



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

JULY AND AUGUST 2010



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 Sharon at 264-0336 to reserve respite care or for more information.

Education Opportunities - New River Geriatric and Adult Mental Health Specialty Team will be leading several seminars which are open to everyone, including professionals as well as family caregivers. On Monday, August 9, from 3-4 p.m. they will offer a presentation entitled "Review of Mental Illness." On Wednesday, September 15, from 3-4 p.m. they will discuss Personality Disorders. Please call to register for these free sessions.

Dementia Education Forum "Exploring the Journey", Thursday, July 22, from 7:30 a.m.-4 p.m. - The Alzheimer's Association in partnership with the Project on Aging and other agencies will offer a day of education for professionals and family caregivers. The forum will consist of presentations from a variety of speakers along with a panel discussion. Breakfast and lunch provided and CEUs are available. The forum will be held at Boone United Methodist Church and the registration fee is \$25 (scholarships are available-call 1-800-888-6671). Online registration available at www.alz.org/northcarolina and brochures are available at the Harrill Center.



Advocacy Corner

On Tuesday, July 13, come learn about the Personal Care Services Program which provides personal care and assistance to people in their homes who qualify through the Medicaid Program. We will be signing a letter that day to send to our state legislators to show our support of this program, which is facing significant budget cuts. Come show your support of this much needed service.

Western Watauga Community Center

297-5195

AARP Driver Safety Class Offered for Older Adults

The nation's first and largest driver safety classroom refresher course geared especially to older adults driver safety needs will be offered, for a nominal fee, on Wednesday, August 18, from 8:30 a.m.-1 p.m. Classes will be held at the Watauga County Law Enforcement Center located at 184 Hodges Gap Rd., Boone, NC. The instructor will be Kathy Powell. The cost of the program is \$12 per person for AARP members (\$14 for non-members) and 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). Coffee, water, and a light snack will be provided. Call the center at 265-8090 for more information, or to reserve a seat.



Farmers' Market Program

Watauga County will once again be participating in the USDA Farmers' Market Coupon Program. Eligible participants will receive \$24 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 participant at either the L.E. Harrill or Western Watauga Senior Centers.
- A resident of Watauga County.
- Age sixty or older.



Monthly income no greater than \$1,670 for an individual and \$2,246 for a couple.

Tabitha will start taking applications and distributing coupons on Tuesday, July 13 in Boone and will be at the Western Watauga Center from 10a.m.-11:30a.m. on the following dates: Friday, July 16, Tuesday, July 20 and Thursday, August 5.



LOIS E. HARRILL SENIOR CENTER

July and August 2010



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

Weekly Activities

Monday - Art Class (intermediate) -	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Rummy Group - - - - -	11 a.m - 12 noon
Arthritis Exercise - - - - -	1:30 - 2:30 p.m.
Origami Class (\$3 per class) - - -	5:30 - 7:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	11 a.m - 12 noon
Nutrition/Health Classes - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	2:30 - 4:00 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Watauga Photography Club -	7 - 8 p.m.
Wednesday - Art Class (beginners)-	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Outdoor Fun - - - - -	10:30 a.m. - 12 noon
Rummy Group - - - - -	11 a.m. - 12 noon
Arthritis Exercise - - - - -	1:30 - 2:30 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	11 a.m - 12 noon
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Tai Chi - - - - -	5:30 - 7:30 p.m.
Brass Quintet Rehearsal (listeners welcome)-	7 - 9 p.m.
Friday- Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	11 a.m - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Wii Games are available other times by appointment.

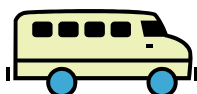
Congregate Nutrition Program

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

Agency Information

Tuesday, July 13, 11 a.m. – Linda Bretz, RN from ARHS Home Health will provide general information about the Personal Care Services Program. We will discuss the proposed NC budget cuts to this program and offer participants a chance to sign a letter to show their support of this service.

Tuesday, August 17, 11 a.m. – Tim Townsend will discuss Appalcart services and answer your questions.

**Blood Pressure Checks**

Third Wednesday each month from 11 a.m.-12 noon. Service provided by Healthy Carolinians.

Drop in Activities

The following are available for use at the center by persons 60 and older:

* Balance Beam Scales for checking weight * Bocce * Card Tables * Computer Lab * 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 –May also be checked out for use at home * Wii *

Support Groups:

NAMI Connections Support Group - Meets every Tuesday from 2:30 p.m.-4 p.m. The group is for adults of any age who face the challenges of mental illness, regardless of their diagnosis.

