



# 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

MARCH And APRIL 2003



### 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.

### Trash to Treasure Art Competition



Do you feel the need to express your creativity? If so get involved with this community event that allows you to freely create and assist with clean up in our County. This event is an art competition in which the creations consist of at least 50% discarded or recyclable material.

The goals are to:

- Draw awareness to the litter problem in Watauga County.
- Reward creative participants.
- Combine clean up and reuse efforts.
- Generate funds for the **Stop the Litter!** Campaign.

All entries must be accompanied by the official entry application.

Applications and fact sheets may be picked up at the Lois E. Harrill Senior Center or the Western Watauga Community Center. Participating artists get to exercise their skills and talents as well as receive recognition and awards.

Entries need to be delivered to the Agricultural Conference Center at 252 Poplar Grove Road, by April 30, 2003.

### Raffle

Burga Steele was the winner of the beautiful afghan made and donated by Ronard Elrod. The \$54.00 raised from this raffle will go to the purchase of bingo gifts for the L.E. Harrill senior center.

### 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.

### Evening Social to be Held at Harrill Center

On Thursday, April 10, at 6 p.m. plan to enjoy an "Evening Out" at the Lois E. Harrill Senior Center. There will be a variety of music and dancing from bluegrass to easy listening—Waltzing to flat foot. Karaoke, refreshments and door prizes will also be offered to make this a truly fun filled experience.

This is being organized by students from ASU's Recreation Program Planning class for Watauga County residents aged sixty and older. If you plan to attend please call the center at 265-8090 by 5 p.m., Monday, April 7, and let us know.



It will be a great time so Don't Miss Out.

### Safety Tips Offered by Boone Police

Detective Cecil Pittman with the Boone Police Departments Investigations Division will present a program of special interest to older adults. The program will offer suggestions for dealing with fraud and flim-flam scams targeted at older adults. These types of crimes are a growing problem in North Carolina. Detective Pittman will provide useful tips and important information to assist seniors in recognizing fraudulent behavior and responding correctly. After the presentation there will be an opportunity for questions and discussion. This program will be offered at the Lois E. Harrill Senior Center on Wednesday, March 5, at 11 a.m.

**LOIS E. HARRILL SENIOR CENTER****March and April 2003****Caldwell Community College Classes**

The Spring schedule is:

Lap Quilting---Tuesdays----1 - 4 p.m.

Arts &amp; Crafts--Thursdays---10 a.m. - 1p.m.

**Weekly Activities**

Monday --Art Class - - - - 9 a.m. – 12 noon

Bingo - - - - - 11 - 11:45 a.m.

Tuesday –Exercise - - - - - 11 - 11:30 a.m.

Bingo - - - - - 11 - 11:45 a.m.

Line Dancing - - - - - 2 - 4 p.m.

Sewing Classes - - - - - 6 - 8:30 p.m.

Wednesday -Art Class- - - - 9 a.m. – 12 noon

Bingo - - - - - 11 - 11:45 a.m.

Muscles and More - - - - 1:30 - 2:30 p.m.

Bridge - - - - - 6:30 - 10 p.m.

Thursday - Music - - - - - 10 a.m. - 12 noon

Exercise - - - - - 11 - 11:30 a.m.

Cake Walks - - - - - 11:15 - 11:45 a.m.

(when cakes available)

Tai Chi Group - - - - - 1 – 2 p.m.

Needlework Class - - - - - 1 - 4 p.m.

Friday - Ceramics - - - - - 10 a.m. - 1 p.m.

Nutrition/Health Classes- 10.45 - 11:45 a.m.

**Congregate Nutrition Program**

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

**Support Groups:**

Alzheimer's Support Group - Third Thursday of each month at 1:30 p.m.

Caregiver Class/Support Group - Date, time and topic to be announced or call the center at 265-8090.

National Alliance for the Mentally ill (NAMI) Support Group for Family and Friends - Third Thursday each month at 7 p.m.

**Agency Information**

Boone Police Department, Safety Tips for Seniors - Wednesday, March 5, 11 a.m.-12 noon.

