

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

MAY AND JUNE 2002

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.



Gardening Program Available

W.A.M.Y. Community Action will be at the Lois E. Harrill Senior Center on Tuesday, May 14, at 11:00 a.m. to take applications for gardening assistance vouchers. These vouchers issued to eligible participants may be used for the purpose of purchasing seeds, plants, fertilizer or canning and freezing supplies for home gardens.

Alaskan Experience Presentation

Bill Bellingar has been a pilot, state trooper and fish & wildlife officer in Alaska for over 20 years. During that time he amassed a collection that includes native ceremonial masks, hand made Alaskan Eskimo and Indian artifacts, hand made jewelry, animal skins, slides and a wealth of information. These objects will be on display as well as a slide and oral presentation of his experiences. These experiences include facts about village life, wild life, and criminal investigations dealing with crimes committed against both animals and humans. Mr. Bellingar is also the author of a book titled "A Little Further Up the Creek" a nonfiction work based on his personal encounters in Alaska. Mr. Bellingar will present this program at the Lois E. Harrill Senior Center on Monday, May 20, at 11 a.m. This presentation, which will be an hour in duration, is free and open to the public.

For more information please call the senior center at 265-8090.

CHRONIC PAIN SUPPORT GROUP

A support and education group for individuals living with chronic pain due to an autoimmune disease (Rheumatoid Arthritis, Fibromyalgia, Lupus, MS, etc.) are meeting at the Lois E. Harrill Senior Center the first and third Wednesdays of each month from 6-7 p.m. The support group meets to manage the pain more effectively, provide mutual support, share feelings, experiences and advice. For more information contact the senior center at 265-8090.



Eating For Wellness

This is the third and final in a series of articles we are reprinting dealing with healthy eating.

Fiber and Fluids- We can help alleviate constipation, a problem most common among less active adults, by getting enough water and high fiber foods. However, among the changes we experience over the years is a less reliable sense of thirst. Basically, our bodies don't remind us as often as they should that we need fluids. So, it's important to make a conscious effort to drink enough fluids. Most of the time, 8 glasses of water each day are ample. Sometimes we need more. Stresses- such as fever, hot weather, caffeine or alcohol intake and certain medications- can alter our body's total water content and dehydrate us.

Fats- Just like all adults, we should limit our fat intake to maintain proper body weight. But, reducing fat intake too much can leave us short on some nutrients. Fats are a vehicle for certain vitamins, most notable vitamins A and E, plus important antioxidants and omega-3 fatty acids that protect against heart disease. Although we need to go easy on fats, we shouldn't be too severely restrictive because it's the fat we eat that supplies these nutrients.

LOIS E. HARRILL SENIOR CENTER**May and June 2002****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.
 Tai Chi - - - - - 5:30 - 6:30 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.
 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.

Special Activities

Cinco de Mayo Celebration-
 Friday, May 3, 11 a.m.-12: 30
 p.m.

Alaskan Experience Presentation -
 Monday, May 20, 11 a.m.– 12 noon



55 Alive Mature Driving Class -
 Wednesday & Thursday, June 5 & 6, 12:30—4:30 p.
 m.

Blood Pressure Checks

Tuesday, May 28, 11:00 a.m.-12 noon
 Thursday, June 20, 11:00 a.m.-12 noon

Agency Information:

W.A.M.Y. Community Action, Gardening Program -
 Tuesday, May 14, 11:00 a.m.-12 noon

Support Groups:

Caregiver's Class/Support Group— Will meet in July.
 Date will be announced in July—August Newsletter.

Alzheimer's Family Support Group- Thursday, May
 16, & Thursday, June 20, at 1:30 p.m.

Diabetes Support Group- Tuesday,
 May 21, & Tuesday, June 18, at
 5:30 p.m.

Chronic Pain Support Group- 1st and
 3rd Wednesdays each month 6-7
 p.m.

**Special Interests:**

SHIIP- Call Sherry Harmon for assistance with
 Medicare, Medicare supplements, Medicare + Choice
 and long-term care insurance questions.

Quilt Guild- Mountain Laurel Quilt Guild meets the
 first Thursday of each month from 1:30-4pm and 6-
 8pm 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. Exer-
 cise equipment and classes.

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 in-
 formation you may call Anne Strupp at 262-3481.

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

AARP- will meet Tuesday, May 21, and Tuesday,
 June 18, at the L. E. Harrill Senior Center from 10
 a.m. to 12 noon. Contact Louise Harris at 264-6616
 for more information.

