



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

JANUARY AND FEBRUARY 2003

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.



Income Tax Time Again!!!!

The Watauga County Project on Aging will once again offer free tax assistance. The Internal Revenue Service (IRS) and the American Association of Retired Persons (AARP) with the purpose of providing free tax counseling for low-income taxpayers jointly sponsor the Tax-Aide program. To be eligible your income for 2002 must be less than \$32,000 and you must be a Watauga County resident. All ages meeting this criteria are eligible but preference is given to persons sixty years of age and older.

The Tax-Aide program for the elderly will run from February 4, to April 15, 2003. Tax counselors are available to file returns electronically or by traditional method.

Counselors will be at the Lois E. Harrill Senior Center in Boone and the Western Watauga Community Center in Cove Creek. Persons will be assisted by appointment only. You may call after January 15, 2003 to make an appointment.

L.E. Harrill Center - - - - - 265-8090

Western Watauga Center - - 297-5195

The Boone Tax-Aide program is always looking for more volunteers who have aptitude with numbers and are willing to assist senior citizens for about four hours a week for ten weeks. If you are interested in volunteering for the tax-aide program or for more information please contact Sherry Harmon at the Lois E. Harrill Senior Center (828) 265-8090.

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.



Partners in Wellness Nutrition Classes

The topic for the next series of classes will be Mixing Medications and Foods.

A series of six interactive lessons will provide information on: Understanding medications; The aging process, What effect does it have on medications and food; Nutritional deficiencies caused by food interacting with medications; Over the counter medicines and Good questions to ask your doctor or pharmacist.

Classes will be offered at both the Western Watauga Community Center and the Lois E. Harrill Senior Center. Schedules are as follows:

Western Watauga Community Center – Wednesdays, January 22, through February 26, from 10:00 to 11:00 a.m. A one-month follow up session will be held on Wednesday, March 19, from 10:00 to 11:00 a.m.

Lois E. Harrill Senior Center – Fridays, January 24, through February 28, from 10:45 to 11:45 a.m. A one-month follow up session will be held on Friday, March 21, from 10:45 to 11:45 a.m.

For more information you may contact Toni Wait at the WWCC at 297-5195 or Sherry Harmon at the Harrill Center at 265-8090.

These classes are provided through the NC Cooperative Extension Agency and taught by a Family and Consumer Science Agent.

LOIS E. HARRILL SENIOR CENTER**January and February 2003****Caldwell Community College Classes**

Classes are free for anyone 65 and older. The fee for persons under 65 is \$45.00. A minimum of 12 students is required.

The Spring schedule is:

Lap Quilting---Tuesdays----1 - 4 p.m.

Arts & Crafts--Thursdays---10 a.m. - 1p.m.

Registration will be the last week in January and classes will continue through the first week in April.

Weekly Activities

Monday --Art Class - - - - - 9 a.m. – 12 noon

Bingo - - - - - 11 - 11:45 a.m.

Tuesday –Exercise - - - - - 11 - 11:30 a.m.

Bingo - - - - - 11 - 11:45 a.m.

Line Dancing - - - - - 2 - 4 p.m.

Sewing Classes - - - - - 6 - 8:30 p.m.

Wednesday -Art Class- - - - - 9 a.m. – 12 noon

Bingo - - - - - 11 - 11:45 a.m.

Muscles and More - - - - - 1:30 - 2:30 p.m.

Bridge - - - - - 6:30 - 10 p.m.

Thursday - Music - - - - - 10 a.m. - 12 noon

Exercise - - - - - 11 - 11:30 a.m.

Cake Walks - - - - - 11:15 - 11:45 a.m.

(when cakes available)

Tai Chi Group - - - - - 1 – 2 p.m.

Needlework Class - - - - - 1 - 4 p.m.

Friday - Ceramics - - - - - 10 a.m. - 1 p.m.

Nutrition/Health Classes- 10.45 - 11:45 a.m.

Congregate Nutrition Program

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

**Support Groups:**

Alzheimer's Support Group - Third Thursday of each month at 1:30 p.m.

Caregiver Class/Support Group - Will meet in February. Date, time and topic to be announced or call the center at 265-8090.

Arthritis/Chronic Pain/Fibromyalgia Support Group-
First Thursday of each month at 6 p.m.

National Alliance for the Mentally ill (NAMI) Support Group for Family and Friends -
Third Monday each month at 7 p.m.

Diabetes Support Group- Dates and times to be announced.

Special Activities

Health Screenings - Thursday, January 9, and Thursday, February 6. By appointment only.

Free Foot Evaluation with Pedicare - Wednesdays, January 8, and February 12, from 11 a.m. - 12 noon.

Library Reading with Evelyn and Tracy— Monday, January 6, and Monday, February 3, 11-11:30 a.m.

Valentine's Day Party -Friday, February 14, 10 a.m.-12 noon. Refreshments, Crowning of the King and Queen, and Entertainment.

