



# 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

**SEPTEMBER AND OCTOBER 2007**

### September is National Senior Center Month

The theme for National Senior Center Month 2007 is: **Senior Centers Work!**

Senior Centers: Serve older adults; Provide opportunities for them to serve; Implement innovative programs; Serve as a trusted and reliable source of information and counseling; Are a strong thread in the fabric of the aging network and Are an integral part in the lives of many.



### Medicare Offers Access to Personal Medicare Information

Medicare beneficiaries are encouraged to be proactive with their health care. One way to be proactive is to know your personal Medicare information. CMS is providing a secure online service that allows Medicare beneficiaries to access this information 24 hours a day, seven days a week. To access your personal Medicare information:

1. Log on to [www.MyMedicare.gov](http://www.MyMedicare.gov) and click on the link labeled "Need to Register" in the middle of the page.
2. Enter your Medicare number located on your Medicare card to fill out the required information. To submit your information, click on the "Continue" button.
3. Within two weeks, Medicare will mail you a password; however, if you provide an email address when you register, your password will be emailed to you right away. Once you have your password, log on to [www.MyMedicare.gov](http://www.MyMedicare.gov) to access your personal information.

Using MyMedicare.gov allows you to track your Medicare claims, get a copy of your Medicare Summary Notice and find out which preventative services Medicare will cover for you. If you have questions about the Web site, you can call MyMedicare's technical support hotline at 1-877-607-9663 or SHIP at 1-800-443-9354 for help.

### 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.

A Caregiver Program will be offered at the Harrill Senior Center on Thursday, October 18, from 2-4 p.m. The topic will be **Partnering With Your Doctor: A Workshop for Persons with Memory Problems and Their Care Partners.** This workshop provides caregivers and people with dementia with the knowledge and skills necessary to successfully partner with physicians and other health care professionals to ensure the highest quality dementia care is being provided. The workshop will enable participants to be better prepared for physician visits, increasing the probability that their needs will be met.

The presenter will be Nicole Rieger-Thomas with the Alzheimer's Association. There is no charge to attend and it is open to the public. You may call the senior center at 265-8090 with questions or to reserve a seat.



### Christmas Craft Sale at the Lois E. Harrill 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. Mark the date! It is a great place to shop for Christmas decorations and gifts, and a great way for senior crafters to earn extra money. Forms for participating crafters will be available for pick up at both senior centers after October 12. For more information you may call Sherry Harmon at 265-8090.

**LOIS E. HARRILL SENIOR CENTER**  
**September and October 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.
Bridge ( <i>Sept. Only</i> ) - - - -	1:30 - 5 p.m.
Exercise w/ Candy - - - - -	1:30 - 2:30 p.m.
Tuesday –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.
Bridge ( <i>Sept. Only</i> ) - - - -	1:30 - 5 p.m.
Exercise w/ Candy - - - - -	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.
Bridge ( <i>Sept. Only</i> ) - - - -	1:30 - 5 p.m.

**Congregate Nutrition Program**

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

**Agency Information**

Independent Living. Tuesday, September 11, from 11 a.m.-12 noon.

Elder Abuse, Department of Social Services - Tuesday, October 23, from 11 a.m.-12 noon.

**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- - Thursday, October 18, from 2-4 p.m. The topic will be-Partnering With Your Doctor: A Workshop for Persons with Memory Problems and Their Care Partners.

**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

**Special Activities**



**Shopping Trip-** Thursday, September 6, 8am-5pm. We will visit Concord Mills Mall to enjoy the numerous shopping and dining opportunities. No charge for the trip. You must reserve a seat on the bus.

**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.**

Wonderful Papers: Marbling and Bookbinding, September 14, and/or 21, from 10 a.m.. to 12 noon with Penny Makris.

In Session 1 participants will make and design beautiful papers using marbling and paste paper techniques. In Session 2 participants will create a handmade book or journal using your papers from the previous session, or join us and choose from a variety of beautiful papers.

Metal Foil Repousse, October 5, and/or 12, from 10 a.m. to noon with Penny Makris.

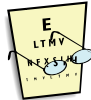
In Session I, participants will learn the techniques of metal foil tooling while making a frame for a favorite photograph. In Session II, participants will create fall masterpieces in metal foil using the multi-colored fall leaves as templates and inspiration. Join us for one or both of these workshops.

**Trip and Picnic-** Thursday, October 11, 10 a.m.-3 p.m. Tour the Parkway and picnic at Price Park. Lunch will be provided. You must reserve a meal and a seat on the bus.

