



# 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 2004**



### 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

The dates for this year's event will be Wednesday and Thursday, November 17, and 18. The sale will be held at the Lois E. Harrill Senior Center located in the Human Services Building at 132 Poplar Grove Connector in Boone. Inventory forms and instruction sheets for participating crafters are available at the Harrill Senior Center and the Western Watauga Community Center. Items must be hand made and crafters must be aged sixty or older.

This year there are new crafters selling unique handmade items as well as return crafters who are perennial favorites. Sale hours are from 9 a.m. to 4 p.m. both days. This is a great opportunity to shop for Christmas decorations and gifts. The quality of the merchandise is first rate and the prices can't be beat. For more information you may call Sherry Harmon at 265-8090.



### November Beach Party at Senior Center

On Friday, November 12, 2004, from 3-5 p.m., Recreation Management students from ASU will offer a beach party at the Lois E. Harrill Senior Center. The center is located in the Watauga County Human Services Building at 132 Poplar Grove Connector. If you are aged sixty or older you are invited to attend. There is no charge and there will be food, drink, dancing, door prizes and fun! This will be a great opportunity to put on your favorite Hawaiian shirt a pair of sunglasses and enjoy the beach in November. Please RSVP Sherry Harmon by 5 p.m., Friday, November 5<sup>th</sup>, at 265-8090.

### 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.

### Flu Immunization Clinics Cancelled at Senior Centers

The Flu Immunization Clinics scheduled for November 10 at the L.E. Harrill Senior Center and November 17 at the Western Watauga Community Center have been cancelled. Please call the Watauga County Health Department at 264-6635 concerning the availability of flu vaccinations for the at risk population.



### End of Life Planning: Conversations and Choices

We invite you to join us as we learn through video and conversation how to stimulate interest in, and find opportunities for, the conversations that lead to quality at end of life through patient preferred care. The personal side of end of Life planning will then be supplemented with facts about the legalities, processes, and paperwork necessary to ensure that one's wishes are known and respected when the end of life comes. Presenters for this program will be Sandra Basel, Ed.D, member of the Watauga/Avery End of Life Coalition and Carol Spainhour Elder Law attorney for the High Country Region. This program is free and open to the public but will be of special interest to Family and Professional Caregivers, Human Service Agency Staff, Long Term Care Facility staff and Senior and Long term Care Advocacy Groups. This program will be offered on Thursday, December 9, from 2-4 p.m. at the Lois E. Harrill Senior Center. Please call the senior center at 265-8090 to reserve a seat.

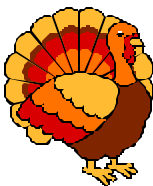
## **LOIS E. HARRILL SENIOR CENTER** **November and December 2004**

### **Caldwell Community College Classes**

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester. The current semester schedule is:

Crafts - Thursdays, 10 a.m. – 1 p.m.

Lap Quilting - Tuesdays, 1 – 4 p.m.



### **Weekly Activities**

Monday - -Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	2 - 3 p.m.
Tuesday –Exercise - - - - -	11 - 11:30 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Line Dancing - - - - -	2 - 3:30 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Wednesday -Art Class - - - - -	9 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	2 - 3 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)	
Needlework Class - - - - -	1 - 4 p.m.
Yoga - - - - -	5:15 - 6:15 p.m.
Tai Chi Classes - - - - -	5:30 - 6:30 p.m.
Friday - Ceramics - - - - -	10 a.m. - 1 p.m.
Nutrition/Health Classes- -	10.45 - 11:45 a.m.
Body Recall - - - - -	2 - 3 p.m.

### **Congregate Nutrition Program**

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



### **Support Groups:**

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

Caregiver Class/Support Group- Thursday, December 9, 2-4 p.m. End of Life Planning: Conversations and Choices.

### **Blood Pressure Checks**

Third Monday each month from 11 a.m.-12 noon. Service provided by Boone Drug at Deerfield Pharmacy.