WAMY Community Action, Garden Assistance Program - Tuesday, April 1, and Thursday, April 3, 10:30 a.m.-12 noon.

**Special Activities**

Health Screenings - Thursday, March 13, and Thursday, April 3. By appointment only.

Free Foot Evaluation with Pedicare - Wednesdays, March 12, and April 9, from 11 a.m. - 12 noon.

Library Reading with Evelyn and Tracy—Monday, March 3, and Monday, April 7, 11-11:30 a.m.

AARP Tax Assistance- Tuesdays, March 4, – April 15. By appointment only.

Shopping Trip to Hickory - Tuesday, April 8, 8 a.m.-5 p.m. Hamricks, Mall, Shopping Center, Lunch at J&amp;S Cafeteria

“An Evening Out” Social - Thursday, April 10, 6-10 p.m.



Easter Party - Thursday, April 17, 10 a.m.-12 noon. Refreshments, Games, Music

“Betty's Trip to India” - Tuesday, April 22, 11 a.m.-12 noon. Video and Presentation by Betty Sheffield on her 2001 trip to India.

**Blood Pressure Checks**

To be announced.

**Special Interests:****SHIIP-** A SHIIP counselor will be available at the L.E. Harrill Senior Center Tuesdays, March 25 and April 29, at 11 a.m., to provide assistance with Medicare, Medicare supplements, Medicare Lookout and Long –Term Care insurance questions. By appointment only.**Prescription Drug Assistance Resources-** There are resources available to assist North Carolina's older adults with the purchase of prescription medication. Please call the Lois E. Harrill Senior Center at 265-8090 for assistance with finding affordable prescription medications.**Quilt Guild-** Mountain Laurel Quilt Guild meets the first Thursday of each month from 1:30-4 p.m. and 6-8 p.m. at the senior center. For more information you may call Jerra Unglesbee at 265-3656.

**WESTERN WATAUGA COMMUNITY CENTER**

**March and April 2003**



**Caldwell Community College Classes**

The Spring schedule is:

Crafts - - - - Tuesdays - - - - - 10 a.m. - 1 p.m.  
Ceramics - - Tuesdays - - - - - 10 a.m. - 1 p.m.  
Lap Quilting - Thursdays - - - 10 a.m. - 1 p.m.

**Weekly Activities**

Monday -Exercise Class - - - - - 9 - 10 a.m.  
Lap Quilting Guild - - - - - 10 a.m. - 1:00 p.m.  
Walking - - - - - 1 - 2 p.m.  
Tuesday - Walking, active games - 9 -11:30 a.m.  
Wednesday- Card Game - - - - - 9 - 10 a.m.  
Pottery Class - - - - - 9 a.m. - 12 noon  
Scrapbook Workshop - - - - - 9 a.m. - 2 p.m.  
Nutrition / Health Classes - - - - 10 - 11 a.m.  
Thursday - Line Dancing - - - - - 9 - 10 a.m.  
Shopping Van - - - - - 9 a.m. - 2 p.m.  
Card Games - - - - - 10 - 11:00 a.m.  
Friday - Weaving Guild - - - 9 a.m. - 12 noon  
Area Musicians - - - - - 10 - 11:30 a.m.  
Tole Painting - - - - - 10 a.m. - 1 p.m.

**Congregate Nutrition Program**

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



**Special Activities**

Saint Patrick's Day Fun - Monday, March 17, 10-11:30 a.m. Games and Refreshments---Wear Green or be pinched!

AARP Tax Assistance - Thursday, March 20.  
By appointment only.

Health Screenings - Thursday, March 27, and Thursday, April 24. By appointment only.

Free Foot Evaluation with Pedicare - Thursday, March 13 and Thursday, April 10, from 10 - 11:30 a.m.

Shopping Trip to Hickory - Tuesday, April 8, 8 a.m. – 5 p.m. Hamricks, Mall, Shopping Center, Lunch at J&S Cafeteria.

Easter Party - Thursday, April 17, 10-11:30 a.m. Games, Refreshments, Egg Hunt.