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

Military Veterans – Watauga County Veteran's Ser-
 vice Officer will visit the senior center Friday, May
 24 to answer questions regarding veteran's benefits.

Senior Education Corps-This partnership will in-
 crease students' academic success and enhance tech-
 nology 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.

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

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

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

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

WESTERN WATAUGA COMMUNITY CENTER

May and June 2002



Weekly Activities

Monday -Exercise Class	-----	9 - 10 a.m.
Lap Quilting	-----	10 a.m. - 1:00 p.m.
Exercise Equipment	-----	8:30 - 9:30 a.m.
Tuesday - Exercise Equipment	---	8:30 - 9:30 a.m.
Pottery	-----	9:30 a.m. - 1 p.m.
Ceramics	-----	10 a.m. - 1 p.m.
Wednesday -Exercise Equipment	--	8:00 a.m. - 3 p.m.
Exercise Class	-----	9:30 - 10 a.m.
Nutrition / Health Classes	-----	10 - 11 a.m.
Bible Study	-----	11 - 11:30 a.m.
Thursday -Exercise Equipment	---	8:30 a.m. - 2 p.m.
Exercise Class	-----	9 - 9:30 a.m.
Lap Quilting	-----	10 a.m. - 1 p.m.
Games, Bingo, etc.	-----	10 - 11:30 a.m.
Friday - Exercise Equipment	---	8:30 a.m. - 2 p.m.
Area Musicians	-----	10 - 11:30 a.m.
Art Guild	-----	10 a.m. - 3 p.m.

Congregate Nutrition Program

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

Blood Pressure Checks

Tuesday, May 14, 10-11 a.m.

Wednesday, June 19, 10-11 a.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.

Special Activities

Cinco de Mayo Celebration- Friday, May 3, 11 a.m.—12:30 p.m.

Food Safety- Monday, May 13, 10-11 a.m.

Arthritis Presentation- Thursday, May 23, 10-11 a.m. Information on diagnosis & treatment of Rheumatoid and Osteoarthritis. Presented by Aubrey Stahl, Health Promotion Intern

Stress Management- Tuesday, June 11, 9:30-11:30 a.m. Relaxation, exercise and nutrition for a healthy body and mind.

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

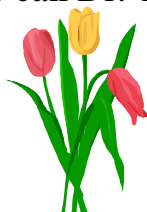
Western Watauga Branch of the Watauga County Library-Monday-Thursday 10 a.m.-5 p.m. Tuesday and Thursday evenings 5-7 p.m. Bookmobile is available to any homebound county resident. Call Jackie Cornette at 297-5515, if you are interested in having books delivered to your home on Fridays.

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

Multimedia Artist Guild- Meets Fridays 12 noon –3 p.m. Anyone who paints or is interested in learning to paint may bring materials and join in. There is no charge for this activity. For more information call Barbara Sturgill at 423-727-9494.

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

Appalachian Chapter of the N. C. Archeological Society -Meets the 4th Tuesday of each month at 7 p.m. Free and open to the public. For more information or if attending for the first time call Dr. Tom Whyte at 262-2283.



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 Monday, May 27, 2002, in observance of Memorial Day.

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



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

55 Alive Mature Driving Class

AARP will offer a 55 alive driving class on Wednesday and Thursday, June 5 & 6, from 12:30—4:30 p.m. The course covers age related physical changes, declining perceptual skill, rules of the road, local driving problems, and license renewal requirements. Cost of the class is \$10.00 and will meet in the conference room at the Human Services Building. For more information or to pre-register call Ruth Lisk at 264-9439.



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Cinco De Mayo or the “Fifth of May”



It is an occasion which Mexicans and Americans share to emphasize the friendship between their two countries. The holiday originated with a surprising battle. In 1861, France, England and Spain sent ships to Mexico to settle a debt. Within a few months, an agreement was reached and the British and Spanish navy set sail toward home. But the French ships, by order of Napoleon III, began an attack on May 5, 1862. At the time, the French Army of Napoleon III was considered the premier army in the world. It had enjoyed recent victories throughout Europe and Asia. The French expected to march from the port city of *Vera Cruz* to Mexico City without encountering much resistance. President *Juárez of Mexico* sent troops to *Puebla* to confront the French. Brightly dressed French Dragoons led the enemy columns. The Mexican Army was less stylish. Two thousand Mexican men, led by General Ignazio Zaragoza were severely under-equipped. *La Batalla de Puebla* raged on for two hours, after which time the French were forced to retreat. Despite tremendous odds, the humble Mexican Army defeated the most powerful fighting unit in the world! Although smaller in number, the Mexican army won this battle but they did not win the war. But it did inject the Mexican people with pride and patriotism it had never before enjoyed. The French conquered the country, and in 1864, a European emperor was put on the Mexican throne. Three years later, after a reign filled with problems, the emperor was deposed and killed. Even during the short period of French rule, the Mexicans celebrated Cinco de Mayo. They changed the name of the town where the French were defeated to Puebla de Zaragoza. Today Americans participate in activities organized for "Cinco de Mayo." The Lois E.

