

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

NOVEMBER and DECEMBER 2001

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.

Christmas Craft Sale

Don't forget the dates for this year's Christmas Craft sale, Wednesday and Thursday, November 14, and 15, from 9 a.m.-4 p.m. This is a great opportunity to shop for Christmas decorations and gifts. All items are hand made. The quality of the merchandise is first rate and the prices can't be beat. The sale will be held at the Lois E. Harrill Senior Center at 132 Poplar Grove Connector in Boone.



Eat Smart: Stay Well

The N.C. Cooperative Extension Service will offer a nutrition program at the Lois E. Harrill Senior Center and the Western Watauga Community Center, which will include Health, Nutrition and Fun. During the five sessions participants will discover why it is necessary to eat well and how to eat well even when they are suffering from a chronic illness or other medical condition. This program is free for persons age sixty and older but class size is limited to 20 participants. Classes, which are an hour in duration, begin at the Harrill center on Tuesday, November 6, at 10:45 a.m. and at the Western Center on Wednesday, November 7, at 10 a.m. For more information you may call Margie Mansure at 264-3061, Sherry Harmon at 265-8090 or Toni Wait at 297-5195.

Sleep Disorders Program With Dr. Charles Ford

Sleep problems may affect more than half of Americans older than age 65. The prevalence of insomnia is approximately 1.5 times high in older adults than in younger adults. Dr. Charles Ford will present a program on sleep disorders at the Lois E. Harrill Senior Center on Friday, November 16, at 2 p.m. He will discuss sleep problems and some safe and effective ways to manage them. This program is free and open to the public. Please call Sherry Harmon at 265-8090 with any questions or to reserve a space so that adequate materials will be available.



W.A.M.Y. Community Action to Hold Meeting at Senior Center

W.A.M.Y. Community Action will hold a community meeting at 11:30 a.m. on Tuesday, November 6, at the L. E. Harrill Senior Center in Boone. The purpose of the meeting is to elect one representative to the agency's Board of Directors.

W.A.M.Y. Community Action serves Watauga, Avery, Mitchell and Yancey counties and is governed by a 24-member Board of Directors. One seat reserved for a representative of low-income citizens in Watauga County is currently vacant. The representative need not be low-income but must reside within the county and be willing to represent the interests of low-income residents of the county. For additional information contact the Boone office at 828-264-2421.

Smoke Detectors Save Lives—Protect Your-self



If you are sixty years or older, own your home and do not have a smoke detector and can not afford to purchase one you may qualify for a free smoke detector (including installation).

See a senior center staff person for more information or to apply for the Firefighter's Association Smoke Detector Program.

Emergency Assistance For Special Needs Population

Are you sixty years or older and have special needs such as dialysis, oxygen, mobility, legally blind, catheter, etc. that would require special assistance during a disaster or emergency situation? If so, please contact the Project on Aging or come by the L.E. Harrill Senior Center or Western Watauga Community Center to pick up a registration form. These completed forms are submitted to the Watauga County Emergency Management Office to enter in their computer database for disaster preparedness.

The senior centers also have a pamphlet titled "Disaster Preparedness for seniors by seniors- what we can do to save our lives", available for pick up. These pamphlets are provided through the American Red Cross.

LOIS E. HARRILL SENIOR CENTER**November and December****2001****Caldwell Community College Classes**

Classes are free for anyone 65 and older. The fee for persons under 65 is \$40.00. The Fall Schedule is:

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

Arts & Crafts—Thursdays - 10 a.m.—1 p.m.

Weekly Activities

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

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

Tuesday –Exercise - - - - - 10.15 - 10.45 a.m.

Nutrition/Health Classes—10.45 - 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.

Tai Chi - - - - - 6 - 7 p.m.

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

Exercise - - - - - 10:15 - 10:45 a.m.

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

(when cakes available)

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

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

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

Congregate Nutrition Program

Lunch is served Monday - Friday at 12 – 12:30 pm

Special Activities

Health Screening - Wednesday, November 14, and Wednesday, December 12. By appointment only.