**Support Groups:**

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Second Tuesday each month, 1:30 - 3:00 p.m.

Pamphlets and Handouts available. Including a resource guide for caregivers.

**Blood Pressure Checks**

Friday, March 14, and Friday, April 11, from 10:30 - 11:30 a.m.

**Agency Information**

WAMY Community Action, Garden Assistance Program - Tuesday, April 8 and Friday, April 25, 10:00-11:30 a.m.

WAMY Community Action Weatherization Program - Presentation, question and answer session and assistance with application process. Friday, April 11, 10-11:30 a.m.



**Special Interests**

**Cove Creek Extension Club**—Meeting the third Monday of each month from 12:00 noon to 3:00 p.m.

**Walking Program and Fit for Life Exercise Program**

Monday—Friday, 8 a.m.—4 p. m. Walk inside or outside. Exercise equipment and class. See Toni Wait to register.

**Horseshoes available**- 9:00 a.m.—2:00 p.m., weather permitting. If you wish to form a horseshoe-pitching club contact a staff member.

**Weaving Guild**- Donna Duke and Ruth Smith are offering weaving instruction by appointment at the Western Watauga Community Center. Anyone interested may call Toni Wait at the center.

**Cove Creek Community Council**- 1<sup>st</sup> Tuesday of each month, 6-8 p.m. Meetings open to the public

**Western Watauga Branch of the Watauga County Library**-Monday-Thursday 10 a.m.-5 p.m. Tuesday and Thursday evenings 5-7 p.m. Bookmobile is available to any homebound county resident. Call Jackie Cornette at 297-5515, if you are interested in having books delivered to your home on Fridays.

**Hunger Coalition Mobile Pharmacy** - Second Thursday of each month, 11 a.m.-3 p.m.

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

**Computer Training**- Free computer training is available for seniors. Please call the Western Branch of the County Library at 297-5515 to make a reservation.

**Lois E. Harrill****Special Interests Cont.**

**Fit for Life Exercise Program** – Monday – Friday 8:00 a.m. – 5:00 p.m. Walk inside or outside. Exercise equipment and classes.



**Watauga Amateur Radio Club** - Meets second Monday of each month, 6-7:30 p.m.

**Self-Advocacy class**- Monday, March 24, 11 a.m.-12 noon. “Living Better on Less, Putting Money into Perspective”.

**Social Security**- A representative from the Social Security Administration will be at the L.E. Harrill Senior Center the first Wednesday of each month from 9 a.m.-12 noon.

**Computer Training**-Free computer training is available for seniors. Please call the L.E. Harrill Senior Center to make a reservation. Computers are also available for use Monday through Friday 8 a.m.-5 p.m.

**Weaving Guild**—Donna Duke is offering weaving instruction by appointment at the Senior Center. Anyone interested may call Sherry Harmon, at the center.

**Volunteer Opportunities**- Both Senior Centers have listings of volunteer job positions. See Sherry Harmon or Toni Wait for more information or placement assistance.

**Job Placement and Job Training**— See Sherry Harmon for more information or to make an appointment.

**Book Discussion Group**—A Book Discussion Group meets the fourth Wednesday of each month at 1:30 p.m., at the Lois E. Harrill Senior Center. For more information you may call Beverly DeBenedictis at

264-2718.



**AARP**– Tuesday, March 18, Ben Henderson will offer a program on Healthy foods for seniors. Tuesday, April 15, Nancy Rigel with Mountain Keepers will discuss community character and quality of life. Meetings will be at the L.E. Harrill Senior Center from 10 a.m. to 12 noon. Contact Louise Harris at 264-6616 for more information.

**AppalCart Schedule****L. E. Harrill Senior Center**

**Monday** - Intown and Foscoe

**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

**Western Watauga Community Center**

**Monday** - Cove Creek areas, Mabel, Silverstone, Rush Branch, Pottertown.

**Tuesday - Wednesday - Thursday**- Cove Creek areas, Bethel, Beaver Dam, Mabel, Silverstone, Zionville.

**Friday** - Matney, Rominger, Laurel Creek, 321 North and Cove Creek areas.

**Thursday** is shopping day in Boone. 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 8:00 a.m. on the morning you wish to ride.

