



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

JULY AND AUGUST 2007



Farmers Market Program

Watauga County will once again be participating in the USDA Farmers Market Coupon Program. Eligible participants will receive \$15 in coupons to use at the Watauga County Farmers Market during the summer and early fall months. To be eligible you must be

- A current registered congregate nutrition program participant at either the L.E. Harrill or the Western Watauga Senior Centers.
- A resident of Watauga County.
- Age sixty or older.
- Monthly income no greater than \$1,574 for an individual or \$2,102 for a couple.

Call Sherry at 265-8090 with any questions. Coupons should be available for distribution by Monday, July 2.

Walking Tour of Rosen Outdoor Sculpture Competition



On Wednesday, August 15, at 10:15 a.m. interested seniors should meet at the Lois E. Harrill Senior Center for a walking tour of the Rosen outdoor sculpture competition on the ASU campus. A staff person with the ASU Turchin Center for the Visual Arts will be our tour guide. Ballots for voting for your top three choices will be available. We will return to the center for lunch at 12 noon and the winners will be announced. The Rosen Sculpture Competition is a national juried event. We can compare our results with the national jurors. AppalCart will provide transportation to ASU and the return trip to the center. This activity is free and open to any person sixty years of age and older. Please call the senior center at 265-8090 to reserve a space

Caregiver Information

Caregiver Support Group- meets at 1pm 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.

Powerful Tools for Caregivers- Information is targeted to caregivers of older relatives or friends. Classes will be held once a week for a total of four weeks. The dates are Wednesdays, August 22, 29, September 5, and 12, from 1-4 p.m. at Deerfield Ridge Assisted Living. Classes will teach how to: Reduce stress, Improve self-confidence, Better communicate your feelings, Balance your life, Increase your ability to make tough decisions and Locate helpful resources. There is no charge for these classes but pre-registration is required. Lunch and respite services will be provided free of charge. Lunch will be served at 12 noon and check in for respite services will be at 12:30 p.m. Call the Project on Aging at 265-8090 with any questions or to reserve your seat.

Caregiver Program - Ensuring the well-being of people with cognitive and memory impairments- Discussions will include: Home Safety, Driving, Wandering, Scams, Trauma and Natural Disaster issues and Catastrophic Reactions. This presentation targeted to persons providing care at home to Adults with Alzheimer's disease or other dementia illnesses will be offered at the Harrill Senior Center on Thursday, August 23, from 2-4 p.m. 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.



LOIS E. HARRILL SENIOR CENTER

July and August 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.

**Caldwell Community College Classes**

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

Crafts — 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—Art Class - - - - - 9 a.m. – 12 noon

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

Bridge - - - - - 1:30 - 5 p.m.

Exercise w/ Candy- - - - - 2 - 3 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.

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

Muscles and More - - - - - 10:30-11 a.m.

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

Bridge - - - - - 1:30 - 5 p.m.

Exercise w/ Candy - - - - - 2 - 3 p.m.

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

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

Exercise - - - - - 10:30 - 11 a.m.

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

Tai Chi - - - - - 5:30 - 6:30 p.m.

Tai Chi - - - - - 6:30 - 7:30 p.m.

Friday- Muscles and More - 10:30 - 11 a.m.

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

Bridge - - - - - 1:30 - 5 p.m.

Congregate Nutrition Program

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

**Blood Pressure Checks**

Third Friday each month from 11 a.m.-12 noon.

Service provided by Watauga County Health Department.

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- Ensuring the well-being of people with cognitive and memory impairments- Thursday, August 23, from 2-4 p.m.

Agency Information

Legal Aide of N.C. Presentation and counseling. Wednesday, July 11, from 11 a.m. - 12 noon.

Hospitality House and WeCan. Tuesday, August 14, from 11 a.m.-12 noon.

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**

Trip and Picnic- Wednesday, July 18, 10 a.m. – 3 p.m.- The Cascades on the Parkway. Lunch will be provided. You must reserve a meal and a seat on the bus.

Trip to Asheville Farmers Market- Tuesday, August 7, 8 a.m. – 5 p.m. There are two restaurants on site. Everyone is responsible for the purchase of their own lunch. Seats are limited and must be reserved through Toni at the Western Center or Sherry at the Harrill Center.

Walking Tour of Rosen Outdoor Sculpture Competition– Wednesday, August 15, 10:15 a.m. – 12 noon.

Special Interests and Services

Health Screenings- Mondays, July 9, and August 13. 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, July 11, from 9 a.m.-12 noon

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

Special Interests and Services cont.

