



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

Western Watauga Community Center

NOVEMBER AND DECEMBER 2007



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.

Holiday Caregiver Program- For most families, holidays are filled with opportunities for togetherness, sharing, laughter and memories. But holidays can also be filled with stress, disappointment and sadness. Because of the changes he or she has experienced, the person with Alzheimer's may feel a special sense of loss during the holidays. At the same time, caregivers may feel overwhelmed maintaining holiday traditions while caring for the person with this disease. In addition, caregivers may feel hesitant to invite family and friends over to share the holiday for fear they will be uncomfortable with behavior changes in the family member. If you're feeling guilty, angry or frustrated before, during or after holiday celebrations, it may help to know that these feelings are normal and that you're not alone. This class will offer some suggestions that may help to make the holidays happy, memorable occasions. This program will be offered at the Harrill Senior Center on Thursday, December 13, from 2-4 p.m. The presenter will be Nicole Rieger-Thomas with the Alzheimer's Association. It is free and open to the public. Call the center at 265-8090 to reserve a seat.

AARP Driver Safety Program for Older Adults

The nation's first and largest driver safety classroom refresher course geared especially to older adults driver safety needs will be offered, for a nominal fee, by the Lois E. Harrill Senior Center on Wednesday and Thursday November 14 & 15 2007 from 8:00 am - 12:00 noon. Classes will be held at the Watauga County Law Enforcement Center located at 184 Hodges Gap Rd., Boone, NC. The instructor will be Sheriff L.D. Hagaman. The cost of the program is \$10 per person and will offer information on how to: Compensate for changes in vision, hearing, and reaction time; What to do if confronted by an aggressive driver; When to use a car phone; How medications may affect driving; and much more valuable information. Auto insurance discounts may be available for participation in this course (ask your auto insurance agent). Call the Center at 265-8090 for more information, or to reserve a seat.



Medicare D Open Enrollment

It's time to evaluate your current Medicare Prescription Drug Plan. Changes to your Medicare will be effective on January 1, 2008, but you must make the changes during the Medicare Annual Open Enrollment between November 15, and December 31, 2007. Trained SHIIP counselors are available at the L.E. Harrill Senior Center to help you make changes to your plan. You may call 265-8090 to schedule an appointment.

Start Saving on Your Prescription Drugs

Are you having trouble paying for prescription drugs? If you are and you have Medicare, there is extra help available and you may be eligible. And, if you think you won't qualify for it, think again. Two programs are available:

- *Extra help* available by applying and qualifying through Social Security can pay for part of your drug costs, for example monthly premiums, annual deductibles, and prescription co-payments. Many people with limited income and resources qualify for these big savings and they don't even know it. You must apply to find out if you qualify for the extra help. To qualify for extra help in 2007, your income should be no more than \$15,315 for an individual or \$20,535 for a married couple. Your income limit may be higher if you or your spouse supports other family members who live with you. Your resources (like bank accounts, stocks and bonds) can't be more than \$11,710 for an individual or \$23,410 for a married couple. Remember, your house and cars don't count toward resources. Apply online at www.socialsecurity.gov, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778), go to the nearest Social Security office, or call the senior center at 265-8090 for assistance.
- The Governor's NCRx Program is available to N.C. residents who are Medicare beneficiaries age 65 and older with an annual household income below 17,868 for an individual or less than 23,958 for married couples. And your combined savings, investments and real estate (other than your home, car and a \$1,500 per person allowance for burial expenses) less than \$20,412 for an individual or less than \$30,618 for married couples. This program can pay up to \$18 toward the monthly premium of a Medicare PDP. Call the senior center at 265-8090 for assistance.

LOIS E. HARRILL SENIOR CENTER
November and December 2007



To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Sherry Harmon is the Director.