AARP Tax Assistance- Tuesdays, February 4, – April 15. By appointment only.

Agency Information

Larry Stamey with the WAMY Weatherization Program will be at the L.E. Harrill Senior Center on Thursday, February 13, to answer questions and distribute applications.

Blood Pressure Checks

To be announced.

**Special Interests:**

SHIIP- A SHIIP counselor will be available at the L.E. Harrill Senior Center the last Tuesday of each month, (Jan. 28 and Feb. 25), from 11 a.m.-12 noon to provide assistance with Medicare, Medicare supplements, Medicare Look-out and Long –Term Care insurance questions.

Prescription Drug Assistance Resources-

There are resources available to assist North Carolina's older adults with the purchase of prescription medication. Please call the Lois E. Harrill Senior Center at 265-8090 for assistance with finding affordable prescription medications.

Quilt Guild- Mountain Laurel Quilt Guild meets the first Thursday of each month from 1:30-4 p.m. and 6-8 p.m. at the senior center. For more information you may call Jerra Unglesbee at 265-3656.

Fit for Life Exercise Program – Monday – Friday 8:00 a.m. – 5:00 p.m. Walk inside or outside. Exercise equipment and classes.

**WESTERN WATAUGA COMMUNITY
CENTER**

January and February 2003



Caldwell Community College Classes

Classes are free for anyone 65 and older. The fee for persons under 65 is \$45.00. A minimum of 12 students is required.

The Spring schedule is:

Crafts - - - - Tuesdays - - - - - 10 a.m. - 1 p.m.
Ceramics - - Tuesdays - - - - - 10 a.m. - 1 p.m.
Lap Quilting - Thursdays - - - 10 a.m. - 1 p.m.

Registration will be the last week in January and classes will continue through the first week in April.

Weekly Activities

Monday -Exercise Class - - - - - 9 - 10 a.m.
Lap Quilting - - - - - 10 a.m. - 1:00 p.m.
Line Dancing / Walking - - - - - 1 - 2 p.m.
Tuesday - Bingo - - - - - 10 - 11 a.m.
Wednesday -Scrapbook Workshop- 9 a.m. -2 p.m.
Nutrition / Health Classes - - - - 10 - 11 a.m.
Bible Study - - - - - 11 - 11:30 a.m.
Thursday - Walking - - - - - 9 - 11 a.m.
Card Games - - - - - 10 - 11:30 a.m.
Friday - Weaving Guild - - - 9 a.m. - 2 p.m.
Area Musicians - - - - - 10 - 11:30 a.m.
Tole Painting - - - - - 10 a.m. - 1 p.m.

Congregate Nutrition Program

Lunch is served Monday through Friday at 11:30 a.m.—12 noon.

Blood Pressure Checks

Friday, January 10, and Friday, February 14, from 10:30 - 11:30 a.m.



Special Activities

Health Screenings - Thursday, January 23, and Thursday, February 27. By appointment only.

Free Foot Evaluation with Pedicare - Tuesday, January 14, and Wednesday, February 12, from 10 - 11 a.m.

Valentine's Day Party - Friday, February 14, from 10 a.m. - 1 p.m.

Support Groups:

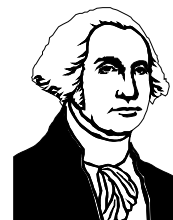
Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Second Tuesday each month, 1:30 - 3:00 p.m. Pamphlets and Handouts available. Including a resource guide for caregivers.

Agency Information

To be announced.



Special Interests

Cove Creek Homemaker's Club—Meeting the third Monday of each month from 12:00 noon to 3:00 p.m.

Walking Program and Fit for Life Exercise Program

Monday—Friday, 8 a.m.—4 p. m. Walk inside or outside. Exercise equipment and class. See Toni Wait to register.

Horseshoes available- 9:00 a.m.—2:00 p.m., weather permitting. If you wish to form a horseshoe-pitching club contact a staff member.

Weaving Guild- Donna Duke and Ruth Smith are offering weaving instruction by appointment at the Western Watauga Community Center. Anyone interested may call Toni Wait at the center.

Cove Creek Community Council- 1st Tuesday of each month, 6-8 p.m. Meetings open to the public

Western Watauga Branch of the Watauga County Library-Monday-Thursday 10 a.m.-5 p.m. Tuesday and Thursday evenings 5-7 p.m. Bookmobile is available to any homebound county resident. Call Jackie Cornette at 297-5515, if you are interested in having books delivered to your home on Fridays.

Hunger Coalition Mobile Pharmacy - Second Thursday of each month, 11 a.m.-3 p.m.

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

Computer Training- Free computer training is available for seniors. Please call the Western Branch of the County Library at 297-5515 to make a reservation.

Lois E. Harrill
Special Interests Cont.



Watauga Amateur Radio Club - Meets second Monday of each month, 6-7:30 p.m.