Free Hearing Aid Services- Hearing screenings; Oscopic 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, August 28, 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.

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

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).

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.

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

AppalCart Schedule

L. E. Harrill Senior Center

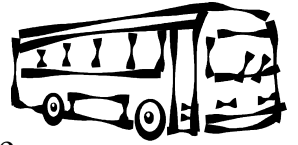
Monday - Intown and Foscoe

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 requesting this method of delivery.
- Mailed.
- Located on agency's web site at www.wataugacounty.org. Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.

Raffles Raise Money for Services and Activities

Eula Byers and Lena Norris made and donated a beautiful full size quilt to be raffled. Tickets were sold during June. The drawing will be held June 28, at the Harrill Senior Center. Proceeds will be used for activities at the senior centers. Doris Cummins made and donated a lovely crocheted lap throw that will be raffled July 31. Proceeds will be used to extend services at the Project on Aging. Tickets may be purchased at both senior centers for \$1 each. The Quilt is on display at the Harrill Center until the drawing. The Lap Throw will be on display at the Harrill Center during July. Photos of the items will be on display at the WWC Center. You do not have to be present to win.



Stirring up Memories- A new magazine has been added to the offerings available in the lounge area at the Harrill Senior Center. The magazine is called Reminisce and it brings back memories of good times from the past.

WESTERN WATAUGA COMMUNITY CENTER

July and August 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

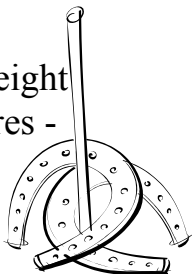
Monday - Walking - - - - - 8 - 10:00 a.m.
Lap Quilting Guild - - - - - 10 a.m. - 1 p.m.
Old Fashioned Rug Hooking - 10 a.m. - 1 p.m.
Tuesday - Walking - - - - - 8 - 10 a.m.
Exercise with light weights - 9:30 – 10 a.m.
Wednesday – Walking - - - - - 8 - 10 a.m.
Exercise with light weights - 8:30 - 9 a.m.
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.
Quilting Guild - - - - - 9 a.m. - 1 p.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.

Rook is an ongoing activity Monday - Friday.

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



Congregate Nutrition Program

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

Support Groups:

Weight Loss- Mondays 7-8 p.m.



Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Agency Information

Gardens for Humanity will provide an update on Cove Creek Community Gardens. Thursday, August 23, 10-11a.m.



Special Activities

Trip and Picnic- Wednesday, July 18, 10 a.m. – 3 p.m. - The Cascades on the Parkway. Lunch will be provided. You must reserve a meal and a seat on the bus.

Trip to Asheville Farmers Market- Tuesday, August 7, 8 a.m. – 5 p.m. There are two restaurants on site. Everyone is responsible for the purchase of their own lunch. Seats are limited and must be reserved through Toni at the Western Center or Sherry at the Harrill Center.

Food Safety in the Kitchen- Information and handouts on avoiding cuts, burns, and fires. Wednesday, July 25, 10-11 a.m.

Beef up your Bones- Tips for guarding against Osteoporosis, includes recipes and handouts. Monday, August 20, 10-11 a.m.

Special Interests and Services

Health Screenings- Mondays, July 23, and August 27. You must have an appointment.

Cove Creek Grange- 2nd 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- 1st 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 Looper 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



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 Wednesday, July 4, for Independence Day.

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

Italian Pasta Salad

2 cups uncooked spiral macaroni

1 ½ cups diced fresh tomato

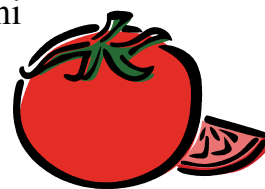
1 cup diced zucchini

1 cup broccoli florets

½ cup fat-free, Italian dressing

Cook macaroni according to package directions, omitting salt and margarine. Drain well and cool. In a large bowl, mix together cooked macaroni, vegetables and Italian dressing. Toss to coat evenly. Chill for several hours. Stir gently before serving.

Nutrition facts: Servings-3; Calories-204; Carbohydrates-41g; Cholesterol-0 mg; Fat-1g; Sodium-209g



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.

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.

Things about getting older

- Your tacky souvenirs will be worth more on eBay.
- You can wear knee highs with a dress.
- The twinkle in your eye is only the reflection on your bifocals.
- The Golden Girls becomes your favorite TV show.
- You finally get your head together, and now your body is falling apart.
- You exchange your lawn mower for a scooter chair.
- You don't care where your husband goes as long as you don't have to go along.
- Those other people at the senior center don't look so old any more.

