



# 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 297-5195

*MAY and JUNE 2009*



Western Watauga Community Center

### May is Older Americans Month – “Living Today for a Better Tomorrow”

May is Older Americans Month, a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help older Americans improve their quality of life. This year’s theme is “Living Today For a Better Tomorrow,” and we, as a nation, must work together to give older adults the tools they need to make healthy decisions.

By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable.

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area; promote community, state, and national efforts to serve older adults; and find ways to enrich the lives of older adults who touch your life.

By working together, we can improve the health and well being of our nation’s older adults and pave the way for better health as we age.

Helpful websites:

[www.ncoa.org](http://www.ncoa.org)

[www.aoa.gov](http://www.aoa.gov)

[www.aarp.org](http://www.aarp.org)

[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)



### Adult Services Expo on Tuesday, May 5<sup>th</sup>

The Seventh Annual Adult Services Expo will be held at the Boone Mall on Tuesday May 5<sup>th</sup>, from 10 a.m.-4 p.m. Local agencies will be present to offer information about their services and door prizes will be awarded. Live entertainment is scheduled throughout the event with a special recognition ceremony at noon. Everyone is welcome!

### 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 Support Group Meeting 1<sup>st</sup> Friday of Each Month

The Project on Aging is now partnering with Hospice to offer a grief support group. Hospice Bereavement Coordinator Jennifer Johnson is leading the group which meets the first Friday of each month from 10-11 a.m. at the Project on Aging. The group is free of charge and open to the public.



### Advocacy Events

Everyone is invited to join us on Thursday, May 7<sup>th</sup>, at 11 a.m. for a visit from our Senior Tar Heel Legislators, Bunk Spann and Pat Coley. The Senior Tar Heel Legislature promotes citizen involvement and advocacy concerning aging issues before the General Assembly. They will be discussing this year’s priorities and also are interested in hearing your opinions and concerns. Please plan to attend and have your voice heard!

On Wednesday, May 20<sup>th</sup>, at 11 a.m. Attorney Carole Spainhour will be presenting a video on elder abuse. A time for questions and discussion will follow. Everyone is welcome.

Do you have a limited income and are in need of assistance with drug costs? You may qualify for extra help with your Part D prescription expenses. On Wednesday, June 24<sup>th</sup>, at 11 a.m. we will be discussing the Extra Help Program and offering assistance with applications. The session is free of charge and open to the public.

Please call Tabitha for more information on any of these events.



**LOIS E. HARRILL SENIOR CENTER**

May and June 2009

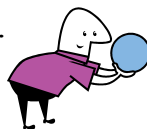


To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Tabitha Thomas is the center's director.

**Weekly Activities**

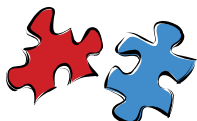
Monday - Art Class (intermediate) - 9 a.m. – 12 noon	
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Exercise with Candy - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending) 2 -	3:30 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Wednesday - Art Class (beginners)- 9 a.m. – 12 noon	
Muscles and More - - - - -	10:30-11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Exercise with Candy - - - - -	1:30 - 2:30 p.m.
Laughter Yoga - - - - -	6 - 6:30 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 - - - - -	5:30 - 6:30 p.m.
Friday– Fun with Wii - - - - -	9:30 - 11 a.m.
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 Friday mornings and other times by appointment. 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:

\* Balance Beam Scales for checking weight \* 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 \* wireless internet \*

**Congregate Nutrition Program**

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

**Agency Information**

Hospice – Tuesday, May 12, at 11 a.m.

Hunger and Health Coalition – Tuesday, June 9, 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.

Grief Support Group - Meets the first Friday of each month 10 - 11 a.m.

**Special Activities**

**Mother's Day Bake Off** – On Friday, May 8<sup>th</sup> we will be holding our 1<sup>st</sup> Annual Mother's Day Bake Off. The event will begin at 10 a.m. The categories are 1) cakes, 2) cookies, 3) pies, 4) diabetic desserts. Please make sure your baked good does not need refrigeration. Anyone 60 years and older can enter the competition. To sign up please call Tabitha at 265-8090. The items will be taste-tested by our seniors and staff who will then vote for the winners. Prizes will be awarded. Please come join us for a morning of delicious fun!

**Trip to New River State Park in Ashe County** – Thursday, May 21, from 8:30 a.m. – 3:30 p.m. Visitor's center, discussion with park ranger, picnic, and stroll along the New River. \$2 cost for transportation. Call to reserve a seat.



**Trip to Wildcat Lake in Banner Elk** – (If funding available.) Wednesday, June 10<sup>th</sup>, from 10 a.m. – 3 p.m. Picnic, croquet, enjoy the lake and sandy shore. \$2 cost for transportation. Call to reserve a seat.

**Special Interests and Services**

**Pack Your Bag Event** -Pharmacist Brenda Ellis from Boone Drug at King Street will be here to give a presentation on medication management on Thursday, May 28, at 11a.m. People are encouraged to bring in a list of their medications or the actual bottles and any over the counter medicines they take on a regular basis, including vitamins and supplements. The pharmacist will review the medicines to check to see if they are being taken correctly and to check for conflicts. Call 265-8090 for more info.

## Special Interests and Services Continued

**Health Screenings** - Will resume in July.

**Social Security**- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, July 1, 2009 from 9 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.