Shopping Trip- Thursday, November 8, 8 a.m.-5 p.m., Hamricks, J&S Cafeteria for lunch, Hickory Mall. There is no charge for the trip but everyone is responsible for his/her own lunch. Seats are limited. Call to reserve a seat.

Christmas Craft Sale- Wednesday & Thursday, November 14 & 15, 9 a.m.- 4 p.m.

Sleep Disorders Presentation- Friday, November 16, 2:00 p.m.- Dr. Charles Ford.

Special Thanksgiving meal- Wednesday, November 21, 12-12:30 p.m.

Christmas Parties- Monday- Friday, December 10-14, 10 a.m. to 12 noon. Refreshments, entertainment, games, etc.

Blood Pressure Checks

Tuesday, November 20, 11:00 a.m.-12 noon

Thursday, December 20, 11:00 a.m.-12 noon

**Agency Information:**

Tuesday, November 6, 11:30 a.m. W.A.M.Y. Community Action will present an overview of their programs and hold an election for a representative to their Board of Directors.

Wednesday, November 7, 11:00 a.m. Darlene Gunn with Legal Services of the Blue Ridge will present a program on legal requirements for funerals in N.C. After the presentation you will have an opportunity to talk with a legal services representative regarding legal concerns.

Tuesday, November 13, 11:30 a.m. Jim Atkinson, Director of Department of Social Services will present an overview of their programs including fuel assistance. He will discuss eligibility requirements and application procedures.

Friday, December 7, 11 a.m.-12 noon, “Tragedy related stress management” Judy South with New River Behavioral Health Care will discuss stress in general and how, since the attack on (9-11), stress levels have changed. She will offer suggestions for activities to help diminish stress during this time of uncertainty. Judy will also discuss the referral resources for stress and related stress management offered through New River Behavioral Health Care.

Support Groups:

Caregiver’s Class/Support Group will meet again in January. Exact day and time will be announced in next newsletter.

Alzheimer’s Family Support Group- Thursday, November 15, & Thursday, December 20, at 1:30 p.m.

Diabetes Support Group- During the month of November a Diabetes Cooking School will be offered at the Agricultural Conference Center on 971 W King St. Classes will be held from 12 noon to 1 p.m. on November 2, 9, & 16. The cost is \$9.00 for all three sessions. Call 264-3061 to register or for more information. There will be no December meeting. On January 15 at 5:30 p.m. the support group will resume monthly meetings at the L.E. Harrill senior center.

Special Interests:

Self-Advocacy Class- Wednesday, December 5, 11:00 a.m. “Fight Medicare Fraud”.

The purpose of this class is to alert people on how everyone can help stop Medicare Fraud by carefully reviewing Medicare statements and reporting questionable charges.

See Page 4 for more L. E. Harrill Senior Center activities.

WESTERN WATAUGA COMMUNITY CENTER

November and December 2001



Caldwell Community College Classes

Classes are free for anyone 65 and older. The fee for persons under 65 is \$40.00. The Fall semester schedule is:

Lap Quilting— Thursday - - - - - 10 a.m. - 1 p.m.
 Ceramics— Tuesdays - - - - - 10 a.m. - 1 p.m.
 Crafts - - - - - Tuesday - - - - - 10 a.m. - 1 p.m.
 Tolepainting—Friday - - - - - 10 a.m. - 1 p.m.

