



# 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

**SEPTEMBER AND OCTOBER 2013**



### **September is National Senior Center Month:**

#### **Experts at Living Well**

Join us at the Lois E. Harrill Senior Center during the month of September to celebrate National Senior Center Month. We will kick off the month with a party on Friday September 6, 10 a.m. - Noon. Refreshments, music and fun! Snack and drink donations are greatly appreciated. We will also have our Annual Walk-a-Thon on Wednesday, September 11, from 10 a.m. - Noon.

#### **Health Screenings**

The Watauga County Project on Aging and Watauga Medical Center will be offering a health screening clinic to residents of Watauga County age sixty and older. There is a \$45 charge for a complete blood-work panel which includes a CBC, CMP, and Lipid Panel (**must fast 8 hours before appointment – only water and black coffee allowed**). The clinic will be held at the **Lois E. Harrill Senior Center on Friday October 4<sup>th</sup> from 8:30am-11:00am. Single tests available for lower rate. Please plan to pay that day, cash or check payable to ARHS.** Other services available that day on drop-in basis. Call 265-8090 to make an appointment or for more information. You must have an appointment for the clinic. We must have at least 15 registered to hold the clinic.

#### **Flu Shot Clinics**

Flu shot clinics will be held at the Harrill Center on Tuesday, September 24, from 9 a.m.-12 p.m. and Monday, October 28, from 10:30 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 \$29.99. Please plan to pay at the time of service. No appointment necessary.

Clinics will be held at the Western Watauga Community Center in November. Time and dates to be announced.



#### **New L. E. Harrill Senior Center Director**

Jennifer Teague has been hired as the new senior center director for the Lois E. Harrill Senior Center. She has worked in other roles around the community but is very excited to be at the Lois E. Harrill Senior Center. Jennifer would love to meet those that attend the senior center and welcomes you to drop by and introduce yourself.

#### **Registration for Yoga Classes at Senior Centers**



Yoga classes are scheduled to begin at the Lois E. Harrill Senior Center in Boone on Tuesday, September 10, and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register is 5 p.m. on first day of class. Classes at the Western Watauga Community Center will begin Thursday, September 12, from 10:15-11:15 a.m. Deadline to register is 10 a.m. on the first day of class. 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.

#### **Fall Prevention Week, September 17-22**

Join us for special activities to raise awareness about fall prevention. We also will offer assistance with completion of home safety checklists. Those who complete the checklist will be entered in a drawing for a door prize!

#### **Medicare Part D Open Enrollment**

The enrollment period for 2013 Part D Plans will begin on October 15, 2013 and end on December 6, 2013. 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](http://www.medicare.gov). You may also call the state SHIP help line at 1-800-443-9354.



#### **Bone Builders Program**

Join us on Monday and Wednesday mornings from 10:30-11:30 a.m. for exercise which strengthens your bones! Gradually build up your strength with this class, taught by certified instructor Marie Schaedler. Classes are held in the upstairs conference room. Please call the center to register.

**LOIS E. HARRILL SENIOR CENTER****September and October 2013**

The Senior Center is open Monday-Friday from 8 a.m.-5 p.m. with evening hours for designated classes and groups.

To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Jennifer Teague is the center's director.

**Weekly Activities**

<b>Monday</b> - Art CLASS (intermediate) -	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bone Builders - - - - -	10:30-11:30a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Chair Exercise - - - - -	1 - 2 p.m.
Zumba - - - - -	4 - 5 p.m.
<b>Tuesday</b> - Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	1:30 - 2:30 p.m.
Rummikub - - - - -	2:30 - 3:30 p.m.
Sewing Classes (\$) - - - - -	6 - 8:30 p.m.
Yoga (\$) - - - - -	6:15 - 7:15 p.m.
<b>Wednesday</b> - Art CLASS (beginner)-	9 a.m. - 12 noon
Indoor/Outdoor Games - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bone Builders - - - - -	10:30-11:30a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Chair Exercise - - - - -	1 - 2 p.m.
Zumba - - - - -	4 - 5 p.m.
<b>Thursday</b> - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 11:30 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.
<b>Friday</b> - Gardening - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

**Ongoing Activities each day:****Coffee Time and Talk, 9 - 10:30 a.m.****Rummy Group, 11 a.m.—12 noon.****Wii, 9:30-11 a.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 \* Copy Machine—see Tabitha for assistance \* 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 \*

**Congregate Nutrition Program**

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

**Support Groups:**

The NAMI regular monthly meeting should resume in September on the first Monday of each month at 7 p.m. Call the center if you have questions.