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

**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; Otosopic 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, June 23, 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.

**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

**AARP**– Meets the third Tuesday of each month from 10 a.m.-12 noon.

**Computer Training** - Free computer training is available by appointment.

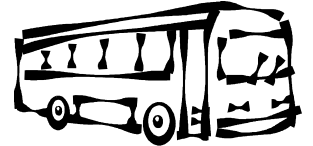
**Quilt Guild** - Meets the first Thursday of each month from 1:30 - 8 p.m.

**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

### Calling All Musicians!

Spring is here and we are looking forward to having our musicians back with us each Thursday morning. If you're interested in playing come join us at the Lois E. Senior Center from 10 a.m. - Noon.



### Come Laugh With Us!

Numerous studies have shown that laughing is good for you, and it's fun! Jia Wildwyn is leading a Laughter Club at the Lois E. Harrill Senior Center each Wednesday evening from 6-6:30pm. Everyone is welcome!

### 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

### High Country Senior Games



Enjoy sports? Write poetry? Like to dance? The High Country Senior Games will be held from May 16 – June 13. Check out [www.ncseniorgames.org](http://www.ncseniorgames.org) for more information or call 264-9511.

**WESTERN WATAUGA COMMUNITY CENTER**

**May and June 2009**



**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**

Monday -Walking - - - - -	8 - 10:00 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 - 10 a.m.
Craft Class - - - - -	10 a.m. - 1 p.m.
Senior Exercise - - - - -	1 - 2 p.m.
Wednesday- Walking - - - - -	8 - 10 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 - 10 a.m.
Art Class - - - - -	9 a.m. - 1 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Senior Exercise - - - - -	1 - 2 p.m.
Friday - Walking - - - - -	8 - 10 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. Basketballs are available upon request.

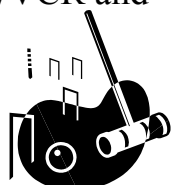
**Congregate Nutrition Program**

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

**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 \*



**Blood Pressure Checks**

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



**Agency Information**

Relatives as Parents Program Reception - High Country RAPP, the region's first program designed exclusively for grandparents raising grandchildren, and other relatives who are surrogate parents. Brenda Reece will give an overview of caregiver support programs, and be open to suggestions for upcoming family and caregiver events. A May date and time to be announced.

Legal Aid of Boone will give an outreach program in June. Exact date will be announced at the Senior center.

**Support Groups:**

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.



**Special Activities**

**Trip to New River State Park in Ashe County** – Thursday, May 21, from 8:30 a.m. – 3:30 p.m. Visitor's center, discussion with park ranger, picnic, and stroll along the New River. \$2 cost for transportation. Call to reserve a seat.

**Trip to Wildcat Lake in Banner Elk** – (If funding is available.) Wednesday, June 10<sup>th</sup>, from 10 a.m. – 3 p.m. Picnic, croquet, enjoy the lake and sandy shore. \$2 cost for transportation. Call to reserve a seat.

**Special Interests and Services**

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

**Pack Your Bag Event** -Pharmacist from Boone Drug at King Street will be here to give a presentation on medication management. People are encouraged to bring in a list of their medications or the actual bottles and any over the counter medicines they take on a regular basis, including vitamins and supplements. The pharmacist will review the medicines to check to see if they are being taken correctly and to check for conflicts. Date to be announced, call 297-5195 for more info.

**Advocacy Opportunities-** The center provides information on advocacy opportunities, "Effective Advocacy" training and voter registration forms.

## Special Interests and Services Continued

**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 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 at 297-5195.

**Fiber Art/Hand Spinning Guild** — Spinners meet first Thursday of each month from 6:30 - 8:30 p.m. and second Saturday from 9 a.m. - 12 noon.

Fiber Guild meet the third Thursday of each month from 6:30 - 8:30 p.m.

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



**Health Screenings -** Will resume in July.

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

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

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**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

**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.



## 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 Monday, May 25, 2009, in observance of the Memorial Day.

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

## Extra Help with Prescription Drug Costs

Some people with limited income and resources are eligible for Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Many people qualify for these big savings and don't even know it. To find out if you qualify, Social Security will need to know your income and the value of your savings, investments, and real estate (other than your home). If you are married and living with your spouse, we will need information about both of you. To help Social Security determine if you are eligible for the Extra Help, you will need to file an *Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020)*. Please call the Project on Aging for more information. We can help you fill out an application online. You may also call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**) to apply over the phone or to request that an application be mailed to you, or go to [www.ssa.gov](http://www.ssa.gov) to complete an application.



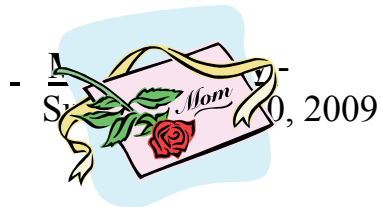
### Disclaimer

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.

### 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.



### Father's Day

Sunday, June 21, 2009



### 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@ncmail.net](mailto:karin.bare@ncmail.net) 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.



### **Special Note:**

Due to increasing costs and budget concerns, we are no longer mailing the newsletter to participants who come to the center(s) on a regular basis. If you have received this newsletter via postal mail and would be able to pick up the newsletter at one of the centers, please let us know so we can adjust the mailing list accordingly. We appreciate your assistance. The Project on Aging does accept donations as well as memorials. All monies collected are used to help fund the services we provide.



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