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

### **Agency Information**

Energy Assistance and Food Stamp Programs- Department of Social Services. Tuesday, November 2, 11:30 a.m.-12 noon.

Legal Aid of N.C.-Will discuss Medicare Law and the Drug Discount Card. An attorney will also be available to answer questions. Thursday, November 4, 11:30 a.m.

### **Special Activities**

**Don't forget to vote!!!!** - Tuesday, November 2, is Election Day. For transportation to the polls you may call: Democrat Headquarters at 264-9147. Republican Headquarters at 265-1632

**Shopping Trip to Hickory** - Tuesday, November 9, from 8 a.m.-5 p.m. There is no charge for the trip but everyone is responsible for his/her own lunch. Seats are limited. Call to reserve a space.

**November Beach Party** - Friday, November 12, 2004, from 3-5 p.m. Call by 5 p.m. on Friday, November 5, if you would like to attend. Join us for Food, Drink, Door Prizes, Dancing, Music and lots of fun.



**Christmas Craft Sale**- Wednesday and Thursday, November 17 and 18, 9 a.m.-4 p.m.

**Turchin Center Classes** - Monday, November 15, and Wednesday, November 17, Bookmarks and Fibulas – Do you have one?

Monday, November 29, and Wednesday, December 1, Discovering Mexico. All sessions meet 10 a.m.-12 noon. See Sherry at the senior center to reserve a space on the van and in the class.

**Advocacy Workshop** - There will be an advocacy workshop on Friday, December 3, from 11 a.m.-12 noon. The workshop will cover information such as advocacy by letter, by phone, in person and other advocacy techniques. Please call Sherry at 265-8090 by 5 p.m. Wednesday, December 1, if you would like to attend.

**Thanksgiving Program** - Wednesday, November 24, 11 a.m.-12 noon.

**Christmas Party** - Thursday, December 23, 10 a.m.-12 noon. Refreshments, entertainment and games.

### **Special Interests and Services**

**Health Screenings**- Thursdays, November 4, and December 9. By appointment only.

**Free Foot Evaluation with Pedicare** - Second Wednesday each month, from 11 a.m. - 12 noon.

**Free Hearing Aid Services** - hearing screenings and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor- Tuesday, December 14, 10 a.m.-12 noon.

**SHIIP** - Counselors are available to provide assistance with Medicare, Medicare Supplements, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare-Approved Discount Card Program. Please call the center at 265-8090 to make an appointment.

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

## **WESTERN WATAUGA COMMUNITY CENTER**

**November and December 2004**



### **Caldwell Community College Classes**

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

The current semester schedule is:

Ceramics - Tuesdays, 10 a.m. – 1 p.m.

Crafts – Tuesdays, 10 a.m. – 1 p.m.

Lap Quilting – Thursdays, 10 a.m. – 1 p.m.

### **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.

Caregivers Support Group/Class—Second Tuesday each month, 1:30 - 3:00 p.m. Pamphlets and Hand-outs available. Including a resource guide for caregivers.

Weight Loss Club - Mondays 7 – 8 p.m. For information call Connie Trivette at 297-3909.

### **Blood Pressure Checks**

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

### **Special Activities**

**Don't forget to vote!!!!**- Tuesday, November 2, is Election Day. For transportation to the polls you may call:

Democrat Headquarters at 264-9147

Republican Headquarters at 265-1632

**Shopping Trip to Hickory** - Tuesday, November 9, from 8 a.m.-5 p.m. There is no charge for the trip but everyone is responsible for his/her own lunch. Seats are limited. Call to reserve a space.

**Cooking Class**- A free low fat vegetarian cooking class will be held on Monday, November 15, from 10-11:30 a.m. The class will include food preparation instructions and there will be an opportunity to taste food samples. The Instructor will be Sue Spirit. Sign up in advance by Monday, November 8. Limited space!