### **Cook it Safe**

A recent report shows that ground beef, pork, chicken and turkey are often loaded with antibiotic-resistant salmonella. So **always** wash cutting boards, counters, bowls, knives and forks with soap and hot water after you have worked with **any** ground meat. Cook the meat until the pink is gone and the internal temperature is at least 180 degrees. Remember, disease-free food can help boost your longevity.

Reprinted from: TopHealth  
Newsletter



### **Partners in Wellness Nutrition Classes**

A new series of classes will begin in April. The topic for this series will be “Meals on a Budget: Stretching Your Food Dollar”. Some of the topics to be covered during these sessions will be:

- Shopping well on a limited income.
- Money saving techniques when planning at home and buying at the grocery store.
- Comparing prices.
- Storage and handling tips to prevent food waste.

The schedule for these classes is as follows:

Western Watauga Community Center-  
Wednesdays, April 23, through May 21, with a follow up session on June 4. Class hours are 10-11 a.m.

Lois E. Harrill Senior Center- Fridays,  
April 25, through May 23, with a follow up session on June 6. Class hours are 10:45-11:45 a.m..

Due to inclement weather the current session of classes dealing with “Mixing Medications with Food” has been extended. Classes are meeting at the Western Watauga Community Center Wednesdays, through March 5, with the follow up session on March 26, 10-11 a.m.

At the L.E. Harrill Center classes are meeting Fridays, through March 14, with the follow up session on March 28, 10:45-11:45 a.m.

### **Congratulations to Valentine Day Winners**

Valentine Party Contest Winners at the Western Watauga Community Center:

Penny Count Game:

1<sup>st</sup> place--- Carter Matheson

2<sup>nd</sup> place--- Hoyt Combs

3<sup>rd</sup> place----Charley Loretto

Scrambled Word Game:

1<sup>st</sup> place-----Phyllis Norris

2<sup>nd</sup> place----Eliza Holman

King and Queen crowned at the Lois E. Harrill Senior Center:

Michael and Mary Sollecito

### **Consumer Tips—Making Funeral Choices**

Funerals are among the most expensive purchases older Americans make, but most of us are poorly equipped to make them. It’s never easy to think about funeral arrangements, but learning about the options and prices in advance is easier than in a crisis, an emotional time of need. Here are some tips:

- Call or visit at least two funeral homes and cemeteries to compare prices.
- Funeral homes (but not cemeteries) must give prices by telephone and provide a price list when you visit the home.
- Get price lists for general services, caskets, and outer burial containers so you can compare each item accurately.
- The general price list should include fees for the funeral director, transportation and care of the body, use of the facilities for a viewing or memorial ceremony, as well as flowers, obituary notices, or music.
- You can shop around for casket prices from funeral homes or from retail casket sellers. A funeral home cannot charge you a fee if you provide your own casket from another source.
- Most cemeteries require an outer burial container, also called a grave liner or vault. Compare prices between the funeral home and the cemetery.
- Keep in mind that the amount you spend on a funeral and burial does not reflect your feelings for the deceased.

Reprinted from:

AARP Consumer Tips column



**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 on Friday, April 18, 2003, in observance of the Easter Holiday.

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

**Gardening Program Available**

W.A.M.Y. Community Action will be at the Lois E. Harrill Senior Center and the Western Watauga Community Center to take applications for gardening assistance vouchers. These vouchers issued to eligible participants may be used for the purpose of purchasing seeds, plants, fertilizer or canning and freezing supplies for home gardens. Bring proof of income.

Please come by the centers on the following days and times to sign up:  
Lois E. Harrill Center—Tuesday, April 1, and Thursday, April 3, 10:30 a.m.-12 noon.  
Western Watauga Community Center—Tuesday, April 8, and Friday, April 25, 10-11:30 a.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

**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.



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