activity is free and open to any person sixty years of age and older. Please call the senior center at 265-8090 to reserve a space.

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.

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 Friday, July 4, 2008, in observance of Independence Day.

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



132 Poplar Grove Connector, Suite A, Boone, N.C. 28607

L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195