



The Young at Heart News



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http://www.wataugacounty.org/App_Pages/Dept/Aging/home.aspx



Watauga County Project on Aging Newsletter Lois E. Harrill Senior Center and Western Watauga Community Center

Dear Friends and Supporters,

Congratulations and thanks to all for another great year. You may not know, but the Project on Aging is a department of Watauga County Government. As we come to the end of one budget year and start the next, I would like to extend our appreciation to the Commissioners for their continued financial and moral support for our elderly and disabled clients. We would not be able to provide the amount of service we provide without their support. We are fortunate that the Commissioners and the County Manager believe in what we do and believe that maintaining County residents in their home is not only fiscally responsible, but is the right thing to do. So on behalf of the clients we serve, the staff and I would like to say a big THANK YOU to our County Commissioners for continuing to allow us to provide these needed services.

-Angie Boitnotte, Project on Aging Director

Upcoming events:

Farmer's Market Vouchers available in July.
Evidence Based Health Promotion classes offered yearly.
Community Health and Mobility Partnership Program which is focused on Fall Prevention and strength has appointments open. Program is offered at no cost.

Call 828-265-8090 for more information.

Project on Aging Highlights

We are excited about launching our first Project on Aging Quarterly Newsletter. As an introduction to our programs and staff and we thought we would start with a picture of our staff.



From left to right, Back Row: Lisa Ward (CAP Case Manager); Charity Curlee (In-home Aide Supervisor); Geraldine Wood (CNA); Kathy Hampton (CNA); Becky Beck (CNA); Deanna Gosnell (CNA); Ann McMillan (CAP Case Manager); Angie Boitnotte (Project on Aging Director); Cindy Lamb (Western Watauga Community Center Director); Shannon Edminsten (Cook)

Front Row: Audrey Thomas (CNA); Judy Vernon (Nurse); Bernetta Woodard (CNA); Karin Bare (Administrative Assistant); Becky Critcher (CNA); Wynne Strickland (Home Delivered Meals Coordinator); Heather Isaacs (Cook); Jen Teague (Lois E. Harrill Senior Center Director)

Project on Aging Services

- In-Home Aide Services
- Home Delivered Meals
- CAP (Community Alternatives Program)
 - Lois E. Harrill Senior Center
- Western Watauga Community Center
 - Congregate Nutrition
 - Medicare Assistance
 - Medical Loan Closet

Lois E. Harrill

Senior Center Updates

On Monday May 2, participants from the Lois E. Harrill Senior Center and the Western Watauga Community Center attended a Hickory Crawdads Game. The Centers partnered with Watauga County Parks and Recreation to offer a low cost day out.



Pictured above from left to right: Len Borgeson, Karen Poteat, Crawdad Mascot, Yvonne Pepping



Pictured above from left to right: Betty Steelman, Yvonne Pepping, Shirley Hamby, Rebecca Earp, Esther Harmon, Teresa Greer, Sandy Livingston

The Mother's Day Bake-off was held on Monday May 9 and included 10 fabulous desserts made by the ladies on the left. Teresa Greer took home first place with her Butterscotch Delight.

Pictured below left to right: Jen Teague, Rao Aluri, Sherry Harmon, Mary Reichel

Rao Aluri was recognized as Volunteer of the Year at this year's 14th Annual Adult Services Expo in the Boone Mall. Rao has been a reliable and consistent volunteer at the Lois E. Harrill Senior Center for at least 20 years. Rao continues to volunteer as a SHIIP counselor, tax aide assistant, and affordable care act navigator along with many other volunteer roles. Congratulations Rao!!



Western Watauga Community Center Updates

Pictured to the right are Shirley and Carolyn who have been long time staff in the kitchen at the Western Watauga Community Center. Shirley and Carolyn take pride in their work and look forward to seeing the participants everyday. Thank you ladies for the wonderful work you do at Western Watauga!



Pictured above: Madge Drumm

Madge Drumm stands beside some of her handmade crafts. Madge has been a frequent attendee of the senior center. Madge sells her handmade items and donates a portion to the coffee fund at Western Watauga.

Dave and Alice enjoying the beautiful sunshine (and shade) at the Hickory Crawdad's game in May.



Pictured above: Dave and Alice Radel

NUTRITION NEWS

The Project on Aging provides two nutrition programs: home delivered meals and congregate nutrition. These programs provide meals for many individuals in our area. The home delivered meals program relies heavily on volunteers to take meals out to those we serve in Watauga County. We provide eight routes Monday-Friday and on each route we need at least one volunteer. We are fortunate to have dedicated volunteers who give their time and energy to this important program.

Average Numbers of Home Delivered Meals

- Minimum of 40 volunteers a week
 - Over 200 volunteers a month
- Approx. 86 clients served each month
 - 1,560 meals served per month

Lois E. Harrill

Congregate Site Numbers

- Approx. 33 individuals per day
 - 730 meals per month

Western Watauga Community Center

Congregate Site Numbers

- Approx. 29 individuals per day
 - 609 meals per month

In-Home Aide Updates

This quarter we want to recognize our aide who has been with us the longest:

BECKY CRITCHER

Becky has been an aide with the Project on Aging since 2002.

She has served her clients loyally for almost 15 years. She always arrives to work with a smile on her face and with a good attitude. Her clients look forward to her coming and one woman recently said “when Becky walks in the door, she is like a ray of sunshine and she brightens my day”.

THANK YOU Becky for the service you provide to the older adults in Watauga County!!

By the Numbers for June:

- 8 In-Home aides provided services for
 - 152 clients for a total of
 - 1,081 hours for services ranging from
- Home management tasks, personal care, grocery shopping, and respite for caregivers



Community Alternatives Program (CAP)

Ann McMillan and Lisa Ward are our two CAP Case Managers. CAP is a special Medicaid program with the goal of enabling individuals to remain in their homes or to return to their homes from nursing facilities. CAP exists to supplement rather than replace the formal and informal services and support already available to the individual.

BY THE NUMBERS:

We are currently serving 25 individuals and have 8 referrals. Individuals must be on Medicaid to receive the service.

Consumer Contributions

The purpose of consumer contributions is to extend the availability of in home and community based programs by asking recipients of certain services to contribute toward the cost of the services they receive. Suggested contributions are based on a client's ability to contribute (i.e. level of income), with actual participation being entirely voluntary.

All monies collected are retained by the Project on Aging and are used to expand existing programs, both by increasing services for current clients, as well as extending participation to other individuals in need of services. Services are not affected by a client's failure or inability to contribute and participation is confidential.

To learn more about consumer contributions, memorial donations or ways to give to any of the services provided by the Project on Aging, please call our office at 828-265-8090.

Thank you in advance for your support.

Project on Aging Staff

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