Weekly Activities

Monday—Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1:30 - 2:30 p.m.
Tuesday - Lap Quilting Group -	9 a.m. - 12 noon
Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- -	11 a.m. - 12 noon
Line Dancing - - - - -	2 - 3:30 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Wednesday -Art Class - - - - -	9 a.m. - 12 noon
Muscles and More - - - - -	10:30-11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1:30 - 2:30 p.m.
Bridge - - - - -	6:30 - 10 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 <i>Intermediate</i> - - - - -	5:30 - 6:30 p.m.
Tai Chi <i>Beginners</i> - - - - -	6:30 - 7:30 p.m.
Friday- Muscles and More - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Congregate Nutrition Program

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

Agency Information

Department of Social Services- Fuel Assistance Program- Friday, November 2, from 11 a.m.-12 noon.

Watauga County Veteran's Service Officer- Wednesday, November 7, from 11 a.m.-12 noon.

Appalachian Regional Health Care System Volunteer Opportunities- Wednesday, December 5, from 11 a.m.-12 noon.

Blood Pressure Checks

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

Drop in Activities

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

Electric typewriter * Piano * Pool Table *
 Card Tables * Exercise Equipment *Computer Lab *
 Table games, jig saw puzzles, and cards * Televisions/
 VCR and DVD players * Library (Books and Audio books) –May also be checked out for use at home *
 Video Library –May also be checked out for use at home * Sewing Machines * Balance Beam Scales for checking weight * Exercise Your Brain Mental Adventures (Variety Puzzles) *
 Photo Smart Printer - .50 cents per 4x6 photo



Support Groups:

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

Diabetes Support Group - Meets the first Thursday of each month at 12 noon.

Caregiver Class - Holiday Caregiver Program- Thursday, December 13, from 2-4 p.m. This class will offer some suggestions that may help to make the holidays less stressful and happier, more memorable occasions.



Special Activities

Turchin Center Classes- Classes are free for persons 60 and older. Transportation provided at no charge from L.E. Harrill Senior Center to and from the classes. Call Sherry to reserve a seat in the class and on the bus. **Deadline to reserve a space is one week prior to class.**

Clay With Penny Makris- November 2, and 9, from 10 a.m. to noon. In Session I, participants will learn the art of coil or slab clay construction as we use self-hardening clay to create a bowl or container to hold our gratitude for the blessings of the season. In Session 2 participants will enhance and embellish their containers with colored inks and paint. Please plan to attend both sessions.

Japanese Paper Arts: Origami and Kirigami With Penny Makris- December 7, and/or 14, from 10 a.m. to noon. In Session 1, participants will learn the ancient art of Japanese paper folding - origami -- as we fold cranes and flowers. We will use a variety of papers including foil, double sided colors and oriental patterns. In Session 2, participants will learn to fold and cut decorations such as flowers, leaves and 3-dimensional ornaments - Kirigami. We will use an assortment of papers including solid colors, rainbow swirls and opaescents.

Christmas Craft Sale- Wednesday and Thursday, November 7, and 8, from 9 a.m.-3 p.m.

Fall Festival- Friday, November 9, from 3-5 p.m. Music, Dancing, Food, Games, talent show, art/craft display and lots of fun. Reserve a space.

Driver Safety Classes- Wednesday and Thursday November 14 & 15 from 8:00 a.m. -12:00 noon. Pre-registration required.

Thanksgiving Program- Thursday, November 15, 10:30 a.m.-12 noon. Special musical entertainment from the Golden Age Singers.

Christmas Party- Friday, December 21, 10 a.m.-12 noon. Refreshments, games and prizes.



Special Interests and Services

Health Screenings- Mondays, November 19, and December 10. You must have an appointment.

Flu and Pneumonia Immunization Clinic-

Vaccinations given by the Appalachian District Health Department at the L.E. Harrill Senior Center on Friday, November 2, from 12 noon to 4 p.m. No appointment is necessary.

Social Security - Social Security - A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, January 2, from 9 a.m.-12 noon

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, November 27, 10 a.m. - 12 noon.

