



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 2011



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.

To Celebrate and Honor Local Caregivers – The Watauga Council of the High Country Caregiver Foundation is proud to announce its annual **Caregiver Appreciation Luncheon** on Thursday, November 3, from 11:30a.m.- 1:00p.m., at the Dan'l Boone Inn. If you are a Watauga County family caregiver, please join us on November 3. For additional information or to reserve your spot please contact Brenda Reece at (828) 265-5434 ext. 128 or breece@regiond.org.

Alzheimer's Information Session- Tuesday, November 1, from 2:30-4p.m. Presented by Nicole Rieger Thomas of the Alzheimer's Association. "Coping with the Holidays." Caregivers and professionals are encouraged to attend. There will be time at the end for caregivers to share concerns and support one another. Please call to reserve a spot for this free session.

New Dates for Medicare Part D Open

Enrollment -The enrollment period for 2012 Part D Plans will begin on October 15, 2011 and end on December 7, 2011. This is a change from years past when you were able to enroll between November 15 and December 31. The last application submitted during the Annual Enrollment Period will become effective on January 1, 2012. In other words if you submit an application but change your mind, as long as you are still in the enrollment period, you can submit another application. The plan you choose during the enrollment period cannot be changed after the enrollment period ends unless you are entitled a Special Enrollment Period (SEP). Please call the Harrill Center in early October for an appointment if you would like to review your drug plan, or go to www.medicare.gov.

Transportation Changes

Due to rising costs for AppalCART transportation, effective November 1, we will be suspending all transportation routes on Thursdays. We will continue to provide transportation in all areas of the county two days each week by moving the current Thursday out-of-town routes to the Lois E. Harrill Center to Wednesdays. The new route schedules are posted in this newsletter. Donations are accepted for the transportation program and will be used to maintain current service or to expand service in the future.

Advocacy Corner

- A list of local restaurant senior discounts is now available at both centers. This list was compiled by the S.O.S. Advocacy Group from the Harrill Center. Thanks to all who helped work on this project!
- Thanks to everyone who participated in the Community Health Survey during November. It gives our health department good information for future planning!
- AARP organized a call-in day on October 12 to let Congress know that we don't want Medicare and Social Security cut in order to reduce the budget deficit. Several seniors as well as the senior center director called our legislators that day to have our voices heard!

Please see Tabitha for other advocacy opportunities!



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@watgov.org 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.

LOIS E. HARRILL SENIOR CENTER

November and December 2011



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
Rummy Group - - - - -	10 a.m - 12 noon
The Fit Club - - - - -	10 - 11:30 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	10 a.m - 12 noon
Nutrition/Health Classes - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	2:30 - 4:00 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
Rummy Group - - - - -	10 a.m. - 12 noon
The Fit Club - - - - -	10 - 11:30 a.m.
Indoor/Outdoor Games - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 10:30 a.m.
Rummy Group - - - - -	10 a.m - 12 noon
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Arthritis Foundation Tai Chi -	4 - 5 p.m.
Tai Chi - - - - -	5:30 - 7:30 p.m.
Watauga Photography Club -	7 - 8:30 p.m.
Friday - Fun with Wii - - - - -	9:30 - 11 a.m.
The Fit Club - - - - -	10 - 11:30 a.m.
Rummy Group - - - - -	10 a.m. - 12 noon
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.

Drop in Activities

The following are available for use at the center by persons 60 and older: * Balance Beam Scales for checking weight * Bocce * 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 * Wii *

Agency Information



Wednesday, November 9, and Thursday, November 10, at 11:45: Heating Assistance Information. Janie Trivette from DSS will explain the new guidelines for heating assistance. Seniors will be given first priority this year.

Tuesday, November 15, 11a.m. - Noon: Disability Rights presentation. This presentation is open to the community for anyone with a disability or who just wants more information.

Tuesday, December 5, 11a.m.-Noon: Presentation on CapTel, a telephone system for those hard of hearing. Come check out this wonderful service!



Special Activities

Shopping Trip to Hickory - Tuesday, November 8, 8:30 a.m.-4:30 p.m. Hamrick's, J&S Cafeteria for lunch, (please bring lunch money), and the mall or Target Shopping Center in the afternoon. Please call to reserve a seat. No charge for trip but donations would be appreciated.

County Fair - Thursday, November 17, 10 a.m. -Noon. Coordinated by ASU students. Corn hole, games, prizes, apple recipe showcase. Come join us and bring your favorite apple recipe for us to taste!

Christmas Party - Friday, December 23, 10 a.m.-12 p.m. Refreshments, Christmas karaoke, Christmas Bingo! Snack and drink donations are greatly appreciated.

Support Groups:

"The Art of Living", a reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the first Friday of each month from 10 a.m.-12 p.m. (Will not meet in December.)

