

265-8090

L. E. Harrill Senior Center

265-8090

Western Watauga Community Center

297-5195

MAY And JUNE 2004

May Is Older Americans Month!!!!



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.

Sensitivity Training Workshop At Senior Center

Putting yourself in another person's shoes is often what it takes to understand what a person is experiencing. Hands on experience can help you understand the needs of your older clients, parents and neighbors. Join us for a Sensitivity Training Workshop on Monday, May 17, from 3-4 p.m. at the Lois E. Harrill Senior Center. This workshop will be presented by Alex Jernigan, Regional Long Term Care Ombudsman at High Country Council of Governments.

You will experience for yourself the challenges and frustrations associated with macular degeneration, glaucoma or cataracts. You will try to receive instructions with simulated hearing loss and attempt to perform daily tasks with arthritic hands. This training is free and open to the public. It will be especially beneficial to Family Caregivers, Community Volunteers, Human Service Agency Staff and anyone else with an interest in improving their sensitivity and understanding of the disabled in your community.

Please call the L.E. Harrill Senior Center at 265-8090 to register. Space is limited.

Legal Documents Available Free At Senior Centers

A Living Will is a document, which lets you decide whether or not to be kept on artificial life support. A Health Care Power of Attorney document allows you to appoint someone to make im-

Driver Safety Program for Older Adults

The nation's first and largest classroom refresher course geared especially to older adults safety needs will be offered at the Lois E. Harrill Senior Center on Tuesday, May 25 from 1-5pm and Wednesday, May 26 from 9am-1pm. The cost of the program is \$10 per person. The course will offer information on how to compensate for changes in vision, hearing, and reaction time; What to do if confronted by an aggressive driver; When to use a car phone; How medications may affect driving; and much more valuable information. Auto insurance discounts may be available for participation in this course (ask your auto insurance agent). Call the center at 265-8090 for more information or to reserve a seat.



ABC'S Of Alzheimer's

Michelle Rossback with the Alzheimer's Association will answer all your questions on Alzheimer's disease. Please join us as we learn about warning signs, care giving tips, community resources, and the latest on research. This program will be offered at the L.E. Harrill Senior Center on Thursday, June 17, at 1:30 p.m.. Please call 265-8090 for more information or to reserve a seat.

Adult Services Expo

On Tuesday, May 18, the Adult Services Coalition of Watauga County will present the second annual Adult Services Expo from 10 a.m. to 5 p.m. at the Boone Mall. The expo will feature an array of activities that include agency information, door prizes, entertainment and more. May is Older Americans Month; therefore organizers hope the event will provide valuable information to the public regarding services for senior adults in Watauga County.



High Country Senior Games

This year marks the 15th annual High Country Senior Games. If you participated last year you should receive your registration packet in the

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

The current semester schedule is:
Crafts - - - - Thursdays - - 10 a.m. - 1 p.m.
Lap Quilting - Tuesdays - - - 1 - 4 p.m.

Weekly Activities

Monday - - Art Class - - - 9 a.m. - 12 noon
Bingo - - - - - 11 - 11:45 a.m.
Bridge (Begins June 2) - - - 1:30 - 5 p.m.
Tuesday - Exercise - - - - 11 - 11:30 a.m.
Bingo - - - - - 11 - 11:45 a.m.
Line Dancing - - - - - 3 - 4:30 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 (Begins June 2) - - - 1:30 - 5 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)
Needlework Class - - - - 1 - 4 p.m.
Yoga - - - - - 5:15 - 6:15 p.m.
Tai Chi Classes - - - - - 5:30-6:30 p.m.
Friday - Ceramics - - - - - 10 a.m. - 1 p.m.
Nutrition/Health Classes - 10.45 - 11:45 a.m.
Bridge (Begins June 2) - - - 1:30 - 5 p.m.

Congregate Nutrition Program

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



Support Groups:

Caregiver Class/Support Group - Sensitivity Training Workshop Monday, May 17, from 3-4 p.m. Call to reserve a space.

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

Blood Pressure Checks

Third Monday each month from 11 a.m.-12 noon. Service provided by Boone Drug at Deerfield Pharmacy.