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

Book Discussion Group- Meets the fourth Wednesday of each month at 1:30 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.

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

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

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 cont.

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

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, and Meat Camp

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

Wednesday - Meat Camp, Todd and Intown

Thursday - Intown, Blowing Rock, Cove Creek, Foscoe and Matney

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



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 sherry.harmon@ncmail.net requesting this method of delivery.
- Mailed.
- Located on agency's web site at www.wataugacounty.org. Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.

Thanksgiving Program

On Thursday, November 15, at 10:30 a.m. the Lois E. Harrill Senior Center will celebrate thanksgiving with a special performance by the Golden Age Gospel Singers from Mitchell County Senior Center. The Golden Age Singers was founded in 1997 with four members. The now more than 20 member group comes together twice each week to practice and enjoy fellowship with one another at the senior center. Please call Sherry to reserve a seat for this special program.

Fall Festival to be held at Harrill Senior Center

On Friday, November 9, from 3 to 5 p.m. students from an ASU program planning class will throw a party. The theme is a "Fall Festival" and will feature blue grass music, a square dance caller, food including cotton candy and ole time popcorn machines, games, drawing for prizes, an opportunity for individuals to showcase their talents by displaying craft and art creations as well performance art. If you line dance, sing, write or recite poetry, perform stand up comedy, etc. this is your chance to share it with others. We request you reserve a space for the festival so we know how many are coming. Also let us know if you will be participating in the talent show or bringing handmade items to display.



WESTERN WATAUGA COMMUNITY CENTER

November and December 2007



To receive more information or to register for a service or activity at the Western Watauga Center please call 297-5195. Toni Wait is the Director.

Caldwell Community College Classes

Crafts — Tuesdays - - 10 a.m. - 1 p.m.
Lap Quilting — Thursdays - - 10 a.m. - 1 p.m.
Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.
Classes will register for fall semester the first week in September.

Weekly Activities

Monday -Walking - - - - -	8 - 10:00 a.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.
Body Recall Exercise - - - - -	9 - 10 a.m.
Wednesday- Walking - - - - -	8 - 10 a.m.
Exercise with light weights - - - - -	8:30 - 9 a.m.
Hand built pottery - - - - -	9 a.m. - 1 p.m.
Knitting - - - - -	9 a.m. - 12 noon
Nutrition & Health - - - - -	10:30 - 11:30 a.m.
Rook (call after 1pm to reserve a seat) -	5 - 9 p.m.
Thursday - Walking - - - - -	8 - 10 a.m.
Body Recall Exercise - - - - -	9 - 10 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Art Class - - - - -	9 a.m. - 1 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.

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



Health and Nutrition Information

Recipes and lifestyle changes for avoiding and handling Diabetes Series: Tuesday, November 20, and Monday, December 10. Both programs meet from 10-11:30 a.m.

Support Groups:

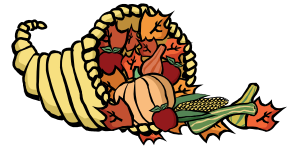
Weight Loss- Mondays 7-8 p.m.

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Agency Information

Tuesday, November 13, 10-11:30 a.m. -NC Division of Services for the Deaf and Hard of Hearing. Screenings will be given. These screenings are designed to indicate the presence of a hearing loss, but will not determine the extent of loss. No appointment necessary.



Special Activities

Christmas Parties-

Tuesday, December 4, 10-11:30 a.m - Christmas Bingo
Wednesday, December 12, 10-11:30 a.m. - Festive Music
Tuesday, December 18, 9 a.m.-3 p.m. - Christmas Rook Tournament
Friday, December 21, 9-11:30 a.m. - Sing along Carols and Refreshments

Special Interests and Services

Health Screenings- Mondays, November 26, and December 17. You must have an appointment.

