



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 2008



Medicare Part D Open Enrollment Fast Approaching

Once again, it's time for North Carolina's Medicare beneficiaries to make a decision about their prescription drug coverage. Medicare Part D — the federal program's prescription drug benefit — open enrollment begins on Nov. 15 and runs through Dec. 31. During this enrollment period, people with Medicare can sign up for a prescription drug plan (PDP) or switch their current Medicare Part D plan. SHIP, the Department of Insurance's Seniors' Health Insurance Information Program, is available to help seniors and other Medicare beneficiaries with the enrollment process or answer any questions about the program. In Watauga County trained SHIP counselors will be available to meet with you face-to-face by calling the Project on Aging at 265-8090 to make an appointment.

What if you cannot afford a Medicare PDP?

There is federal assistance available for people with Medicare who have limited income and resources. If you qualify, you can receive assistance with premiums, deductibles and prescription co-payments. To apply for the Low Income Subsidy (LIS) program call the Social Security Administration at 1-800-772-1213, visit www.socialsecurity.gov or pick up an application at the senior centers in Watauga County.



North Carolina residents may also apply for assistance through the Governor's NCRx program by calling 1-888-488-6279 or visiting www.ncrx.gov.

Should you change your current PDP?

Many Medicare PDPs change their formularies and prices every year, so it is possible that the PDP you chose for 2008 won't work as well for you in 2009. Just like with any insurance product, it's important to make sure that your coverage continues to meet your needs year after year. By comparing plans, you can see if another Medicare PDP would save you money and/or cover more of your prescriptions. Start your comparisons now so that there is plenty of time

Medicare Part D Open Enrollment Fast Approaching cont.

to shop around before making your decision. If you do sign up for Part D or change your current plan during the open enrollment, Nov. 15 – Dec. 31, your new plan will take effect on Jan. 1, 2009.

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.

Flu and Pneumonia Immunization Clinics at Senior Centers

Vaccinations for flu and pneumonia will be given at both the Harrill and Western Senior Centers by the Appalachian District Health Department. The date for the Harrill Senior Center is Friday, November 7, from 11 a.m.- 4 p.m. The date for the Western Watauga Center is Wednesday, November 12, from 8 a.m. – 3 p.m. Those persons wishing to receive the pneumonia vaccination **must** know their immunization history for this vaccination. There is no charge for the immunizations for Medicare or Medicaid recipients. You **must** present your Medicare or Medicaid card prior to receiving your vaccination. For all others the charge will be: Flu \$32.00 --Pneumonia \$48.00. You do not need an appointment for the clinic. Persons will be seen on a first come first serve basis. For more information call the senior centers.



2008 Christmas Craft Sale

The dates and times for this year's event will be Wednesday and Thursday, November 19, and 20, from 9 a.m. - 4 p.m. The sale is open to the public and 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 currently available at both the Harrill and the Western Watauga Centers. All items for sale will be hand made. This is a wonderful opportunity to purchase unique gift and decoration items.

LOIS E. HARRILL SENIOR CENTER
November and December 2008



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 -Intermediate Art Class - 9 a.m. – 12 noon	
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Exercise Class - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- -	11 a.m. - 12 noon
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Wednesday -Beginner Art Class- 9 a.m. - 12 noon	
Muscles and More - - - - -	10:30-11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Exercise Class - - -	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 Group - - - - -	5:30 - 6:30 p.m.
Friday- 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. We would like to eventually host a Wii competition. If you are interested in practicing at the center please contact Sherry 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:
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 * Karaoke Machine * wii * wireless internet *



Congregate Nutrition Program

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



Agency Information

Medicare D & Low Income Subsidy Eligibility- Sherry Harmon, SHIP Coordinator-Tuesday, November 4, 11 a.m. – 12 noon.

Watauga County Library- Evelyn Johnson, Adult Services Librarian-Tuesday, December 2, 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.

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.

Living with cancer education program and support group- Meets the third Thursday of each month at 1:30 p.m.

Special Activities

Immunization Clinic- Friday, November 7, from 11 a.m. – 4 p.m.

Autumn Extravaganza- Friday, November 14, from 3-5 p.m. Talent show, Games, Door prizes, Refreshments, Music and Dancing. Planned and presented by students from ASU Program Planning Class. Reserve a space.

Shopping Trip to Hickory- Tuesday, November 18, from 8 a.m. – 5 p.m. Hamricks in the am, Lunch at J&S cafeteria, Shopping Center and/or Mall in the pm. Bus seats are limited-Call to reserve.

Christmas Party- Monday, December 22, from 10 a.m. – 12 noon.

Special Interests and Services

Health Screenings- Health Screenings- No screenings are scheduled during November and December 2008. Screenings should resume in January '09 if funding is available. Watch for public service announcements in local media and January/February Young at Heart Newsletter.

Special Interests and Services Continued

AARP– Meets the third Tuesday of each month from 10 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.



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.

Free Hearing Aid Services- Hearing screenings; Otoscopic 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, December 16, 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.

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.