Sensitivity Training Workshop - Monday, May 17, 3 - 4 p.m.

Adult Services Expo - at Boone Mall - Tuesday, May 18, 10 a.m. - 5 p.m.

Advocacy Trip to Raleigh - Tuesday, May 18.

Driver Safety Classes - Tuesday, May 25, 1-5 p.m. and Wednesday, May 26, 9 a.m. - 1 p.m.

Senior Health & Fitness Day - Wednesday, May 26, 10a.m. - 12:30 p.m.

Trip and Picnic to Valle Crucis Park - Tuesday, June 22, 10 a.m. to 2 p.m. Lunch provided. Must reserve a seat.



Agency Information

Medical Review of North Carolina - Information on patients' rights under Medicare and information on making quality health care choices. Tuesday, June 15, 11 a.m.-12 noon.

Lois E. Harrill Special Interests and Services

Health Screenings- Thursdays, May 13. By appointment only.

Free Foot Evaluation with Pedicare - Second Wednesday each month, from 11 a.m. - 12 noon.

Free Hearing Aid Services - Tuesday, June 8, 10 a.m. - 12 noon.

SHIP-Counselors are available to provide assistance with Medicare, Medicare supplements, Medicare Lookout and Long-Term Care insurance questions. Please call the center at 265-8090 to make an appointment.

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

AARP- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center. For more information

Caldwell Community College Classes

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

The current semester schedule is:

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

Weekly Activities

Monday -Walking - - - - - 9 - 11 a.m.
Senior Exercise Class - - - - 9 - 10 a.m.
Rook - - - - - 10 - 11:30 a.m.
Lap Quilting Guild - - - - - 10 a.m. - 1 p.m.
Tuesday - Walking, active games - 9 -11 a.m.
Rook - - - - - 10 - 11:30 a.m.
Wednesday- Walking - - - - - 9 - 11 a.m.
Senior Exercise Class - - - - 9 - 10 a.m.
Hand Built Pottery - - - - - 9 a.m. - 12 noon
Rook - - - - - 10 - 11:30 a.m.
Nutrition / Health Classes - - - 10 - 11 a.m.
Thursday - Line Dancing - - - 9 - 10 a.m.
Walking - - - - - 9 - 11 a.m.
Shopping Van - - - - - 9 a.m. - 3 p.m.
Rook and Games - - - - - 10 - 11:30 a.m.
Scrapbook Workshop - - - - - 10 a.m. - 2 p.m.
Hand Spinning - - - - - 6:30 - 8:30 p.m.
Friday - Walking - - - - - 9 - 11 a.m.
Senior Exercise Class - - - - 9 - 10 a.m.
Weaving Guild - - - - - 9 a.m. - 3 p.m.
Live Music - - - - - 10 - 11:30 a.m.
Rook - - - - - 10 - 11:30 a.m.

Congregate Nutrition Program

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

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.

Weight Loss Club - Mondays 7 – 8 p.m. For in-

Special Activities

Adult Services Expo - Boone Mall, Tuesday, May 18, 10 a.m. – 5 p.m.

Advocacy Trip to Raleigh - Tuesday, May 18.

Senior Health & Fitness Day - Wednesday, May 26, 10 a.m. - 12:30 p.m.

Trip and Picnic to Valle Crucis Park - Tuesday, June 22, 10 a.m. to 2 p.m. Lunch provided. Must reserve a seat.



Blood Pressure Checks

Friday, May 14, and Friday, June 11, 10:30 - 11:30 a.m.

Special Interests and Services

Free Foot Evaluation with Pedicure - Second Thursday of each month from 10 a.m - 1:00 p.m.

Health Screenings - Thursday, May 27. By appointment only.

Cove Creek Extension 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 and Croquet available- 9:00 a. m.—2:00 p.m., weather permitting. If you wish to play contact a staff member.

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

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

Weaving Guild- Donna Duke and Ruth Smith are offering weaving instruction by appointment at the Western Wetmore Community

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.



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.

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 Jera Unglesbee at 265-3656.

