



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

Western Watauga Community Center

265-8090

297-5195

NOVEMBER AND DECEMBER 2012



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 Elizabeth 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 Tuesday, November 13, at 12 noon at Casa Rustica Restaurant. If you are a Watauga County family caregiver, please join us on November 13. For additional information or to reserve your spot please contact Brenda Reece by November 2, at (828) 265-5434 ext. 128 or breece@regiond.org.

Special Training on "Caregiver Preservation"

Wednesday, November 28, 3-4 p.m., presented by the Smoky Mountain Geriatric Specialty Team. Caregivers, family members, and agency professionals are invited to attend. Please call to register for this free session.

Flu Shot Clinic

Flu shot clinic will be held at the Western Watauga Community Center on Tuesday, November 13, 2012, from 9:00 a.m.-1 p.m. Flu vaccinations are free if you have Medicare Part B. Please bring your Medicare card or other insurance cards. For those without insurance, shots will cost \$23.99. Please plan to pay at the time of service. No appointment necessary.



Quilt Raffle

A raffle for a handmade quilt made by Yolanda Gornto worth over \$500. Tickets are \$5 each, all proceeds benefit the L. E. Harrill Senior Center. Raffle begins November 26, and winner will be announced at our Christmas Party on December 21. You do not have to be present to win.

Advocacy Corner

- Tuesday, November 13, 11 a.m.- Diane Trainor with the Senior Medicare Patrol will be here to discuss Medicare Fraud prevention. Please come join us and share any concerns you have about Medicare fraud. If you have paperwork you would like Diane to review, please bring it with you.
- Wednesday, November 28, 10 a.m.- Our Senior Tar Heel Legislators will be joining us on Wednesday, November 28, at 10 a.m. to report on this year's initiatives and to hear your concerns. Come join us and let your voice be heard!

Medicare Part D Open Enrollment

The enrollment period for 2013 Part D Plans will begin on October 15, 2012 and end on December 7, 2012. The last application submitted during the Annual Enrollment Period will become effective on January 1, 2013. 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 for an appointment if you would like to review your drug plan, or go to www.medicare.gov. You can also call the state SHIP helpline at 1-800-443-9354.

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

Please join us for our Annual Christmas Craft Sale on Tuesday, November 6 through Thursday, November 8, from 9 a.m.-4 p.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.

LOIS E. HARRILL SENIOR CENTER

November and December 2012



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
Stretching - - - - -	10 - 10:30 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Exercise - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Chair Yoga - - - - -	10 - 10:30 a.m.
Nutrition/Health Classes- - - -	11 a.m. - 12 noon
Rummikub - - - - -	1 - 2:30 p.m.
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
Indoor/Outdoor Games - - - - -	10 - 12 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Exercise - - - - -	1:30 - 2:30 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 11 a.m.
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class (\$) - - - - -	1 - 4 p.m.
Tai Chi I & II (\$) - - - - -	4:30 - 6:30 p.m.
Friday - Fun with Wii - - - - -	9:30 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Horseshoes (weather permitting) -	11 - noon

Coffee Time and Talk each morning from 9 - 10 a.m.



Rummy Group is an ongoing activity Monday - Friday, from 11 a.m.—12 noon.

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 * Cards * 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 *

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 suggested donation per class); special nutrition presentations by ASU students each Tuesday in November at 11:00 a.m. Also, during November and December we will be having a “Healthy Holidays Challenge”-come by the center for more details! Stay fit during the holidays and earn prizes.

Agency Information

Tuesday, November 13, 11 a.m. - Noon: Diane Trainor from the Senior Medicare Patrol will discuss Medicare fraud and how to report it. Feel free to share concerns.

Tuesday, December 4, 11 - 11:30 a.m.: David Cox with Workforce Investment Act will discuss job training opportunities.

Afterwards at 11:45 a.m., Janie Trivette from Department of Social Services will discuss heating assistance programs and will have applications available.

**Support Groups:**

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 - 3:30 p.m. **Peer to Peer** meets every Thursday from 2 - 3:30 p.m.

Special Activities

Over 50 Challenge- Friday, November 9, 11 a.m.-2 p.m. Join us for a day of recreation! Corn hole, horseshoes, billiards, bocce, spin casting (outdoor activities are weather permitting). This event is sponsored by the High Country Senior Games. Call the center at 265-8090 to sign up.

Shopping Trip to Hickory - Tuesday, December 18, 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 transportation. Call to reserve a seat.

Christmas Party – Friday, December 21, 10 a.m.-12 p.m. Refreshments, Christmas karaoke, Christmas Bingo! Snack and drink donations are greatly appreciated.



Special Interests and Services Continued
Special Interests and Services

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



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 Assistance - Available at the senior center for services not provided by the Project on Aging.



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

Free Hearing Aid Services- Hearing screenings; 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 11, from 9:30 - 11:30 a.m..



Computer Training - Free computer training is available by appointment.

Social Security - Online services available as well as assistance with contacting office in Wilkesboro. Transportation to Social Security Office in Wilkesboro can be arranged if needed through public transit. Please call or stop by for more information.

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Special Interests and Services Continued

Blood Pressure Checks - last Tuesday of each month from 10:30—11:15a.m.