NAMI (National Association for Mental Illness) Support Group - Meets the first Monday of each month at 7 p.m.

“The Art of Living” -A reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the first Friday of each month from 10a.m.-12p.m. except in July when it will be held on the 2nd Friday. Upcoming topics: Friday, July 9: Journal Writing; Friday, August 6: Patchwork Creations, a Collage of Your Life. Please call to sign up beforehand to ensure adequate materials are provided.

Special Activities

Independence Day Party – Friday, July 2, 10 a.m.-12 p.m. Refreshments, music, fun! Wear your red, white and blue to show your patriotic spirit! Store bought snack and drink donations are greatly appreciated.



Wii Bowling Tournament – Come join us for a morning of fun on Wednesday, July 14, 11 a.m.-Noon. Prizes will be awarded! The Wii will be set up each morning between July 1-14, to allow folks to practice. The Wii is available other times for individual or group practice sessions before the tournament, just call the center to reserve a time. (Contestants must be 60 years of age or older).

Trip and Picnic – On Thursday, July 29, 10 a.m.-3 p.m., visit to Moses Cone Manor, then picnic at Price Park on the Blue Ridge Parkway. Come enjoy a walk in the creek or a game of croquet. \$2 cost for transportation.

Special Activities Continued

Trip to Barter Theater - Wednesday, August 11, 10 a.m.-6 p.m. - Abingdon, Virginia. Lunch at the Cracker Barrel and then Barter Theater to see the musical "Annie". Tickets for the show are \$26. Checks should be made to the Barter Theater. Please call to reserve a seat and either mail or drop your check by to Tabitha. All money is due by Friday, July 23 and no refunds are available after that date. We will leave from the Harrill Center and pick up people at the Western Watauga Community Center on the way to Abingdon. \$2 cost for transportation.



Special Interests and Services

Health Screenings – Thursday, July 15 and Thursday, September 9. One health screening per person is allowed each fiscal year (July-June).

Social Security- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, July 7, 2010, from 9 a.m.-12 noon.

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

Advocacy Opportunities- The center provides information on advocacy opportunities, "Effective Advocacy" training and Voter registration forms.

Amateur Radio Club - Meets the first Monday of each month from 6 - 8 p.m.

Book Discussion Group - Meets the third Wednesday of each month, 1:30-2:30 p.m. (Date subject to change, call for more information)

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.

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), including low income subsidy applications.

Special Interests and Services Continued

Coupon Swap – Drop off the coupons you don't need and pick up ones you can use. Available anytime during operating hours.

Free Hearing Aid Services- Hearing screenings; Otoscopic 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, September 28, 10 a.m.-Noon.

Seniors of Service (S.O.S.) Advocacy Group
We have formed a group that meets on a regular basis to advocate for and develop service projects for seniors in the community. The meetings will be held the Second and Fourth Tuesdays of the month in July and the first and third Tuesdays of the month in August at 1 p.m.

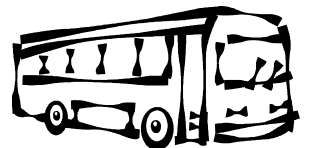
Job Placement and Job Training- Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

Quilt Guild - Meets the first Thursday of each month from 1:30 - 4 p.m.

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
Days/Routes are subject to change.

Monday - Intown, Foscoe, Meat Camp, and Western Watauga Community Center

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

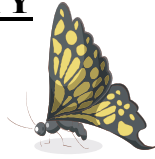
Wednesday - Meat Camp, Todd and Intown

Thursday - Intown, Cove Creek, Foscoe and Matney

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

WESTERN WATAUGA COMMUNITY CENTER

July and August 2010



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

Monday - Walking - - - - -	8 - 11:00 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Sewing Class - - - - -	9:30 - 11:30 a.m.
Gentle Exercise Class - - - -	12 noon - 1 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Woodcarving Guild - - - - -	8:30 - 11:30 a.m.
Beading and Jewelry Making -	9:30 - 12:30 a.m.
Outdoor Games - - - - -	10:30 a.m.- 1 p.m.
Wednesday- Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Gentle Exercise Class - - - -	12 noon - 1 p.m.
Thursday - Walking - - - - -	8 - 11 a.m.
Art Class - - - - -	10 a.m. - 1 p.m.
Lap Quilting Guild - - - - -	9 a.m. - 1 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Friday - Walking - - - - -	8 - 11 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Live Music - - - - -	10 - 1 p.m.
Yoga - - - - -	10:15 - 11:15 a.m.

Rook is an ongoing activity Monday - Friday.