NAMI (National Association for Mental Illness) Support Group - Meets the first Monday of each month at 7 p.m. and **NAMI Connections** meets every Tuesday from 2:30 - 4 p.m.

Special Interests and Services

Veterans Group - Meets the 1st Tuesday of each month from 1-3 p.m.



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 13, from 9:30-11:30 a.m.

Special Interests and Services Continued

Legal Aid Helpline – 1-877-579-7562. Legal Aid Office in Boone is closed; please call helpline number for legal assistance. For emergencies please call Tabitha who will contact a local Legal Aid attorney.

Computer Training - Free computer training is available by appointment.

Book Club - Will take a break for the winter months and then will resume in June 2012.

AARP– Note Our AARP Chapter is disbanding. If anyone is interested in continuing an AARP chapter in Boone, please contact Tabitha at the Lois Harrill Senior Center.

Advocacy Opportunities- The center provides information on advocacy opportunities, “Effective Advocacy” training as requested, and Voter registration forms.

Amateur Radio Club - Meets the first Monday of each month from 6 - 8 p.m.

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.

Memory Lane - Last Tuesday of every month from 10 - 11 a.m. Take a stroll through history as we watch videos and listen to music of days gone by.

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 every day Monday-Friday, except Thursday. Schedules for both centers are listed in each newsletter.

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.

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

Quilt Guild - Meets the first Thursday of each month from 1:30 - 4 p.m.

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Special Interests and Services Continued

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

Social Security - Online services available as well as assistance with contacting office in Wilkesboro. Please call or stop by for more information.

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

AppalCart Schedule

L. E. Harrill Senior Center

Days/Routes are subject to change.

Monday - Intown, Foscoe, Meat Camp, and Todd

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

Wednesday - Cove Creek, Intown, Foscoe, Meat Camp, and Todd

Thursday - No Routes Available

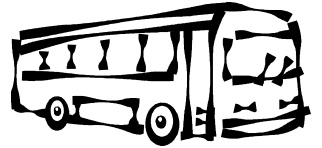
Friday - Deep Gap, Stoney Fork, Blowing Rock, and Intown

Project E.M.M.A.

During November and December we will be offering several EMMA programs, which stands for “Eat Better, Move More, Age Well.” By participating in EMMA activities, you may be eligible to earn prizes. Upcoming EMMA events: ZUMBA GOLD, every Wednesday afternoon from 4-5 p.m. (\$3 per class); Healthy apple recipes during our county fair on November 17 from 10 a.m.-Noon; Healthy ways to cook potatoes on Tuesday, November 22 at 11 a.m.; “The Joys of the Holidays” on Tuesday, December 13 at 11 a.m. (ginger cookies and tea for everyone; nail painting for the women, sports bloopers for the guys!).

AARP Driver Safety Class Offered for Older Adults-Free for Veterans!!

Wednesday, November 9, 8:30a.m.-1p.m., Harrill Center. Cost is \$12 per person for AARP members (\$14 for non-members). During the month of November, veterans and their spouses can attend the class for free. Just bring some form of proof of military service. Auto insurance discounts may be available for participation in this course (ask your auto insurance agent). Coffee, water, and a light snack will be provided. Call the center at 265-8090 for more information, or to reserve a seat.



WESTERN WATAUGA COMMUNITY CENTER

November and December 2011



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 - 11:00 a.m.
Shopping Van	-----	9 a.m. - 3 p.m.
Rug Hooking Class	-----	10 a.m. - 1 p.m.
Bridge	-----	9:30 - 11:30 a.m.
Gentle Exercise	-----	12:15 - 1:15 p.m.
Tuesday - Walking	-----	8 - 11 a.m.
Woodcarving Guild	-----	8:00 - 11:30 a.m.
Beading and Jewelry Making	-----	9:30 - 12:30 a.m.
Wednesday - Walking	-----	8 - 11 a.m.
Knitting	-----	9 a.m. - 12 noon
Bridge	-----	9:30 - 11:30 a.m.
Gentle Exercise	-----	12:15 - 1:15 p.m.
Shopping Van	-----	9 a.m. - 3 p.m.
Thursday - Walking	-----	8 - 11 a.m.
Art Class	-----	9:30 a.m. - 1 p.m.
Lap Quilting Guild	-----	9 a.m. - 1 p.m.
Friday - Walking	-----	8 - 11 a.m.
Weaving Guild	-----	9 a.m. - 1 p.m.
Yoga	-----	10:15 - 11:15 a.m.

Rook is an ongoing activity Monday - Friday, from 8 a.m. - 2 p.m. and Party Bridge from 9 a.m. - 2 p.m.

Fitness equipment is available to those age 60+ on Monday - Friday from 8 a.m. - 4 p.m. with staff present.

Walking Program is inside the Old Cove Creek School Gym, Monday - Friday, from 8 - 11 a.m.