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

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

Western Watauga Branch of the Watauga County Library- Monday and Wednesday- 10 a.m.-5 p.m. Tuesday and Thursday- 10 a.m.-7:30 p.m. Friday- Closed. The 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.



Fire and Fall Prevention Program

The Boone Fire Department will present a series of presentations for older adults on fire and fall prevention at the L.E. Harrill Senior Center on Fridays, May 7, 14, and 21. The program called **Remembering When** teaches older adults to protect themselves from fires and falls through trivia quizzes, humor and nostalgic interactive games. The focus is fun, but the safety messages are serious. The sessions will be held from 10:30 a.m.-12 noon each day. There is no charge for this program but space is limited. Please call 265-8090 to reserve a seat.



Hearing Aid Services

- Free hearing aid clean and checks on ALL makes and models of hearing aids.
- Free in-office hearing aid repairs (wax guard changes, new tubes)
- Free otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor.
- Free hearing screenings

All of the above services provided by Trina Bedsaul, Doctor of Audiology. Tuesday, June 8, from 10 a.m. – 12 noon, at the L.E. Harrill Senior Center. This is a new service that will be offered quarterly at the senior center. No appointments are necessary. Call the center for more information.

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

Liquids For Living - Nutrition Class
Topic

The next series of Partners in Wellness nutrition classes will feature a series of discussions on the importance of adequate liquid intake on a **Daily** basis, and identify measures to use to **Enjoy** achieving optimal daily fluid amounts. Class schedules are:

Western Watauga Community Center - Every Wednesday, May 26, through June 30, from 10 -11 a.m.

Lois E. Harrill Senior Center - Every Friday, May 28, through July 2, from 10:45 -11:45 a.m.

Trip To Raleigh To Advocate

A trip to Raleigh to meet with legislators during their short session is being planned. This will be a wonderful opportunity for you to speak with representatives about issues concerning seniors in our region. The trip will be Tuesday, May 18, at a cost of \$18.00 per person (chartered bus). The agenda includes eating lunch upon arrival and meeting with legislators at noon and returning home the same day. Money must be received by 5 p.m., Monday, May 3. The trip will include persons from other counties in the region and the maximum number of people who may go is 45. Please call Sherry at the senior center (265-8090) if you are inter-

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.

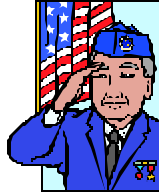


Senior Health & Fitness Day

In recognition of National Senior Health & Fitness Day on Wednesday, May 26 seniors from the L.E. Harrill Senior Center will travel to the Western Watauga Community Center for a half court basketball competition complete with referees and scoreboard. Participants from the Harrill center will make up one team and participants from the Western Watauga Center will comprise the second team. Those not participating on the court will serve as cheerleaders encouraging the team of their choice. The game is just for fun and no awards, trophies or titles will be won or lost that day. This event is co-sponsored with the Western Watauga Branch Library. The game will take place at the old Cove Creek gym at 10:00 a.m. Following the game participants will enjoy lunch at the Western Watauga Center. You must sign up prior to the event and let us know if you want to play, cheer, observe, eat lunch or all the above. Transportation will be provided from the Harrill Center to the Western Watauga Center. To register you may call Sherry at 265-8090

May 31, in observance of Memorial Day.

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

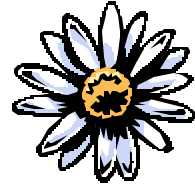


the decision of the individual as to their participation. Information only, not actual services will be offered at the center by any for profit business.

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.

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Western Watauga Community Center - 297-5195



Creative Memories Photo Preservation and Storytelling Workshop

There is an African proverb that says, “When someone dies, it’s as if a library has burned down.” We need to take the time now to tell our stories while we still can. On Thursday, June 24 from 2-3pm Paula Domermuth will present a program on organizing, presenting, and documenting priceless pictures that will preserve them for generations to come. This one-hour program is free and open to the public. During the presentation Paula will demonstrate how to make an album page, photo safety and organization and the importance of journaling the stories behind the pictures. Call the center for more information or to reserve a seat.



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

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