**Thanksgiving Festivities**- Wednesday, November 24, 9-11:30 a.m.

**Christmas Parties**- Wednesday and Thursday, December 22 and 23, 9-11:30 a.m. The Crafty Critters Club will furnish refreshments. Times and dates for special holiday music, activities and Christmas Bingo will be announced at the Senior Center.

### **Weekly Activities**

Monday -Walking - - - - -	8 - 9 a.m.
Exercise with Shirley - - - - -	9:30 - 10 a.m.
Rook - - - - -	10:30 - 11:30 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights - -	9:30 - 10 a.m.
Chair dancing - - - - -	10 - 11 a.m.
Rook - - - - -	10 - 1 p.m.
Wednesday- Walking - - - - -	8 - 9 a.m.
Hand built pottery - - - - -	9 a.m. - 12 noon
Exercise with Kristy - - - - -	9:30 - 10:30 a.m.
Nutrition / Health Classes - - -	10:30 - 11 a.m.
Thursday - Walking - - - - -	8 - 9 a.m.
Line Dancing - - - - -	9 - 10 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light Weights - -	9:30 - 10 a.m.
Art Class - - - - -	10 a.m. - 2 p.m.
Rook and Games - - - - -	12 - 2 p.m.
Friday - Walking - - - - -	8 - 10 a.m.
Weaving Guild - - - - -	9 a.m. - 2 p.m.
Rook - - - - -	9 - 11:30 a.m.
Live Music - - - - -	10 - 11:30 a.m.
Tolepainting - - - - -	10 a.m. - 1 p.m.

### **Special Interests and Services**

**Free Foot Evaluation with Pedicare** - Second Thursday of each month from 10 a.m - 1:00 p.m.

**Health Screenings** - Thursdays, November 18, and December 16. By appointment only.

**Free Hearing Aid Services**— Hearing aide services and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor - January - Day and time to be announced.

**Fiber Art/Hand Spinning Guild**- Meets first and third Thursday each month from 6:30-8:30 p.m. For more information contact Sandra Basel at 297-3046.

**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 and Croquet available**- 9:00 a.m.—2:00 p.m., weather permitting. If you wish to play 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.

**Western Watauga Branch of the Watauga County Library**- Monday and Wednesday- 10 a.m.-5 p.m. Tuesday and Thursday- 10 a.m.-7:30 p.m. Friday-Closed. The Bookmobile is available to any home-bound county resident. Call Jackie Cornette at 297-5515, if you are interested in having books delivered to your home on Fridays.

## Lois E. Harrill - Special Interests Cont.

**AARP**- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center. For more information contact Louise Harris at 264-6616.

**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.

**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.

### **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 Jera Unglesbee at 265-3656.

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

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

**VHS Movies Available** - May be checked out or reserve a TV/VCR and watch at the senior center.

## Western Watauga Community Center Special Interests Continued

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

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

**Cove Creek Extension club**- Has changed its name to the Cove Creek Crafty Critters club. Their purpose is to assist with programs and supplies for the Branch Library and Senior Center and Home Delivered Meals programs. New members are invited to join the group to share in fellowship, fun activities, charitable endeavors, and creative projects. There is a \$10.00 fee to join, then a \$2.00 per month supply fee. Reap the benefits of giving! For more information call Toni at the center.

### Are You Getting Enough Calcium?

Seniors need more Calcium, vitamin D and vitamin B12 than other age groups. The best way to get these nutrients is from food, but sometimes seniors may need to take a supplement to get enough. Talk to your doctor about taking supplements. Taking them may not be safe for everyone. The United States recommended daily allowance for calcium is 1000mg. Some calcium sources from each food group are:

#### *Dairy*--

1 cup 2% milk =350mg.  
1 cup low fat yogurt= 300-400mg.  
1 oz. Cheddar cheese=204mg.

#### *Fish*--

3 oz. canned pink salmon=181mg.  
2 sardines (with oil & bones)=92mg.