**Halloween Party-** Wednesday, October 31, 10 a.m.-12 noon. Refreshments, games and prizes. Wear a costume!

## Special Interests and Services

**Health Screenings-** Mondays, September 10, and October 8. You must have an appointment.



**Social Security -** Social Security - A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, October 3, from 9 a.m.-12 noon

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

**Free Hearing Aid Services-** Hearing screenings; Otitic 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.

**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.

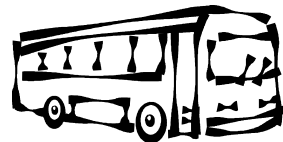
**Transportation-** The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both centers are listed in each newsletter.

## Special Interests and Services cont.

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

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

## Advocacy Opportunity

N.C. State Representative Cullie Tarleton will be the featured speaker at the Tuesday, October 16<sup>th</sup>, AARP meeting at the Harrill Senior Center. The program begins at 10:15 a.m. and all interested persons are welcome to attend. There will be an opportunity for questions and answers.



## Stirring up Memories

If anyone is interested in joining an oral history discussion group see Sherry at the Harrill Senior Center. Possible topics could be: The American Family in Literature and History; Exploring Local History; Work and Life; Americans and the Land; The Remembered Past 1914-1945; and Changing Values. The Senior Center has text books to guide us in our discussions.



## WESTERN WATAUGA COMMUNITY CENTER

**September and October 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.  
Lap Quilting Guild - - - - - 10 a.m. - 1 p.m.  
Old Fashioned Rug Hooking - 10 a.m. - 1 p.m.  
Tuesday - Walking - - - - - 8 - 10 a.m.  
Exercise with light weights - 9:30 – 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.  
Shopping Van - - - - - 9 a.m. - 3 p.m.  
Exercise with light weights- 9:30 – 10 a.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.

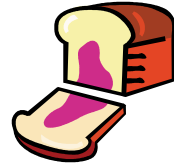


### Drop in Activities

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: Using foods with a low glycemic index, good carbs vs. bad carbs. Monday, September 17 and Tuesday, October 23 from 10-11am.



### Support Groups:

Weight Loss- Mondays 7-8 p.m.

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

### Agency Information

Legal Aid of NC. Presentation on Wills, Advance Directives and Living Wills. There will also be an opportunity for individual counseling. October, exact day to be announced, from 10-11:30 a.m.

### Special Activities

**Shopping Trip-** Thursday, September 6, 8 a.m.-5 p.m. We will visit Concord Mills Mall to enjoy the numerous shopping and dining opportunities. No charge for the trip. You must reserve a seat on the bus.

**Trip and Picnic-** Thursday, October 11, 10 a.m.-3 p.m. Tour the Parkway and picnic at Price Park. Lunch will be provided. You must reserve a meal and a seat on the bus.

**Halloween Party-** Wednesday, October 31, 9-11:30am- Bingo, Refreshments, Hat Contest.

Hat contest and judging 11-11:30 a.m. Decorate your special hat and wear it to the center. Prize categories are: Most attractive, Most creative, Scariest and Ugliest. You must enter your special hat by 11am and you must wear it to be entered in the contest.



### Special Interests and Services

**Health Screenings-** Mondays, September 24, and October 22. You must have an appointment.

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

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

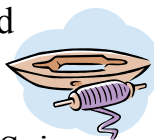
**Computer Training-** The Branch Library is offering one on one instruction for persons sixty and older. Call the library at 297-5515 to schedule an appointment.

## Western Watauga Community Center Special Interests and Services continued

**Cove Creek Community Council- 1<sup>st</sup>**  
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.



**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 Loooper 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

### Public Forum on AppalCart Transportation Services

On Monday, October 22, at 3:30 p.m. Transportation Director Christopher Turner and Authority Board members will address issues, discuss future plans, and receive suggestions. The public forum will be held in the cafeteria at the L.E. Harrill Senior Center. If you cannot come you may send suggestions and comments to Christopher Turner [director@appalcart.com](mailto:director@appalcart.com) or call 264-2280.

### Flu and Pneumonia Immunization Clinics at Senior Centers

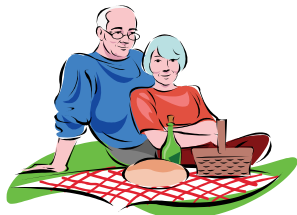
Vaccinations for flu and pneumonia will be given in early November by the Appalachian District Health Department at the L.E. Harrill and the Western Watauga Senior Centers. Dates and times of clinics will be announced through announcements at both congregate nutrition sites and through local media.



**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, September 3, for Labor Day.

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

**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.

**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.

**Recipe- Basil Tomatoes**

The addition of basil gives an excellent flavor to fresh tomatoes.

2 large tomatoes, diced or sliced (about 2 cups)

1 tsp. dried basil

1 tsp. chopped garlic

½ tsp. salt (optional)

1/8 tsp. pepper



Mix ingredients and let sit at room temperature at least one hour. Serve plain or on a lettuce leaf.

Yield: 2 cups (4 servings)

One serving: ½ cup

Calories per serving: 15

Fat: 0grams

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

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