



# 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 2011**



### 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 River Behavioral Health Geriatric**

**Specialty Team Education Sessions:** These sessions are free and open to everyone, including caregivers and professionals. Each session will be held from 3 p.m.– 4 p.m. in the dining room of the Harrill Center. Please call to register.

Topics are as follows:

Monday, March 21: Anxiety and Older Adults

Wednesday, April 20: Diabetes and the Connection to Mental Illness

Monday, May 23: Cultural Competence

### **Special Trainings Offered in Partnership with**

**LifeCare of Banner Elk:** These sessions are free and open to everyone. Tuesday, March 1, 9 - 10 a.m. at the Western Watauga Community Center and 11 a.m.-12 p.m. at the Lois E. Harrill Center – “Eat, Drink and Swallow” – Tips for dealing with swallowing issues. Tuesday, April 5, 9 - 10 a.m. at the Western Watauga Community Center and 11 a.m.-12 p.m. at the Lois E. Harrill Center – “How to Prevent the Spread of Germs.”



### **Living Healthy Program to Begin March 22**

Are you over the age of 60 and dealing with a chronic disease, such as asthma, COPD, heart disease, arthritis, or fibromyalgia? If so, the Living Healthy program may be your answer for a better quality of life. The Living Healthy program is a six week education group designed to help people like you learn how to live a healthier life with a chronic condition. This free program will be held at the Harrill Center on Tuesdays from 9:30 a.m.-12 p.m. from March 22 - April 26. Please call to register. Limited space is available for people under the age of 60.

### **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.

### **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 through April 12, 2011.

Counselors will be at the Lois E. Harrill Senior Center on Tuesday and at the Western Watauga Community Center in Cove Creek on Mondays. Please call for an appointment and additional information.

### **Blue Ridge Forum Class Series**

All programs are free and open to the public. March/April events will be held from 2-3:30p.m. on Fridays and are as follows:

- March 4: My Life as a Peace Corps Volunteer in Fiji - Janice (JJ) Johnson
- March 11: A Discussion of Natural & Homeopathic Medicine- Andrea Morgan of Bare Essentials Natural Foods Market
- March 18: Eat Healthy with High Country Community-Supported Agriculture (CSA)- Virginia Straw, coordinator of the High Country CSA
- March 25: The Middle Ages, Part I - Dr. Josette Maxwell
- April 1: Middle Ages Part II - Keith Cloyed
- April 8: Middle Ages Continued

Call about other topics in April.

**LOIS E. HARRILL SENIOR CENTER****March and April 2011**

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 center's director.

**Weekly Activities**

<b>Monday</b> - Art Class (intermediate) - 9 a.m. - 12 noon	
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Rummy Group - - - - -	11 a.m - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
<b>Tuesday</b> - Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	11 a.m - 12 noon
Nutrition/Health Classes - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	2:30 - 4:00 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
<b>Wednesday</b> - Art Class (beginners)- 9 a.m. - 12 noon	
Muscles and More - - - - -	10:30 - 11 a.m.
Indoor Fun - - - - -	10:30 a.m. - 12 noon
Bingo (call before attending) -	11 - 11:45 a.m.
Rummy Group - - - - -	11 a.m. - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Bridge - - - - -	1:30 - 3:30 p.m.
<b>Thursday</b> - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 10:30 a.m.
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	11 a.m - 12 noon
Needlework Class - - - - -	1 - 4 p.m.
Tai Chi - - - - -	5:30 - 7:30 p.m.
Watauga Photography Club -	7 - 8:30 p.m.
<b>Friday</b> - Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	11 a.m - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Blue Ridge Forum - - - - -	2 - 3:30 p.m.

**Congregate Nutrition Program**

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

**Drop in Activities**

The following are available for use at the center by persons 60 and older:

\* Balance Beam Scales for checking weight \*  
 Bocce \* Card Tables \* Computer Lab \* Croquet \*  
 Electric typewriter \* Exercise Equipment \*  
 Exercise Your Brain Mental Adventures (Variety  
 Puzzles) \* Karaoke Machine \* Library (Books and  
 Audio books) -May also be checked out for use at  
 home \* Piano \* Photo Smart Printer - .50 cents per  
 4x6 photo \* Pool Table \* Sewing Machines \* Table  
 Games, Jig Saw Puzzles, and Cards \* Televisions/  
 VCR and DVD Players \* Video Library -May also  
 be checked out for use at home \* Wii \*

