



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

MAY AND JUNE 2013



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

Two education sessions presented by Debra Rochelle from the Smoky Mountain Center:

“Mental Disorders in Older Adults”-Tuesday, May 21, 3-4 p.m.; and “Walk a Mile in My Shoes-Sensitivity Training When Caring for Older Adults”- Friday, June 14, 3-4 p.m. (previously scheduled for May 14). These sessions are free and open to everyone, including caregivers and professionals. Please call Tabitha at 265-8090 to register.

Living Healthy Program to Begin June 10

Are you over the age of 60 and dealing with a chronic disease, such as asthma, diabetes, COPD, heart disease, arthritis, or fibromyalgia? If so, the Living Healthy program may be your answer for a better quality of life. The Living Healthy Program is a six week education group designed to help people like you learn how to live a healthier life with a chronic condition. This free program will be held at the Harrill Senior Center on Mondays from 9:30 a.m.-12 p.m. beginning June 10. Please call to register. Limited space is available for people under the age of 60.



Zumba Classes at Senior Center

Wednesdays from 4-5 p.m. in the dining room of the Harrill Center. Come join us for a fun, Latin-based dance exercise class. Our Zumba instructor, Cynthia Carlson, has modified the class for older adults. No charge for people age 60 and over but donations are accepted. \$3 fee per class for people under 60.

ASU Lifelong Learning Programs

The Harrill Center is now hosting ASU Lifelong Learning Programs. Come learn about ancient civilizations or dabble in painting. Full class schedule available at center.

Western Watauga Community Center

297-5195

May is Older Americans Month

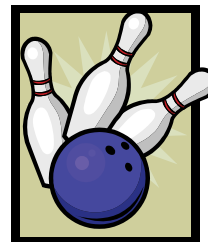
May is Better Hearing Awareness Month and Older Americans Month, and the National Council on Aging (NCOA), with support from United Health Foundation, is educating older adults about the signs of hearing loss, the importance of getting screened, and providing answers to frequently asked questions and reasons to get help. To learn more, visit www.ncoa.org/HearingLoss. The Lois E. Harrill Senior Center will be offering free hearing screenings and hearing aid cleaning/battery replacement on Thursday, May 2 from 8:30-12 p.m.

Adult Services Expo on Friday, May 10

The 11th Annual Expo will be held at the Boone Mall on Friday, May 10, from 9 a.m. - 2 p.m. Agencies will offer information about their services, and door prizes will be awarded. Join us for a very special recognition ceremony at noon. Everyone is welcome!

Health Screenings

The Watauga County Project on Aging and Watauga Medical Center will be offering a health screening clinics to residents of Watauga County age sixty and older. There is a \$45 charge for a complete blood work panel. The clinics will be held at the **Lois E. Harrill Senior Center** on Thursday, May 2. For an appointment or for more information call Tabitha at 265-8090 at the Lois E. Harrill Senior Center. You must have an appointment for the clinic.



High Country Senior Games

Enjoy sports? Write poetry? Like to dance? The High Country Senior Games will be held from May 9 - June 9. Please come by the Senior Center or Watauga County Parks and Recreation to register.



LOIS E. HARRILL SENIOR CENTER

May and June 2013



The Senior Center is open Monday-Friday from 8 a.m.-5 p.m. with evening hours for designated classes and groups.

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.
Gentle Exercise - - - - -	1 - 2 p.m.
Tuesday - Chair Yoga - - - - -	10 - 10:30 a.m.
Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	1:30 - 2:30 p.m.
Rummikub - - - - -	2:30 - 3:30 p.m.
Sewing Classes (\$) - - - - -	6 - 8:30 p.m.
Yoga (\$) - - - - -	6:15 - 7:15 p.m.
Wednesday - Art Class (beginners)-	9 a.m. - 12 noon
Indoor/Outdoor Games - - - - -	10 a.m. - 11a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1 - 2 p.m.
Zumba - - - - -	4 - 5 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 11 a.m.
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class (\$) - - - - -	1 - 4 p.m.
Tai Chi I & II (\$) - - - - -	4:30 - 6:30 p.m.
Friday - Stretching - - - - -	10 - 10:30 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
E-Reader Club - - - - -	10 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Coffee Time and Talk each morning from 9 - 10 a.m.