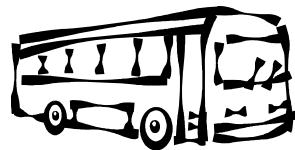
Special Interests and Services Continued

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



Staff changes at L.E. Harrill Senior Center

I will be retiring from my position as Director of the L.E. Harrill Senior Center at the end of this year. I cherish the many friendships I have made over the years and I will certainly miss the interaction with participants and staff. Once I turn the magic age for eligibility I will be joining you at the senior center for a competitive game of bingo and staying fit with Muscles and More exercise classes. Thanks for the memories from the past 30 years.



November is COPD Awareness Month

What’s the fourth leading cause of death in the U.S. claiming 120,000 lives each year? If you’re like most people you’ve probably never even heard of it. COPD (chronic obstructive pulmonary disease) is a serious lung disease that over time makes it hard to breathe. More than 12 million Americans have been diagnosed with COPD, and another 12 million likely have the disease and don’t even know it, according to the National Heart, Lung, and Blood Institute (NHLBI). You could be at risk for COPD if you—can’t perform simple tasks you used to be able to do, like climbing stairs, grocery shopping, or walking to the mailbox; are over 40 and smoke or used to smoke; have worked or lived around chemicals or fumes; or have certain genetic conditions. If this sounds like you, it’s important to let your doctor know and make regular appointments, even if you’re feeling fine.

WESTERN WATAUGA COMMUNITY CENTER

November and December 2008



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.

Weekly Activities

Monday - Walking - - - - -	8 - 11:00 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 - 9 a.m.
Sewing & Crafts - - - - -	10 a.m. - 1 p.m.
Wednesday - Walking - - - - -	8 - 11 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
Rook (call after 1pm to reserve a seat) -	5 - 9 p.m.
Thursday - Walking - - - - -	8 - 9 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Art Class - - - - -	9 a.m. - 1 p.m.
Friday - Walking - - - - -	8 - 11 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.

Health and Nutrition class - First Tuesday each month from 10-11:30 a.m.

Walking in the gym: Old Cove Creek School--- Monday-Friday from 8-10 a.m. Everyone must register the first time to participate. Basket balls are available upon request.

Congregate Nutrition Program

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

Blood Pressure Checks

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

Agency Information

A representative from Appalachian Regional Behavioral Health (formerly Passages II) will give a brief program for seniors, and also be available each month for information and referral. This is an adult specialty outpatient service, with a focus on geriatric psychiatry, serving older adults who are experiencing life crisis issues, as a result of changing lifestyles, declining health, loss and grief. Thursday, November 13, and Friday, December 12, from 12:15 - 1 p.m.

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 * Wireless Internet *



Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Cancer support and education program- First Tuesday each month from 10-11:30 a.m. This program is designed for patients, their loved ones, and caregivers.

Special Activities

Immunization Clinic- Wednesday, November 12, from 8 a.m. – 3 p.m.

Shopping Trip to Hickory- Tuesday, November 18, from 8 a.m. – 5 p.m. Hamricks in the am, Lunch at J&S cafeteria, Shopping Center and/or Mall in the pm. Bus seats are limited-Call to reserve.

Christmas Bingo- Tuesday, December 9, 10-11:30 a.m.

Special Music- Friday, December 19, 9-11:30 a.m.

Christmas Party- Tuesday, December 23, 9 - 11:30am.



Special Interests and Services

Health Screenings- No screenings are scheduled for November & December 2008. Screenings should resume in January 2009 if funding is available. Watch for public service announcements in local media and January/February Young at Heart Newsletter for information

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

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

Special Interests and Services Continued

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- 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 and 297-5195.

Fiber Art/Hand Spinning Guild — Spinners meet first Saturday of each month, 9 a.m. - 12 noon.

Fiber Guild meet the third Saturday of each month, 9 a.m. - 12 noon. For more information contact Sandra Basel at 297-3046.

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

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.

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.

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.

Volunteer Position Available at Western Senior Center

We need someone to act as receptionist at the front desk weekday mornings for a couple of hours. Times and days are negotiable. Some duties include: answering the phone and taking messages, greeting and directing patrons to classrooms or library, handing out brochures, etc. If interested call Toni at 297-5195 M-F 8:30 a.m.-3:30 p.m.

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



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.



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.

L. E. Harrill Senior Center to Offer Arthritis Exercise/Health Education Program

The Harrill Senior Center is offering a program developed specifically for people with arthritis. Low-impact, joint-safe exercises led by AF-certified instructors can be taken either sitting down or standing. This program has been proven in research studies to reduce arthritis pain and improve ability to do more daily activities. The program will be offered from 1:30-2:30pm each Monday and Wednesday (16 classes) during November and December. There is no charge to attend. We request you reserve a space so that adequate materials will be available. Any age may attend but persons aged sixty and older will be given priority if class size exceeds space available. Call 265-8090 with any questions or to reserve a space.

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.

**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:

Tuesday, November 11, for Veteran's Day;
Thursday and Friday, November 27, and 28, for Thanksgiving;
Monday, Tuesday and Wednesday, December 24, 25, and 26, for Christmas;
Thursday, January 1, 2009, for New Year's Day.

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.



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