**Agency Information**

Watauga County Health Department - Tuesday,  
 11 a.m.-12 p.m., Date TBA

Northwest Regional Housing Authority and  
 Reverse Mortgage Counseling - Tuesday, April  
 19, 11 a.m.-12 p.m.,

**Special Activities**

**Shopping Trip to Hickory** - Tuesday, March 8,  
 8:30 a.m.-4:30 p.m. Shop at Hamrick's in the  
 morning, have lunch at J&S Cafeteria, shop at  
 Valley Hills Mall or Target Shopping Center in  
 the afternoon. \$2 for transportation. Call to  
 reserve a seat.

**Bluegrass Bonanza** - Friday, April 1, from  
 10:00 a.m. - Noon. ASU students will lead us in  
 a day of Appalachian fun, including mountain  
 music, storytelling, and a chance to showcase  
 your country cooking skills! People are  
 encouraged to make a family recipe and bring a  
 copy of the recipe to share with others.

**Health Fair sponsored by ASU Nursing**

**Students** - Friday, April 15, 10 a.m.-12 p.m.  
 Come have your blood pressure checked, learn  
 about healthy eating and the importance of  
 exercise, all for free! No appointment  
 necessary.

**Easter Party** - Thursday, April 21, 10 a.m.-  
 Noon. Music, egg hunt, refreshments. Come  
 join the fun!



**Trip to the Barter Theater in Abingdon,  
 Virginia** - Wednesday, April 27, 10 a.m.- 6 p.m.  
 Join us for lunch at the Cracker Barrel and then  
 a trip to the Barter for the Hank Williams  
 Tribute, "Hank and My Honky Tonk Heroes."  
 Tickets for the show are \$26. Checks should be  
 made to the Barter Theater. Please call to  
 reserve a seat and either mail or drop your check  
 to Tabitha. All money is due by April 1 and no  
 refunds are available after that date. We will  
 leave from the Harrill Center and pick up people  
 at the Western Watauga Center on the way to  
 Abingdon. \$2 for transportation.

**Jewelry Workshops, led by Francine Barr** -  
 Wire-wrapping IA, May 6, 9 a.m.-12 noon; Wire-  
 wrapping IB, May 20, 9 a.m. - 12 noon. These  
 workshops will include instructions in basic  
 wire-wrapping techniques, handouts, use of  
 tools/supplies, practice kit, and materials to  
 complete two projects per session including wire-  
 wrapped pendants (1 per session, two different  
 styles), pair of earrings (session A) and a ring  
 (session B). Cost is \$40 per session; any  
 additional projects (time permitting) are extra.  
 Please call the Harrill Center to register;  
 payment can be made to Francine Barr on day of  
 session.

### **Support Groups:**

“The Art of Living”, a reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the first Friday of each month from 10 a.m.-12 p.m.

**NAMI (National Association for Mental Illness) Support Group** - Meets the first Monday of each month at 7 p.m.



**NAMI Connections** meets every Tuesday from 2:30-4p.m. and is open to anyone who struggles with mental illness or addiction of any kind.

**In Our Own Voice-** New class series meets every third Thursday from 1 p.m.-3 p.m. in the dining room of the Harrill Senior Center. This class is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

### **Special Interests and Services**

**Social Security-** A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, April 6, 2011, from 9 a.m.-12 noon.

**AARP-** Will meet third Tuesday of each month from 10:30 a.m. - noon in upstairs conference room of Human Services Building.

**Advocacy Opportunities-** The center provides information on advocacy opportunities, “Effective Advocacy” training and Voter registration forms.

**Amateur Radio Club** - Meets the first Monday of each month from 6 - 8 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.

**Free Hearing Aid Services-** Hearing screenings; Oscopic 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 22, 10 a.m.-Noon.

**Memory Lane** - Last Tuesday of every month from 10 - 11 a.m. Take a stroll through history as we watch videos and listen to music of days gone by.

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### **Special Interests and Services Continued**

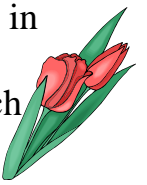
#### **Seniors of Service (S.O.S.) Advocacy Group**

We have formed a group that meets on a regular basis to advocate for and develop service projects for seniors in the community. The meetings will be held the first and third Thursday of the month at 1 p.m.