**Grief Support Group** - Virginia Peurifoy, Bereavement Coordinator with Medi Home Hospice will be holding a monthly grief support group for individuals who have experienced the death or loss of someone close. The group will be held the third Monday of the month running September 16, October 14, November 18, and December 16 from 10 a.m.-11 a.m. The group is free and open to anyone in the public.

**Agency Information**

Tuesday, September 3, 11 a.m. - Candy Jones from ARHS, will be talking about Fall Prevention.

Tuesday, September 17, 11 a.m. - Billy Hollman from Medi Home Care Services will be talking about Medi Home Health Services.

Tuesday, September 24, 11 a.m.-Todd Carter will be talking about the services provided by the Hospitality House of Boone's.

Tuesday, October 1, 11 a.m. – Candy Jones from ARHS, will be talking about Flu Prevention.

Tuesday, October 29, 11 a.m. - Julie Getty from Glenbridge will be talking about their rehabilitation and long term care services.

**Special Activities**

**Field Trips**-We will be unable to arrange any fieldtrips for the next two months. We hope to be able to have information about a field trip in the next newsletter.

**Laughter Yoga**-“Laughter is the best medicine” - Five week session, taught by Shelia Feldman will be held Friday September 6, September 20<sup>th</sup>, September 27<sup>th</sup>, October 4<sup>th</sup> and 11<sup>th</sup> at 3 p.m.-4:30 p.m. Laughter Yoga is a practice involving prolonged voluntary laughter. This program is designed for individuals with all levels of ability. It enables a person to laugh for a few minutes and allows for short breaks of yogic breathing, with the goal to help alleviate stress and allow for periods of relaxation. The class is free and open to anyone in the community but priority given to those 60 and older.



## Special Activities cont.

**Halloween Party** -Thursday, October 31, 10 a.m. -12 p.m. Refreshments, music, fun! Costume Contest with prizes! Snack and drink donations are greatly appreciated.



## Special Interests and Services

**E-Reader Program** - Kindles available for check out. User support/assistance available. Variety of books available and new books can be downloaded.

**Advocacy Opportunities**- The center provides information on advocacy opportunities, 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.



**SHIP** - Counselors are available to provide assistance with Medicare, Medicare Supplements, and counseling for Medicare Prescription Drug Benefit Plans (Part D), including low income subsidy applications.

**Free Hearing Aid Services**— Free hearing screening, exam 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.

**Computer Training** - Free computer training, assistance with online job searches and resume assistance available by appointment

**Housing Needs** – Need a new place to live? A list of local senior housing apartments and individual assistance are available at the center.

**Blood Pressure Checks** - First Tuesday of each month from 10:00—11:00 a.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. Except in September will meet second Monday.

**Box Tops for Education**-The collection box is in the front room. Box tops go to local school.

**Food Distribution** – A list of local food pantries is available at the center. We also distribute donated food during our bingo games. Garden on site. Please contact Jennifer for more information.

**Free Hearing Aids and Other Equipment** - Please call the of Hearing toll-free number of the NC Division of Deaf and Hard to register for an appointment (800-999-8915) at the Lois E Harrill Senior Center.

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## Special Interests and Services Continued

**Information and Assistance** - Available at the senior center for the following services: home repair, housing, disaster planning, and job placement/training.

**Transportation**- The Project on Aging contracts with AppalCart to provide transportation to county residents for attending the senior centers, shopping and appointments. Service is available in different sections of the county every day Monday-Friday, except Thursday. Schedules for both centers are listed in each newsletter. Currently we have a waiting list for transportation services. Call if you would like to be listed on the wait list.

**Medicare and Medicaid Enrollment** – Medicare online enrollment available at the center. To apply for Medicaid, please visit the Department of Social Services on the 2<sup>nd</sup> floor of our building.

**Veterans Group at Senior Center** - 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. Legal aid clinics offered during the year at center; call for more information.

**Social Security** - Online services available as well as assistance with contacting office in Wilkesboro.



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

**Book Club** - 3rd Wednesday of each month, 1:30 - 2:30 p.m. New members welcome.

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

**High Country Lifelong Learning**-Come join us for a variety of lectures, art classes, and nature hikes. Complete class listing available at the Harrill Center.