Weekly Activities

Monday -Exercise Class - - - - - 9 - 10 a.m.
 Lap Quilting - - - - - 10 a.m. - 1:00 p.m.
 Live Music - - - - - 10 a.m. - 11 a.m.
 Art Guild - - - - - 10 a.m. - 3 p.m.
 Exercise Equipment - 8:30 a.m. - 3 p.m.
 Tuesday - Exercise Equipment - 8:30 - 10 a.m.
 Walking Outdoors - - 10 - 11:30 a.m.
 Wednesday -Exercise Equipment- 8:00 a.m. - 4p.m.
 Exercise Class - - - - - 9:30 - 10 a.m.
 Nutrition / Health Classes- 10 - 11 a.m.
 Singing - - - - - 10 - 11 a.m.
 Fellowship and
 Bible Study - - - - - 11 - 11:30 a.m.
 Thursday -Exercise Equipment - 8:30 a.m. - 2 p.m.
 Exercise Class - - - - - 9 - 9:30 a.m.
 Games, Bingo, etc. - 10 - 11:30 a.m.
 Friday - Exercise Equipment- 8:30 a.m. - 2 p.m.
 Area Musicians - - 10 - 11:30 a.m.
 Art Guild - - - - - 10 a.m. - 3 p.m.

Congregate Nutrition Program

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

Blood Pressure Checks

Tuesday, November 20, 10-11 a.m.
 Wednesday, December 12, 10-11a.m.

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Tuesday, November 13 and Tuesday, December 11, 1:30 - 3:00 p.m.

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

Special Activities

Health Screenings - Wednesday, November 28. By appointment only! No December Screening.

Roy Presnell and his Dolly Parton Show- Wednesday, November 7, 10 a.m.-1 p.m. Music, video, collection of photos and interesting memorabilia. Roy will make his special homemade cakes for refreshments.

Shopping Trip- Thursday, November 8, 8 a.m.-5 p.m., Hamricks, J&S Cafeteria for lunch, Hickory Mall. There is no charge for the trip but everyone is responsible for his/her own lunch. Seats are limited. Call to reserve a seat.

Flu & Pneumonia Immunizations- Wednesday, November 14, 9 a.m.-4 p.m. \$15.00 for Flu Shot, \$20.00 for Pneumonia Shot. Medicare, Medicaid and State Employee will cover vaccinations. Bring card!!!

Christmas Craft Sale- Wednesday & Thursday, November 14 & 15, 9 a.m.-4 p.m. at the L. E. Harrill Senior Center

Thanksgiving Program and Special Thanksgiving meal- Wednesday, November 21, 11 a.m.-12 noon

Christmas Festivities- Monday-Thursday, December 17-20, 10 a.m.-1 p.m.

Christmas Party- Friday, December 21, 10-11:30 a.m.



Agency Information:

Tuesday, November 6, 10 a.m. Darlene Gunn with Legal Services of the Blue Ridge will present a program on legal requirements for funerals in N.C. After the presentation you will have an opportunity to talk with a legal services representative regarding legal concerns.

Thursday, November 8, 10-11:30 a.m., "Tragedy related stress management" Judy South with New River Behavioral Health Care will discuss stress in general and how, since the attack on (9-11), stress levels have changed. She will offer suggestions for activities to help diminish stress during this time of uncertainty. Judy will also discuss the referral resources for stress and related stress management offered through New River Behavioral Health Care.

Smile . . . It's Much, Much Easier

Fact: It takes 43 face muscles to frown, but only 15 to smile.



See Page 4 for more Western Watauga Community Center activities.

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

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

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 Anne Strupp at 262-3481.

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

AARP- will meet Tuesday, November 20, and Tuesday, December 18, at the L. E. Harrill Senior Center from 10 a.m. to 12 noon. Contact Marilyn White at 963-2613 for more information.

Quilt Guild- Mountain Laurel Quilt Guild will meet the first Thursday in November from 1:30-4 p.m. and 6-8 p.m. , December's meeting will be Thursday, December 13 from 6 - 9 p.m., at the senior center . It will be a Christmas covered dish. For more information you may call Jerra Unglesbee at 265-3656.



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.

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

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

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

Western Watauga Community Center Cont.**Special Interests**

Cove Creek Homemaker's 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, complete with chairs and shade! 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.

Multimedia Artist Guild –Meet on Mondays and Fridays, 10 a.m.—3 p.m. Anyone who paints or is interested in learning to paint may bring materials and join in. There is no charge for this activity. For more information call Lottie at 264-6616.

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

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

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.