Rummy Group is an ongoing activity Monday - Friday, from 11 a.m.—12 noon.

Wii is ongoing activity each morning from 9:30-11 a.m.


Congregate Nutrition Program

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

Project E.M.M.A.

E.M.M.A. stands for “Eat Better, Move More, Age Well.” Join us for the Walking Club, each morning from 9:30-10:30 a.m. Come walk through the building on rainy days or outside when it’s nice and track your progress! Check out the bulletin board in the exercise room for more info. Prizes to be awarded. Also our garden will start back in May, come join us!

Drop in Activities

The following are available for use at the center by persons 60 and older: * Balance Beam Scales for checking weight * Bocce * Cards * Computer Lab * Copy Machine—see Tabitha for assistance) * 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 * Wii *

Agency Information

Tuesday, May 7, 11 a.m. – Noon: WAMY Home Repair and Weatherization

Tuesday, June 18, 11 a.m.-Noon: Senior Medicare Patrol - “Medicare Summary Notices- Are Those Charges Really Mine?”




Support Groups:

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

Support Group for Mental Health meets Tuesday from 2-3:30 p.m. in small upstairs meeting room.

Special Activities

Trip to Biltmore House!- Wednesday, May 15, 8 a.m. - 8:30 p.m. **Note: This trip will be an all day affair with lots of walking.** Ticket to Biltmore is \$40, please bring cash on day of trip. You can choose to purchase audio tour headset for \$10. Lunch at McDonald’s, dinner at J&S Cafeteria. Please call to reserve a seat. 

Fifth Annual Bake Off- Join us on Friday, May 17, from 10 a.m. - Noon for our annual Bake Off. Please bring your favorite cake, pie or other dessert to share. Low fat and sugar free recipes are welcome. Please bring copy of recipe to share. Everyone will be able to sample the items and then vote for their favorite!

Stroke Information and Blood Pressure Check

-Tuesday, May 28, 10:30 a.m. - Noon. Candy Jones from Healthy Carolinians will present information about stroke prevention and will be available to take blood pressures.

Billiards Tournament - Ladies’ tournament on Friday, May 3 at 10a.m. Any age may play. Please see Tabitha to sign up or call 265-8090. Prizes will be awarded!!!



Special Activities continued

There will not be a field trip in June. Check the July/August newsletter for more information about trips.

Independence Day Party-Wednesday, July 3, 10 a.m.-Noon. Come join us for some patriotic fun. You are welcome to bring a snack or beverage. Sugar free items welcome.



Special Interests and Services

E-Reader Program - Come learn about Kindles and the convenience of reading with an e-reader! Nicole Fynn from the county library will be here on Fridays, from 10-11 a.m., to talk with people about Kindles which can be checked out at the center.

Advocacy Opportunities- The center provides information on advocacy opportunities, and voter registration forms.

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.

Transportation- The Project on Aging contracts with AppalCart to provide transportation to county residents for attending the senior centers, shopping and appointments. Service is available in different sections of the county every day Monday-Friday, except Thursday. Schedules for both centers are listed in each newsletter.

SHIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, and counseling for Medicare Prescription Drug Benefit Plans (Part D), including low income subsidy applications.

Free Hearing Aid Services— Free hearing screening, exam 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, May 2, 8:30 - 12 noon.

Computer Training - Free computer training is available by appointment.



Housing Needs – Need a new place to live? A list of local senior housing apartments and individual assistance are available at the center.

Blood Pressure Checks - Last Tuesday of each month from 10:30—11:15a.m.

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

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

Box Tops for Education-The collection box is in the front room. Box tops go to local school.

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Special Interests and Services Continued

Information and Assistance - Available at the senior center for the following services: home repair, housing, disaster planning, and job placement/training.

Food Distribution – A list of local food pantries is available at the center. We also distribute donated food during our bingo games. Gardening to resume in Spring. Please contact Tabitha for more information.

Medicare and Medicaid Enrollment – Medicare online enrollment available at the center. To apply for Medicaid, please visit the Department of Social Services on the 2nd floor of our building.

Veterans Group at Senior Center - First Friday of the month from 1-2:30 p.m. All veterans and spouses are welcome to attend.