Congregate Nutrition Program

Lunch is served Monday through Friday from 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
- * Wii sports
- * Wireless Internet *



Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Grief Workshops - Third Friday each month from 9:30 - 11:30 a.m. Jennifer Johnson, a representative from High Country Hospice will be offering an uplifting group session in which to honor and remember loved ones and pets.

Diabetic Education and Support Group - Meets every Thursday evening, from 6:30 - 8:30 p.m. and Friday morning, from 9:30 - 11:30 a.m. Space may be limited, please call in advance to reserve a seat.



Health and Nutrition Education

Friday, November 15, from 10 a.m. - 2 p.m. with lunch break from 11:30 a.m. - 12 noon. CCTI Nursing Students will offer a free interactive teaching/fun event to increase awareness of the improved quality of life of the elderly population that is served by the Western Watauga Center while implementing the priorities of the healthy people 2020 initiative for the elderly.

Blood Pressure Checks

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



Special Activities

Tai Chi Classes - Free classes for beginners will meet each Friday, beginning Friday, November 4, from 10 - 11 a.m. at the Old Cove Creek Gym. Carpooling will be available from the community center upon request; those who need a ride should meet by 9:30 a.m. Instructed by Joe Langdon.

Shopping Trip to Hickory - Tuesday, November 8, 8:30 a.m.-4:30 p.m. Hamrick's, J&S Cafeteria for lunch, (please bring lunch money), and the mall or Target Shopping Center in the afternoon. Please call to reserve a seat. No charge for trip but donations would be appreciated.

Thanksgiving Drawing - Prizes to be drawn on Wednesday, November 23, at noon.

Christmas Celebrations - Festivities, music and refreshments will be served on Thursday, December 15, Tuesday, December 20, and Friday, December 23, from 9 - 11:30 a.m.

Santa's Toy Box

Santa's Toy Box is collecting unwrapped new toys in the large purple bucket next to the reception desk. Deadline to donate is December 3. Toys will be distributed to underprivileged children of all ages in Watauga County.

Special Interests and Services

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 quarter, 6-7 p.m. Meetings open to the public. Call Toni at 297-5195 for the schedule.

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 Monday-Friday except Thursday. Schedules for both centers are listed in each newsletter.

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

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.

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

Fiber Art/Hand Spinning Guild — Spinners will meet first Saturday of each month from 9:30 - 11:30 a.m. Fiber Guild will meet the third Saturday of each month from 9:30 - 11:30 a.m.

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

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



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Special Interests and Services Continued

Book Discussion Club - Will meet the fourth Thursday of each month. The meeting will be from 6 - 8 p.m. and is sponsored by the Branch Library. Call the library at 297-5515 each month for book title/author or for more information.

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

AppalCart Schedule -Western Watauga Community Center



Days/Routes are subject to change.

To ride the van on the day they come to your area, just call 264-2278 between 7 -8:30 a.m. on the morning you wish to ride. The farther out you live the earlier you should call in order for drivers to leave earlier.

Monday - 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

Tuesday - Hwy. 421, Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

Wednesday 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.

Thursday - No Routes Available

Friday - 321 North to Howard Edmisten Rd., Cove Creek areas, Mast Gap, Old Hwy. 421, Mabel, and Silverstone

Flu Shot Clinic



Tuesday, November 15, from 10 a.m. - 1 p.m.

Call the Western Watauga Community Center to sign up. The following insurances will be accepted: Medicare Part B and Advantage Plans, BCBSNC, NC State Health Plan, Tricare, Medcost, Humana (medical), Any PPO's. Please bring insurance cards.

Donations Needed for Fundraiser

New or like new items are needed for a raffle and silent auction to be held at the Community Center. The silent auction will be held Monday, December 5 through Friday, December 9 from 9 a.m. - 4 p.m. for view and bid. Winners will be announced the following Monday, December 12. All proceeds will go towards the center.

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:

Friday, November 11, 2011 in observance of Veteran's Day.

Thursday, November 24, and Friday, November 25, 2011 in observance of Thanksgiving.

Monday, December 26, and Tuesday, December 27, 2011 in observance of Christmas.

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



Special Training for Community Members:

Monday, December 5, 2:30-4 p.m. at the Lois E. Harrill Senior Center: Information on CapTel Program, a telephone system for those hard of hearing. Caregivers and professionals are invited to join us for this information session!



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.

Call the senior centers with any questions.

Vendors – Get Ready! Christmas Craft Sale is coming to Senior Center

Please join us for our annual Christmas Craft Sale on Wednesday, November 16, and Thursday, November 17, from 9a.m.-3p.m. each day at the Lois E. Harrill Senior Center. Crafts are handmade by local seniors who get 100% of their asking price. If you are a crafter age 60 or older and interested in earning extra money then make plans to participate in this year's sale. Inventory forms and instruction sheets for participating crafters are available at both the Harrill Center and the Western Watauga Center. Please call 265-8090 for more information.



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