#### *Beans*--

3/4 cup dried beans=60mg.  
(Such as baked beans, kidney, pinto, lima)



#### *Vegetables & Fruits*--

1/2 cup broccoli=75mg.  
1/2 cup collards, mustard or turnip greens=157mg.

#### *Grains*--

2 slices bread=43mg.  
1 medium piece cornbread or corn tortilla=85mg.

**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



**AppalCart Schedule**  
**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 8:30 a.m. on the morning you wish to ride.

**Stop Smoking Crash Course**

A free Stop Smoking Program will be offered at the L.E. Harrill Senior Center on Tuesday, November 16, from 6:30-9:30 p.m.. The American Cancer Society, Appalachian State University and Watauga Medical Center sponsor the program. You must pre-register by Monday, November 15, by calling, Susan at 262-6314 or Judy at 266-1066.

**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.

**Turchin Center Classes**

**Bookmarks and Fibulas**- Do you have one? This workshop will focus on the functional bookmark. Everyone needs a way to mark a page. And who couldn't use a large pin to hold something up? You will be etching copper and bending wire to create both of these practical items. This workshop meets Monday and Wednesday, November 15, and 17, from 10 a.m.-12 noon.

**Discovering Mexico.** This workshop concentrates on Mexican Art with a brief background of Latin American art and Hispanic Art. Mexican Art is well known for its Mexican revolution artistas and post-revolution muralists such as Diego Rivera, Tamayo and Siqueiros, and painters such as Frida Kahlo and Jose Guadalupe Posadas are included. Participants will create their own painting using watercolors, acrylics, and pastels capturing the essence of today's enigmatic and magical Mexico as conveyed by photos, music, posters and the tale of Alebrije and El Dia do los Muertos, and ofrenda. This workshop meets Monday and Wednesday, November 29, and December 1, from 10 a.m.-12 noon.

Transportation is provided from the L.E. Harrill Senior Center to the Turchin Center. Space is limited so call the senior center at 265-8090 to reserve a seat in the class.



**Recipe- Spinach Bisque**

½ cup chopped onion  
 2 tbsp. butter or margarine  
 1/3-cup all-purpose flour  
 ½ to 1 tsp. Salt  
 1/8 tsp. ground nutmeg  
 2-1/2 cups milk  
 1-cup water  
 ¾ cup cubed process American cheese  
 1 package (10 Ozs.) frozen chopped spinach, thawed and drained  
 Oyster crackers, optional

In a 3-qt. Saucepan, sauté onion in butter until tender. Stir in the flour, salt and nutmeg until smooth. Gradually whisk in milk and water. Add cheese; cook and stir over medium heat until melted. Add spinach; cover and simmer for 4-5 minutes or until heated through. Serve with oyster crackers if desired. Yield: 5-6 servings.

### 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 the following holidays:

- Thursday, November 11, 2004, in observance of Veteran's Day.
- Thursday and Friday, November 25 & 26, 2004, in observance of Thanksgiving.
- Friday, December 24, and Monday, December 27, 2004, in observance of Christmas.
- Friday, December 31, 2004, in observance of New Year's Day.



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

### 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

### Fashion

Many of us "Old Folks" (those over 50 or hovering over 50) are quite confused about how we should present ourselves. We're unsure about the kind of image we are projecting and whether or not we are correct as we try to be nice and conform to the fashions that the designers in NYC, California, and/or Paris inflict upon the world. So I made a sincere study of the situation and here are the results. Despite what you may have seen on the streets, the following combinations DO NOT go together:

1. A nose ring and bifocals
2. Spiked hair and bald spots
3. A pierced tongue and dentures
4. Miniskirts and support hose
5. Ankle bracelets and corn pads
6. Speedos and cellulite
7. A belly button ring and a gall bladder surgery scar
8. Unbuttoned disco shirts and a heart monitor
9. Midriff shirts and a midriff bulge
10. Bikinis and liver spots
11. Short shorts and varicose veins
12. In-line skates and a walker



With these guidelines I'm sure we'll all be **LOOKING GOOD!**



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