**Volunteer Opportunities-** Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

**Quilt Guild** - Meets the first Thursday of each month from 1:30 - 4 p.m.

**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.



**SHIIP** - 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.

**Book Discussion Group** - Will resume the third Wednesday in May 2011.

**Coupon Swap** – Drop off the coupons you don’t need and pick up ones you can use. Available anytime during operating hours.

**Job Placement and Job Training-** Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

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



### **AppalCart Schedule**

#### **L. E. Harrill Senior Center**

**Days/Routes are subject to change.**

**Monday** - Intown, Foscoe, and Meat Camp

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

**Wednesday** - Cove Creek, Meat Camp, Todd and Intown

**Thursday** - Intown, Foscoe and Matney

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

**WESTERN WATAUGA COMMUNITY CENTER**

**March and April 2011**



**To receive more information or to register for a service or activity at the Western Watauga Community Center please call 297-5195. Toni Wait is the center’s director.**

**Weekly Activities**

<b>Monday</b> - Walking	-----	8 - 11:00 a.m.
Shopping Van	-----	9 a.m. - 3 p.m.
Rug Hooking Class	-----	10 a.m. - 1 p.m.
Bridge	-----	9:30 - 11:30 a.m.
Sewing Class	-----	9:30 - 11:30 a.m.
Gentle Exercise	-----	12:15 - 1:15 p.m.
<b>Tuesday</b> - Walking	-----	8 - 11 a.m.
Woodcarving Guild	-----	8:30 - 11:30 a.m.
Beading and Jewelry Making	-----	9:30 - 12:30 a.m.
<b>Wednesday</b> - Walking	-----	8 - 11 a.m.
Knitting	-----	9 a.m. - 12 noon
Bridge	-----	9:30 - 11:30 a.m.
Gentle Exercise	-----	12:15 - 1:15 p.m.
<b>Thursday</b> - Walking	-----	8 - 11 a.m.
Art Class	-----	10 a.m. - 1 p.m.
Lap Quilting Guild	-----	9 a.m. - 1 p.m.
Shopping Van	-----	9 a.m. - 3 p.m.
<b>Friday</b> - Walking	-----	8 - 11 a.m.
Weaving Guild	-----	9 a.m. - 1 p.m.
Strength Training	-----	10 a.m. - 12 noon
Live Music	-----	10 - 1 p.m.
Yoga	-----	10:15 - 11:15 a.m.

Rook is an ongoing activity Monday - Friday, from 8 a.m. - 2 p.m.

Bridge card games Monday - Wednesday, from 9:30 - 11:30 a.m.

Fitness equipment is available to those age 60+ population Monday - Friday from 8 a.m.-4 p.m. with staff present.

Walking Program is inside the Old Cove Creek School Gym, Monday - Friday, from 8 - 11 a.m.

**Blood Pressure Checks**

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

**Drop in Activities**

The following are available for use at the center by persons 60 and older:

- \* Balance Beam Scales for checking weight
- \* Card Tables
- \* Computer Lab-Watauga Branch Library
- \* Croquet
- \* Exercise Equipment
- \* Exercise Your Brain Mental Adventures - (Variety Puzzles)
- \* Horseshoes
- \* Library (Books, videos, books on tape) – Watauga Branch Library
- \* Piano
- \* Sewing Machines
- \* Table games, jig saw puzzles, and cards
- \* Television/VCR and DVD player
- \* wireless Internet

**Congregate Nutrition Program**

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

**Support Groups:**

**Alcoholics Anonymous**-Wednesdays 7-9 p.m.

**Alanon**-Wednesdays 7-9 p.m.

**“The Art of Living”** -A reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the third Friday of each month from 9:30 - 11:30 a.m.

**Agency Information**

Recognizing Abuse, Improper Behavior, or Neglect - Wednesday, March 16, from 9 a.m. - 12:30 p.m. Oasis and Adult Protective Services representatives will have information on services offered, and ways to recognize the need for intervention or assistance. Staff members will also be available for private confidential consultations.

**Special Activities**

**Shopping Trip to Hickory** - Tuesday, March 8, 8:30 a.m.-4:30 p.m. Shop at Hamrick’s in the morning, have lunch at J&S Cafeteria, shop at Valley Hills Mall or Target Shopping Center in the afternoon. \$2 for transportation. Call to reserve a seat.