Legal Aid Helpline – 1-877-579-7562. Legal aid clinics offered during the year at center; call for more information.

Food Drive-We are still collecting canned goods for local food pantries. Drop off box is in front room.



Free Hearing Aids and Other Equipment - Please call the of Hearing toll-free number of the NC Division of Deaf and Hard to register for an appointment (800-999-8915) at the Lois E Harrill Senior Center.

Social Security - Online services available as well as assistance with contacting office in Wilkesboro.

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

Book Club - 3rd Wednesday of each month, 1:30 - 2:30 p.m. beginning in June. New members welcome.

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 Todd

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

Wednesday - Cove Creek, Intown, Foscoe, Meat Camp, and Todd

Thursday - No Routes Available

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



WESTERN WATAUGA COMMUNITY CENTER

May and June 2013



The Community Center is open Monday-Friday from 8 a.m.-4 p.m. with evening and weekend hours for designated classes and groups.

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 a.m.
Rug Hooking Class	-----	10 a.m. - 1 p.m.
Bridge	-----	8:30 a.m. - 12 noon
Arthritis Exercise	-----	12:15 - 1:15 p.m.
Tuesday - Walking	-----	8 - 11 a.m.
Bridge	-----	8:30 a.m. - 2:30 p.m.
Music and Memories	-----	9:30 - 11:30 a.m.
Beading and Jewelry Making	-----	9:30 a.m. - 1 p.m.
Outside Fitness (Weather Permitting)-	-----	12:30 - 2:30 p.m.
Wednesday - Walking	-----	8 - 11 a.m.
Knitting	-----	9 a.m. - 12 noon
Bridge	-----	8:30 a.m. - 12 noon
Hand Built Pottery	-----	10 a.m. - 1 p.m.
Arthritis Exercise	-----	12:15 - 1:15 p.m.
Shopping Van	-----	9 a.m. - 3 p.m.
Thursday - Walking	-----	8 - 11 a.m.
Bridge	-----	8:30 a.m. - 12 noon
Art Class	-----	9:30 a.m. - 1 p.m.
Lap Quilting	-----	9 a.m. - 1 p.m.
Yoga (\$)	-----	10:15 - 11:15 a.m.
After Lunch Walk	-----	12:15 - 1:30 p.m.
Outside Fitness (Weather Permitting)-	-----	12:30 - 2:30 p.m.
Friday - Walking	-----	8 - 11 a.m.
Bridge	-----	8:30 a.m. - 2:30 p.m.
Weaving Guild	-----	9 a.m. - 1 p.m.
Eating Well Healthy Weight Loss	-----	9:30 - 11:30 a.m.
Tai Chi	-----	10 - 11 a.m.

Rook is an ongoing activity Monday - Friday, from 8 a.m. - 2 p.m. and Party Bridge from 9 a.m. - 2 p.m.

Fitness equipment is available to those age 60+ on 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.

One on one Computer classes each Tuesday from 9:30 - 11 a.m. By appointment only.

Congregate Nutrition Program

Lunch is served Monday through Friday from 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 * Wii sports * Wireless Internet *



Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Diabetic Education and Support Group - Meets every Friday morning, from 9:30 - 11:30 a.m. Space my be limited, please call in advance to reserve a seat.

Transitions Life Support Group - a weekly “group therapy” for adults 50 years old and older that is designed to promote mental and physical well being as we maneuver through the changes that occur as years go by. The group will meet Thursdays from 12 noon till 1 p.m. During confidential work sessions participants may share their personal feelings and experiences, fears, challenges, and joys. An uplifting activity will follow the sessions.

Agency Information

Tuesday, May 7, 9:30 a.m. - 1 p.m. - Rachel Florence from High Country Community Health will give an overview of services including medical and dental.



Special Activities

Trip to Biltmore House!- Wednesday, May 15, 8a.m. - 8:30 p.m. **Note: This trip will be an all day affair with lots of walking.** Ticket to Biltmore is \$40, please bring cash on day of trip. You can choose to purchase audio tour headset for \$10. Lunch at McDonald's, dinner at J&S Cafeteria. Please call to reserve a seat.