Cove Creek Grange- 2nd Tuesday of each month, 7-9 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- 1st Thursday of each month, 6-8 p.m. Meetings open to the public.

Crafty Critters Club- Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center. Membership is \$10.00 and a \$2.00 per month supply fee. Meets the first Monday of each month from 12 noon –3 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.

Western Watauga Community Center Special Interests and Services continued

Fiber Art/Hand Spinning Guild — Spinners meet first Thursday of each month, 6 - 8 p.m.

Fiber Guild meet the third Thursday of each month, 6 - 8 p.m. For more information contact Sandra Basel at 297-3046.



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.

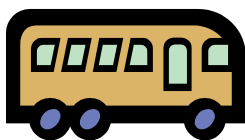
Outpatient Behavioral Health –Dev Looper with Passages II will be available for consultation the first Thursday of each month from 10-11:30 a.m. and the fourth Monday of each month from 9-11:30 a.m.

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

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.

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

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

Thursday 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.

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

New Classes at Western Watauga Community Center

Body Recall exercise classes will begin Thursday, November 1. The classes will meet each Tuesday and Thursday in the old Cove Creek gym located next door to the center. There is no charge to attend and it is open to persons aged sixty and older. Classes will meet from 9-10 a.m. Candy Jones will be the Instructor. There will be no classes the week of November 12th, but will resume Tuesday, November 20.

A Rug Hooking Class will begin Monday, November 5, and will meet each Monday from 10 a.m. – 1 p.m. The Instructor will be Kathleen Moore. There is no charge for the class and it is open to persons aged sixty and older. Call 297-5195 for a supply list.



Flu and Pneumonia Immunization Clinics at Senior Centers

Vaccinations for flu and pneumonia will be given by the Appalachian District Health Department at the L.E. Harrill Senior Center on Friday, November 2, from 12 noon to 4 p.m. and the Western Watauga Senior Center on Monday, November 5, from 9:30 a.m. - 12:30 p.m. and 1:30 - 3:30 p.m. No appointment is necessary. There will be no charge for Medicare recipients but you **must** present your Medicare card. The charge for non Medicare recipients will be \$32 for flu and \$48 for pneumonia.

Inclement Weather

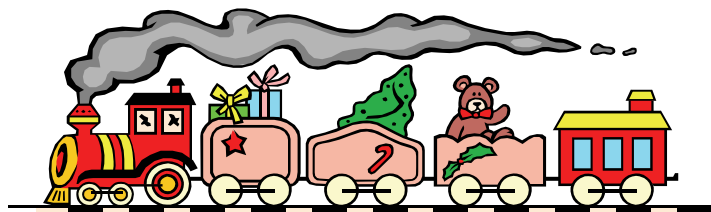
Meals and activities will continue as scheduled as long as road conditions are safe for travel. When road conditions are dangerous, meals and activities will be canceled. A decision on cancellations will be made and announced on WATA (1450 AM), WZJS (100.7 FM), and WMMY (106.1 FM) radio stations by 8:00 a.m.

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, November 12, for Veteran's Day
Thursday and Friday, November 22, and 23, for Thanksgiving
Monday, Tuesday and Wednesday, December 24, 25, and 26, for Christmas
Tuesday, January 1, 2008, for New Year's Day.

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



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.



Christmas Craft Sale is Scheduled at Senior Center

The dates for this year's event are Wednesday and Thursday, November 7, and 8. 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.

Sale hours will be from 9 a.m. to 3 p.m. both days. It is a great place to shop for Christmas decorations and gifts. It is also a great way for senior crafters to earn extra money. To be eligible to sale items crafters must be aged sixty or older and items must be handmade. Crafters receive 100% of their asking price. This is a service the senior center provides to enable older adults to showcase their talents and supplement their income. Mary Foreman will once again volunteer her services to coordinate the event. Inventory forms and an information sheet for participating crafters are available for pick up at both senior centers.



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

L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195