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

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

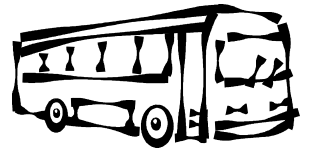
Veterans Group at Senior Center - The High Country WWII Roundtable is now meeting at the Harrill Senior Center on the first Friday of the month from 1-2:30 p.m. All veterans and spouses are welcome to attend.

Legal Aid Helpline – 1-877-579-7562. Please call helpline number for legal assistance. For emergencies please call Tabitha who can arrange for you to meet with a local attorney on-site. Legal aid clinics offered during the year at center; call for more information.

Book Club - Will be taking a break for the winter months. Will resume In June 2013.

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

Food Distribution – A list of local food pantries is available at the center. We also distribute donated food during our bingo games. Gardening to resume in Spring. Please contact Tabitha for more information.



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



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

WESTERN WATAUGA COMMUNITY CENTER

November and December 2012



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.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Bridge - - - - -	9:30 - 11:30 a.m.
Arthritis Exercise - - - - -	12:15 - 1:15 p.m.
Beading and Jewelry Making -	12 - 3 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Woodcarving Guild - - - - -	8:00 - 11:30 a.m.
Computer Classes - - - - -	12:30 - 1:30 p.m.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.m.
Wednesday - Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Bridge - - - - -	9:30 - 11:30 a.m.
Hand Built Pottery - - - - -	10 a.m. - 1 p.m.
Arthritis 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 - - - - -	9 a.m. - 1 p.m.
Yoga (\$) - - - - -	10:15 - 11:15 a.m.
After Lunch Walk - - - - -	12:15 - 1:30 p.m.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.m.
Friday - Walking - - - - -	8 - 11 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Healthy Weight Loss - - - - -	9:30 - 11:30 a.m.
Tai Chi - - - - -	10 - 11 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.



Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

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

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 *

Agency Information

NC Division of Services for the Deaf and Hard of Hearing will be at the center on Thursday, November 8th, from 10:30 a.m. - 11:30 p.m. to discuss “Understanding Hearing Loss and How to Communicate Effectively” with a brief segment on services and equipment available. The second session from 12:30 - 2 p.m. will be applications and consultations. Anyone interested in applying for a hearing aid or telephone will need to attend both sessions.

Health and Nutrition Education

CCCTI Nursing Students will visit the center each month to put on a program, take blood pressures and interact with seniors from 9 a.m. - 1 p.m. Thursdays, November 15, November 29, and December 6, 2012.



Blood Pressure Checks

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

Special Activities

Greeting Cards Workshops with Gail Gross. - \$5 fee per workshop includes instructions and supplies, envelope included.

Monday, November 5, 9:30 a.m. - 11:30 a.m. Two festive holiday cards with assorted designs.

Monday, December 3, 9:30 a.m. - 11:30 a.m. Christmas card and gift tag.

Sing Along Carols - Wednesday, December 19, 10 - 11 a.m.

Christmas Party - Friday, December 21, 9 - 11:30 a.m. Special music, games, and fellowship. Bring in your favorite treat to share.



Special Interests and Services

Cove Creek Precinct Election Day Voting - Tuesday, November 6, 7 a.m.—9 p.m. Please note that the parking lot will be very congested, so be alert.

Special Interests and Services cont.

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

Fun Tuesdays with Jennifer Teague, MA, Director of Community Relations for Deerfield Ridge Assisted Living - Each month from 10 - 11:30 a.m. Will play bingo and other games, make crafts, and host parties or activities. Tuesday, November 20th, - Thanksgiving Party and Tuesday, December 11th, Christmas Bingo.

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



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.

Fiber Art/Hand Spinning Guild — Spinners will meet first Thursday of each month from 6:30 - 8:30 p.m. Fiber Guild will meet the third Thursday of each month from 6:30 - 8:30 p.m.

Beginning in November the Spinners will meet the first Saturday of each month from 9 a.m. - 12 noon. Fiber Guild will meet the third Saturday of each month from 9 a.m. - 12 noon.

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.

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.

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

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

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Special Interests and Services Continued

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

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

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.

Registration for Yoga Classes at Senior Centers

Yoga will resume in January at both centers. This class is appropriate for beginners as well as experienced yoga students. The instructor, Akal Dev Sharonne, has been a yoga practitioner and teacher for more than 30 years. The cost of each 12-week session is \$60.00 per person. Any age may register, but if the class exceeds the attendance limit priority will be given to persons age sixty and older. Please call for more information about registration.



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 the following holidays:

Monday, November 12, 2012 in observance of Veteran's Day.

Thursday, November 22, and Friday, November 23, 2012, in observance of Thanksgiving.

Monday, December 24, Tuesday, December 25, and Wednesday, December 26, 2012 in observance of Christmas.



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



Newsletter Special Note

Due to increasing costs and budget concerns, we are no longer mailing the newsletter to participants who come to the center(s) on a regular basis. If you have received this newsletter via postal mail and would be able to pick up the newsletter at one of the centers, please let us know so we can adjust the mailing list accordingly. We appreciate your assistance. The Project on Aging does accept donations as well as memorials. All monies collected are used to help fund the services we provide.

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.

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

Friday, November 16 from 8:30 a.m.-1 p.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.



 **Watauga County Project on Aging**
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