Card Workshops - Learn to make your own greeting cards while having fun and fellowship. \$5 fee for each workshop includes instruction and supplies and envelope. Mondays from 9:30 - 11:30 a.m. Dates to be posted at center.

Intergenerational Magic Show - Tuesday, June 18, 1 p.m. - 2 p.m. “Amazing Al” will perform comedy and magic for kid, parents, and seniors. Sponsored by the Western Branch Library.

Special Interests and Services

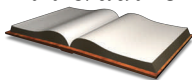
E-Reader Program - Come learn about Kindles and the convenience of reading with an e-reader! Nicole Fynn from the county library will be here on Wednesdays from 10 a.m. - 1 p.m. to talk with people about Kindles which can be checked out at the library.

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 — Hand spinning meets the first Thursday evening from 6:30 - 8:30 p.m. and second Sunday afternoon of each month from 2 - 4 p.m. Fiber Guild will meet the third Thursday of each month from 6:30 - 8:30p.m.

Book Discussion Club - Will meet the fourth Thursday of each month. The meeting will be from 6 - 8 p.m. and is sponsored by the Branch Library. Call the library at 297-5515 each month for book title/author or for more information.



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 Monday-Friday except Thursday. Schedules for both centers are listed in each newsletter.

Information and Referral- Available at the senior center for services not provided by the Project on Aging.

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

Fun Tuesdays with Jennifer Teague, MA, Director of Community Relations for Deerfield Ridge Assisted Living - Each month from 10 - 11:30 a.m. Will play bingo and other games, make crafts, and host parties or activities. Tuesday, May 14, and Tuesday, June 11.

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

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

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

Special Interests and Services Continued

Advocacy Opportunities- The center provides information on advocacy opportunities, “Effective Advocacy” training and voter registration forms.

Scam and Fraud Awareness Discussion Group

- Each month seniors will be informed about the latest scams targeting older adults and how they can protect themselves. Monday, May 20, and Tuesday, June 25, from 10 - 11 a.m.

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

AppalCart Schedule -Western Watauga Community Center



Days/Routes are subject to change.

To ride the van on the day they come to your area, just call 264-2278 between 7 -8:30 a.m. on the morning you wish to ride. The farther out you live the earlier you should call in order for drivers to leave earlier.

Monday - 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

Tuesday - Hwy. 421, Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

Wednesday 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.

Thursday - No Routes Available

Friday - 321 North to Howard Edmisten Rd., Cove Creek areas, Mast Gap, Old Hwy. 421, Mabel, and Silverstone

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.



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, May 27, in observance of the Memorial Day Holiday.

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



Tai Chi Registration Underway

Two 12-week sessions of Tai Chi (Beginner and Intermediate) will begin on Thursday, May 16, at the Lois E. Harrill Senior Center, instructed by Tim Winecoff. The intermediate class will be held on Thursday evenings in the **Senior Center Dining Room** from 4:30-5:30 p.m. and will be followed by a 5:30-6:30 p.m. class for beginner students. The deadline for registration is 4:30 p.m. the first day of class. Any age may join but priority will be given to persons aged sixty and older. The cost is \$48.00 per person for either 12 week series. Please come by the center to register.

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.

Budget Cuts

The Project on Aging is experiencing some budget cuts due to the federal sequestration. Therefore, we have had to start a waiting list for our congregate nutrition and transportation services. For those on the waiting list, they may still enjoy a meal with us for a cost of \$6.53. Transportation is also available on senior routes for a small fee to Appalcart. Please call Tabitha for more information or to be placed on the waiting list. Donations are greatly appreciated and will be used to maintain and expand services whenever possible!




Medicare Summary Notices: Are Those Charges Really Mine?

Medicare Beneficiaries: You may be paying for services you have not received! The North Carolina Senior Medicare Patrol Program is holding two FREE events to help you protect yourself from Medicare fraud, waste and abuse. Join us on Monday, May 20, at 10 a.m. or Tuesday, June 18, at 11a.m. at the Lois E. Harrill Senior Center to learn about the new Medicare Summary Notices. The notices have a new format, which we will review. Please call the Harrill Center to register for either session.

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.

 **Watauga County Project on Aging**
132 Poplar Grove Connector, Suite A, Boone, N.C. 28607

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265-8090

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