## AppalCart Schedule

**New Appalcart Phone Number 297-1300**

## 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



**WESTERN WATAUGA COMMUNITY CENTER**

**September and October 2013**



**The Community Center is open Monday-Friday from 8 a.m.-4 p.m. with evening and weekend hours for designated classes and groups.**

**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**

<b>Monday</b> - Walking - - - - -	8 - 11 a.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Bridge - - - - -	8:30 a.m. - 12 noon
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
<b>Tuesday</b> - Walking - - - - -	8 - 11 a.m.
Wood Carving - - - - -	8 a.m. - 12:30 p.m.
Bridge - - - - -	8:30 a.m. - 2:30 p.m.
Read Ancient Hebrew (October only)-	9:30 - 11a.m.
Beading & Jewelry Making-9:30 a.m. -	12:30 p.m.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.m.
<b>Wednesday</b> - Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Bridge - - - - -	8:30 a.m. - 12 noon
Hand Built Pottery - - - - -	10 a.m. - 1 p.m.
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
<b>Thursday</b> - Walking - - - - -	8 - 11 a.m.
Bridge - - - - -	8:30 a.m. - 12 noon
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.
<b>Friday</b> - Walking - - - - -	8 - 11 a.m.
Bridge - - - - -	8:30 a.m. - 2:30 p.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Eating Well 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.

**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, Kindles and laptop check-out) – 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 6-7 p.m.

**Treasured Memories** - Meets fourth Monday each month from 10 - 11 a.m. During secure group sessions, participants may share their personal feelings and experience, sadness, fears, challenges, and joys. An uplifting activity included in each session.

**Agency Information**

Monday, September 16, 10 - 11:30 a.m. - V. Tate Davis- attorney at law will be available to counsel seniors, and family members on a variety of legal issues. Individual private conferences may be arranged after the group program representation focus in Medicaid planning, Elder law, and Social Security disability, state & federal benefits.

Monday, September 23, 10:30 - 11:30 a.m. - Diane Trainor, Senior Medicare Patrol Outreach Specialist from NC Department of Insurance SHIP Program will discuss Medicare Fraud and Abuse, current scams targeting seniors, and the importance of protecting one's identity.

Thursday, October 17, 9:30 - 11:30 a.m. - Representatives from Blue Ridge Senior Living and Glenbridge will have information about their facilities and services.

**Special Activities**

**Field Trips**-We will be unable to arrange any fieldtrips for the next two months. We hope to be able to have information about a field trip in the next newsletter.

**Scrapbooking for Travel Journals** - Monday September 3, 1 - 3 p.m. Sue Sprit and Lois Sessoms will help you create a travel and vacation scrapbook. Supplies needed are spiral bound notebook, paper, pencils, color pencils, pens, scissors, markers, watercolors, and adhesive. Call 828-963-5687 for more information.

**Halloween Party** - Thursday, October 31, 10 - 11:30 a.m.

## Special Interests and Services

### **Steam Bank Restoration Workshop -**

Wednesday, October 16, 9 a.m. - 1 p.m. Must call Wendy Patoprsty at 828-264-3061 with NC Cooperative Extension to register in advance.

**Fiber Art/Hand Spinning Guild** — Hand spinning meets the first Thursday evening from 6:30 - 8:30 p.m. and second Sunday afternoon of each month from 2 - 4 p.m. Fiber Guild will meet the third Thursday of each month from 6:30 - 8:30p.m.

**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.

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

**Fun Tuesdays with Elizabeth Young from Deerfield Ridge Assisted Living** - First Tuesday of each month from 10:30 - 11:30 a.m. Will play bingo and other games, make crafts, and host parties or activities.

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

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

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

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

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



## Special Interests and Services cont.

### **Scam and Fraud Awareness Discussion Group**

– Meets the third Tuesday each month from 10 - 11 a.m., seniors will be informed about the latest scams targeting older adults and how they can protect themselves.

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



### Participants Birthday Party

Birthday parties are held on Thursday, September 19th and Friday, October 18, to celebrate with folks who have a birthday that month. There will be refreshments, games and music. Participants are welcome to bring in party snacks.

### AppalCart Schedule -Western Watauga Community Center



**New AppalCart Phone Number - 297-1300**

**Days/Routes are subject to change.**

To ride the van on the day they come to your area, just call 297-1300 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

### 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](mailto:karin.bare@watgov.org) 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.



**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 on Monday, September 2, in observance of Labor Day Holiday.

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

**Waiting List Update**

We still have a waiting list for our congregate nutrition and transportation programs. If you are not currently registered for these programs and would like to be placed on the waiting list, please contact the center's director.

**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

**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 for more information.


**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.

**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.

 **Watauga County Project on Aging**  
132 Poplar Grove Connector, Suite A, Boone, N.C. 28607

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