Fitness equipment is available to those age 60+ population 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 at 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) – Watauga Branch Library
- * Piano
- * Sewing Machines
- * Table games, jig saw puzzles, and cards
- * Television/VCR and DVD player
- * Wireless Internet



Blood Pressure Checks

Second Thursday each month from 10:30 - 11:30 a.m.

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

“The Art of Living” -A reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the third Friday of each month from 9:30 - 11:30 a.m.. Upcoming topics: Friday, July 16: Patchwork Creations, a Collage of Your Life; Friday, August 20: Creating a Mosaic. Please call to sign up beforehand to ensure adequate materials are provided.



Special Activities

Trip and Picnic – On Thursday, July 29, 10 a.m.-3 p.m., visit to Moses Cone Manor, then picnic at Price Park on the Blue Ridge Parkway. Come enjoy a walk in the creek or a game of croquet. \$2 cost for transportation.

Trip to Barter Theater - Wednesday, August 11, 10 a.m.-6 p.m. - Abingdon, Virginia. Lunch at the Cracker Barrel and then Barter Theater to see the musical “Annie”. Tickets for the show are \$26. Checks should be made to the Barter Theater. Please call to reserve a seat and either mail or drop your check by to Tabitha. All money is due by Friday, July 23 and no refunds are available after that date. We will leave from the Harrill Center and pick up people at the Western Watauga Community Center on the way to Abingdon. \$2 cost for transportation.

Book Reading and Signing -Wednesday, August 18, 10:30 - 11:30 a.m. - Bart Bare will read from his latest novel “Girl” and discuss his experiences and other books he has written. There will be a book signing afterwards. *Proceeds from the sale of his book will go to the Watauga Humane Society.* Co-sponsored by the Western Branch Library and the Western Watauga Community Center.

Special Interests and Services

Health Screenings - Thursday, August 19, and Thursday, October 21. One health screening per person is allowed each fiscal year (July-June).

Hearing Screenings - NC Services for the Deaf and Hard of Hearing will be conducting individual hearing and hearing aide evaluations, discuss the newest equipment available, and information on the program. Next scheduled time will be August 17, from 9 a.m. - 12 noon.

Special Interests and Services Continued

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.



Cove Creek Community Council- 1st Thursday of each quarter, 6-7 p.m. Meetings open to the public. Call Toni at 297-5195 for the schedule.

Crafty Critters Club- Meets the first Monday of each month 12 - 3 p.m. Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center special occasions. Always open to newcomers. If interested in joining call Toni at 297-5195.

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

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.

Fiber Art/Hand Spinning Guild — Spinners will meet first Thursday of each month from 6:30 - 8:30 p.m.

Fiber Guild will meet the third Thursday of each month from 6:30 - 8:30 p.m.

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

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.

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

AppalCart Schedule -Western Watauga Community Center



Days/Routes are subject to change.

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

Monday and Thursday are shopping days 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.

Volunteer Opportunities

The Western Watauga Community Center has several volunteer opportunities available. Some are: Flower bed gardener, home delivered meals driver, receptionist/office assistant, party/activity planner, exercise instructor, etc. Call Toni Wait for more information at 297-5195.

Extra Help With Prescription Drug Costs

Some people with limited income and resources are eligible for Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Many people qualify for these big savings and don’t even know it. To find out if you qualify, please call the Project on Aging at 265-8090 for more information. We can help you fill out an application online. You may also call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**) to apply over the phone or to request that an application be mailed to you, or go to www.ssa.gov to complete an application.

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

Low Impact Aerobic Exercise Class

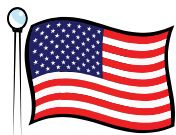
The Western Watauga Community Center is seeking people who would be interested in forming a new low impact Aerobic Exercise Class one or two days per week. The center has lots of videos and new larger screen TV. If interested contact Toni Wait at 297-5195.



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 on Monday, July 5, 2010, in observance of Independence Day.

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



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.

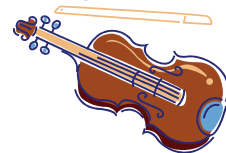
Call the senior centers with any questions.

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.

Senior Tent at Sugar Grove Music Fest

The Senior Centers will have a booth at the Sugar Grove Music Fest on Friday, July 9th, and Saturday, July 10th. Information about the Project on Aging and both senior centers will be available as well as crafts on display and for sale from many of our classes and guilds. For more information about the Music Fest call 297-2200 or visit www.musicfestnsugargrove.org.



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 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.



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

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265-8090

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