Appalachian Chapter of the N. C. Archeological Society -Meets the 4th Tuesday of each month at 7 p.m. Free and open to the public. For more information or if attending for the first time call Dr. Tom Whyte at 262-2283.

Self-Advocacy Class- Monday, December 10, 1-2 p.m. "Fight Medicare Fraud".

The purpose of this class is to alert people on how everyone can help stop Medicare Fraud by carefully reviewing Medicare statements and reporting questionable charges.

How to Boost Your Brain Power

Do you sometimes feel as if your brain is on “empty?” Here’s how to keep it in shape so you can pump up your problem-solving abilities, fight forgetfulness and think more clearly and creatively:

Capture creative peaks. Experts believe the brain to be in a highly creative state just before going to sleep and right after waking up. Action: Use these times to think about solutions to problems and jot down any ideas that come to you.

Focus your attention. To help remember “where”: If you tend to misplace your car keys, for example, say to yourself, “I’m placing the keys on the shelf by the hallway mirror.” To help remember “when”: Note the weather, the day’s headline news or what you’re wearing at the time of performing a task.

Use it or lose it. Research suggests that as you age, you can reverse a decline in thinking abilities by becoming more mentally active. Smart moves: Learn a new language, study a new subject, play games like checkers and do crosswords and other puzzles.

Keep fit. Evidence shows that people in their 70’s and 80’s who stay healthy can expand their brain power—and easily match the mental abilities of a 30-year old. Helpful: Keep physically active, manage stress and maintain a positive attitude.

More mental muscle builders: Read more . . . eat foods rich in brain-boosting beta-carotene (like apricots, carrots, papayas and sweet potatoes). . . use rhymes and acronyms to help remember facts and names.

Are You Getting Your 5?

Research shows that most people eat an average of three servings of fruits and vegetables a day. That’s far short of the 5—9 daily servings recommended. **Ideas:** Add fruit to cereal at breakfast . . . snack on raw vegetables instead of potato chips . . . sip juice instead of coffee, tea or soda.

Learn to Read

Free tutoring in reading is available through the Watauga County Literacy Association. All tutoring is free, confidential and on a one to one basis. Classes may be held at the senior centers in Boone or Cove Creek or the public library in Boone, or the branch library at Cove Creek. If interested call the Watauga County Public Library at 264-8784 or Toni Wait at the Western Watauga Community Center 297-5195 or Sherry Harmon at the L.E. Harrill Senior Center 265-809



Tragedy Related Stress Management Presentation

Due to the tragedy on September 11 and subsequent events, this is a time of great anxiety for everyone but it may be even more anxious for many older adults. It is easy to overlook seniors as a group in need of support during this time of national tragedy and unrest. After all they have survived world wars and the depression, but they are also at a very vulnerable time in their lives. Many live alone and may not have the direct contact with family and friends that would be comforting during this difficult time. The Senior Centers will offer a program presented by Judy South with New River Behavioral Health Care to address this problem. Judy will discuss stress in general and how, since the attack on (9-11), stress levels have changed. She will offer suggestions for activities to help diminish stress during this time of uncertainty. Judy will also discuss the referral resources for stress and related stress management offered through New River Behavioral Health Care.

The dates for this presentation are:
 Western Watauga Community Center-Thursday, November 8, 10-11:30 a.m.
 Lois E. Harrill Senior Center- Friday, December 7, 11a.m.-12 noon.
 This program is free and open to the public. Please call Sherry Harmon at 265-8090 or Toni Wait at 297-5195 with any questions or to reserve a space so that adequate materials will be available.

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 the following dates:

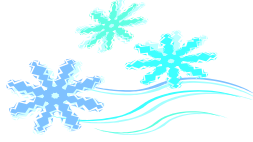
Monday, November 12, 2001, in observance of Veteran's Day.

Thursday, November 22, and Friday, November 23, 2001, in observance of Thanksgiving.



Monday, December 24, Tuesday, December 25, and Wednesday, December 26, 2001, in observance of Christmas.

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.

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

Monday - Intown, Foscoe, and Blowing Rock

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.



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

L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195