Harrill Senior Center and the Western Watauga Community Center will celebrate Cinco de Mayo with Mexican music and a traditional Mexican lunch on Friday, May 3, (the 5th falls on a Sunday when we are closed).

Budget Crisis Affects Aging Program

The Watauga County Project on Aging, which includes the Lois E. Harrill Senior Center and the Western Watauga Community Center, is being directly affected by the State's budget woes. Funding for Monthly Health Screenings, Field Trips and In Home Nursing Aides has been reduced or eliminated. The annual volunteer banquet has been cancelled due to budget constraints. Indirectly, money for the Congregate and Home Delivered Meals Programs has been reduced which limits our ability to continue to serve at the present level. Until this budget crisis subsides we are faced with limiting our services. The fate of many of our programs depends heavily on the amount of donations we collect. We realize that there are participants who do not have extra money to spare but for those who do we encourage you to contribute to their continued operation. A recommended schedule of contributions based on your monthly income and our cost for providing the service is posted at both senior centers and is in the welcome letter each congregate participant receives annually. For home delivered meals and In Home Aide services this information is included in the cost share form provided annually at your reassessment. All donations received go directly to providing services. Please help us continue to provide these services!

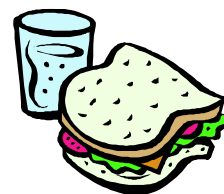


High Country Senior Games

If you own property or are a resident of Watauga, Avery, Mitchell or Yancey Counties and age 55 or older you are eligible to compete in the Senior Games events. For more information or to register Contact Watauga County Parks and Recreation at 264-9511 or the Project on Aging 265-8090.

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 shop-
ping 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.**Computer Training Available For
Seniors**

The Lois E. Harrill Senior Center now has computer training available for Watauga County residents aged sixty and over. The center has staff available to assist seniors with the basics of computer use, which also includes the ins and outs of surfing the net, sending and receiving emails, etc.

**Recipe**

Egg Salad Sandwiches-

Everyone always loves this nearly cholesterol-free sandwich. You can add slices of tomatoes, canned chopped and drained chilies, relish, or pickles if you like.

Yield: 6 servings

1 cup substitute eggs, well beaten
Salt (optional)
½ cup fat-free or low fat mayonnaise
2 tsp. Cider vinegar
1 Tbsp. Prepared mustard
6 hard-cooked eggs, 5 yolks discarded, whites coarsely chopped
1 medium onion, peeled and chopped
1 large stalk celery, chopped
2 tbsp. finely chopped fresh parsley
¼ tsp freshly ground black pepper
12 slices white or whole wheat bread
12 lettuce leaves

Lightly coat a large nonstick skillet with nonstick vegetable oil spray. Add the beaten eggs and salt (if desired) and cook, covered, on medium-low heat until firm, being careful not to burn them. Don't scramble them while they cook.

Slide the eggs onto a cutting board. With a large knife, chop the egg pancake into ¼ to ½-inch pieces. Crumble the hard-cooked egg yolk over the top of the chopped substitute eggs. In a large bowl, combine the mayonnaise, vinegar, and mustard, mixing well. Add the chopped eggs, chopped hard-cooked egg whites, onion, celery, parsley, and pepper and coat well with the dressing. Spread the mixture on half the bread slices, add the lettuce, and top with the remaining bread slices. Cut into halves or fourths.

Nutrition at a glance (per serving): Total fat 3.5g; Saturated fat 1g; Protein 15g; Dietary fiber 2g; Carbohydrate 40g; Cholesterol 38mg; Sodium 657mg; % of calories from fat 13; Calories 255.

This recipe is from "Low fat Cooking for Dummies". This book along with "Fat-Free Guilt-Free Food That Is Full of Flavor Cooking" was donated by The Partners in Wellness Nutrition Program and is available to seniors. See Sherry Harmon or Toni Wait to check out either of these books