**St. Patty’s Party** - Wednesday, March 17, 9 - 11:30 a.m. Wear green!

**Spring Has Sprung Party** – Wednesday, April 20, 9 - 11:30 a.m. Theme: Spring Chicken. More information will be released at center.



**Trip to the Barter Theater in Abingdon, Virginia** – Wednesday, April 27, 10a.m.-5:30p.m. Join us for lunch at the Cracker Barrel and then a trip to the Barter for the Hank Williams Tribute, “Hank and My Honky Tonk Heroes.” Tickets for the show are \$26. Checks should be made to the Barter Theater. Please call to reserve a seat and either mail or drop your check to Tabitha. All money is due by April 1 and no refunds are available after that date. We will leave from the Harrill Center and pick up people at the Western Watauga Center on the way to Abingdon. \$2 for transportation.

**Special Interests and Services**

**Creative Card Making Workshops** - Will resume in May through November. Topics are origami, rubber stamping, iris folding, gift boxes, and assorted greeting cards. Sign-up sheets will be at the senior center in mid-April. Rene’ Pike is the instructor.



## Special Interests and Services Continued

**Fiber Art/Hand Spinning Guild** — Spinners will meet first Saturday of each month from 9:30 a.m.– 12:30 p.m.

Fiber Guild will meet the third Saturday of each month from 9:30 a.m. - 12:30 p.m.

**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-** 1<sup>st</sup> Thursday of each quarter, 6-7 p.m. Meetings open to the public. Call Toni at 297-5195 for the schedule.

**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.

**Fit for Life Program-** Register to earn points for incentive gifts when you participate in the walking program, exercise classes and exercise equipment.

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

**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 at 297-5195.

**Information and Referral-** Available at the senior center for services not provided by the Project on Aging.

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

## Special Interests and Services Continued

**Book Discussion Club** - Will meet in March 24, and April 28. The meeting will be from 6 - 7 p.m. and is sponsored by the Branch Library. The Book in March is *Change of Heart* by Mary Ann Shaffer and February’s book is *The Outlanders* by Diana Gabaldon.

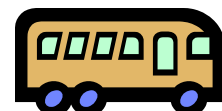
### Reminder

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

### AppalCart Schedule -Western Watauga Community Center



**Days/Routes are subject to change.**

**Monday and Friday**– 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

**Tuesday and Thursday**– Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

**Wednesday** 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.

### Volunteer Opportunities

The Western Watauga Community Center needs the following volunteers: indoor plant caretaker, home delivered meals substitute driver, office assistant, grant writer, party decorator/activity planner, and exercise leader. Please call Toni Wait at 297-5195 for more information.

### 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 [karin.bare@watgov.org](mailto:karin.bare@watgov.org) requesting this method of delivery.
- Mailed.
- Located on agency’s web site at [www.wataugacounty.org](http://www.wataugacounty.org). Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.



### 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, April 22, 2011, in observance of the Easter holiday.

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



### 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.

### Beginning Bridge Group

The Blue Ridge Forum Bridge Group meets at the Harrill Center every Wednesday from 1:30-3:30 p.m. and welcomes new players. Please call if you are interested in joining the group.

### Mission Statement

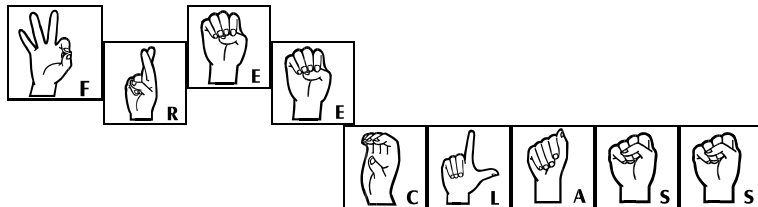
The mission of the Lois E. Harrill Senior Center and the Western Watauga Community Center is to create an environment that encourages independence in older adults and promotes their active participation in all aspects of their lives.

### 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.

**Sign Language Class to Begin in March-Thursdays from 10-10:30a.m.** Have you ever wanted to learn sign language? Here's your chance! Brenda Barber is an experienced instructor and will be leading us in basic sign language. Please join us at the Lois E. Harrill Senior Center for this free class!



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

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