Self-Advocacy class- Monday, February 10, 11 a.m.-12 noon. "Living Better on Less, Putting Money into Perspective".

Senior Education Corps-This partnership will increase students' academic success and enhance technology skills and experience for seniors. For more information or to request a volunteer registration form please contact the Board of Education at 264-7196 or the L.E. Harrill Senior Center at 265-8090.

Social Security- A representative from the Social Security Administration will be at the L.E. Harrill Senior Center the first Wednesday of each month from 9 a.m.-12 noon.

Computer Training-Free computer training is available for seniors. Please call the L.E. Harrill Senior Center to make a reservation. Computers are also available for use Monday through Friday 8 a.m.-5 p.m.

Weaving Guild—Donna Duke is offering weaving instruction by appointment at the Senior Center. Anyone interested may call Sherry Harmon, at the center.

Volunteer Opportunities- Both Senior Centers have listings of volunteer job positions. See Sherry Harmon or Toni Wait for more information or placement assistance.

Job Placement and Job Training— See Sherry Harmon for more information or to make an appointment.



AARP— Tuesday, Jan. 21, Guest presenter will be storyteller, Jim Wolfe. Tuesday, Feb. 18, Ben Henderson will offer a program on Healthy foods for Seniors. Meetings will be at the L.E. Harrill Senior Center from 10 a.m. to 12 noon. Contact Louise Harris at 264-6616 for more information.

Book Discussion Group—A Book Discussion Group meets the fourth Wednesday of each month at 1:30 p.m., at the Lois E. Harrill Senior Center. For more information you may call Beverly DeBenedictis at 264-2718.

AppalCart Schedule



L. E. Harrill Senior Center

Monday - Intown and Foscoe

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

Wednesday - Meat Camp, Todd and Intown

Thursday - Intown, Cove Creek, Foscoe and Matney

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

Western Watauga Community Center

Monday - Cove Creek areas, Mabel, Silverstone, Rush Branch, Pottertown.

Tuesday - Wednesday - Thursday- Cove Creek areas, Bethel, Beaver Dam, Mabel, Silverstone, Zionville.

Friday - Matney, Rominger, Laurel Creek, 321 North and Cove Creek areas.

Thursday is shopping day in Boone. 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 8:00 a.m. on the morning you wish to ride.

Arthritis and Exercise

One of the persistent myths surrounding arthritis is that you should avoid exercise because it will further damage your joints.

Actually, the opposite is true. Although arthritis can make it more difficult, exercise is still an essential tool for managing the disease and maintaining your health and well-being.

What does exercise do for your arthritis? It can reduce your joint pain and stiffness, build up the muscle around your joints, and increase your flexibility and stamina.

What's even more important is what it does for your health in general. Human beings absolutely need exercise—whether they have arthritis or not. Exercise is essential for controlling your weight and preventing health problems like diabetes osteoporosis and heart disease. It can help you sleep better, improve your mood, give you more energy, increase your self-confidence and boost your self-esteem. The simplest, easiest and least expensive exercise in the world is walking. Most experts recommend you start your exercise program with a short walk, gradually increasing your distance and your speed as you become more fit.

If arthritis pain makes walking impossible, don't give up! There are alternatives. For example, you may find that cycling gives you the same benefits as walking, with less pounding on the joints. A stationary exercise bicycle—may be just what you need. One very popular alternative for people with arthritis is water exercise. The soothing warmth and buoyancy of warm water makes it an excellent environment for working out arthritic joints. The water itself can be used as a form of resistance to give your muscles a good, gentle workout.



Arthritis and Exercise (cont.)

Exercising regularly is the best thing you could possibly do for yourself. Find something you can do, and get moving. If you haven't been active for a long time, by all means consult your doctor. Start off slow and easy, and build up very gradually. Even a few minutes a day is far better than no exercise at all. Stick with it, and you'll be amazed at the benefits.

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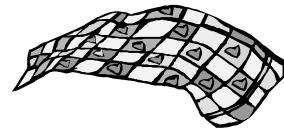
Check out the exercise programs at the senior centers. The following activities are offered: Chair and Stretching exercise classes, Muscles and More exercise class, Tai Chi group, Walking program, Line Dancing, Exercise equipment. We can also provide you with information regarding Parks & Recreation water exercise classes.

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



Raffles

Hallie Trivette was the winner of the lovely Snowman Candle Holder donated by Donna Duke. The \$26.50 raised from this raffle will go to the purchase of weaving supplies for the senior centers.

Beginning Monday, January 6, raffle tickets will be available for a beautiful crocheted afghan. Ronard Elrod made and donated the afghan and has requested that money raised be used for the purchase of bingo gifts at the Lois E. Harrill Senior Center. The afghan will be displayed at the center until the drawing on Thursday, February 6, at 12 noon.



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 Wednesday, January 1, 2003, in observance of New Year's Day.

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



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.



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