

# 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

NOVEMBER and DECEMBER 2003



### 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 Center Christmas Craft Sale

This year's Christmas Craft Sale will be Wednesday and Thursday, November 19, and 20. CRAFTERS- To sale items one must be aged sixty years or older and items must be handmade. The senior center handles publicity, provides space to display and volunteers to sell items. There is no fee charged--- you get 100% of your asking price! This is a service for the areas older adult crafters. Take advantage of this wonderful opportunity to show off your talents and make some extra money. SHOPPERS- Sale hours will be 9 a.m.-4 p.m. This is a wonderful opportunity to shop for affordable Christmas decorations and gifts. The sale will be held at the Lois E. Harrill Senior Center.

Crafters may pick up inventory forms and instruction sheets at the L.E. Harrill Senior Center or the Western Watauga Community Center. For more information please call the senior center.



### Inclement Weather

Meals and activities will continue as scheduled as long as road conditions are safe for travel. When road conditions are dangerous, meals and activities will be canceled. A decision on cancellations will be made and announced on WATA (1450 AM), WZJS (100.7 FM), and WMMY (106.1 FM) radio stations by 8:00 a.m.

### Autumn Extravaganza at Harrill Center

On Monday, November 10, from 2 to 5 p.m., join us at the L. E. Harrill Senior Center to celebrate the autumn season with a talent show, refreshments and a square dance. The talent show will showcase a variety of performers. Some of the acts include: playing piano, singing, storytelling, reciting poetry, line dancing and stand up comedy. The square dance includes a caller to direct our moves on the dance floor. There is no charge to attend. This fun filled afternoon is being organized by students from ASU's Recreation Program Planning class for Watauga County residents aged sixty and older.

If you are interested in performing or plan to attend please call the center at 265-8090 by 5 p.m., Monday, November 3, and let us know.



### Esperanto Seminar Offered at Senior Center

Chuck Donoghue will present a seminar on Esperanto at the Lois E. Harrill Senior Center on Monday, November 10, from 6 to 7 p.m. According to Mr. Donoghue Esperanto is experiencing a large increase in activity through the World Wide Web and has attracted many to this easy to learn second language that overcomes language barriers. A Polish Physician conceived Esperanto in 1887 and it continues to thrive into the 21<sup>st</sup> century. More than 1700 people from more than 60 countries attended the latest world congress held in Sweden. Esperanto is five times easier to learn than French and Spanish. Many students now learn the language by means of the Internet with tuition free courses.

There is no charge to attend the seminar but we ask that you reserve a space so that adequate materials will be available.

For more information on the seminar you may call Chuck Donoghue at 264-5580. To reserve a space call the senior center at 265-8090.

## **LOIS E. HARRILL SENIOR CENTER** **November and December 2003**



### **Caldwell Community College Classes**

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

The Winter semester schedule is:

Crafts- - -Thursdays- - -10 a.m.-1 p.m. -  
(11-13-03) thru (2-5-04)

Lap Quilting- - -Tuesdays- - -1-4 p.m. -  
(11-18-03) thru (2-3-04)

You must register on the first day of class.

### **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.

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)

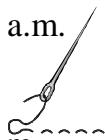
Needlework Class - - - - 1 - 4 p.m.

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.



### **Support Groups:**

Caregiver Class/Support Group - Thursday, December 18, at 1:30 p.m. Partnering with your Doctor: A workshop for Persons with Memory Problems and Their Caregivers.

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.

Third Friday each month from 11a.m.-12 noon. Service provided by Watauga County Health Department.

### **Agency Information**

Legal Aide of N.C.—“Understanding the differences in Long Term Health Care Choices” - Tuesday, November 25, from 11:30 a.m.-12 noon.



### **Congregate Nutrition Program**

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



### **Special Activities**

Hand built pottery classes- Taught by ASU art education students. Call the senior center to reserve a space. No charge for instruction or materials. Classes will meet on the following dates: Monday, November 3, Wednesday, November 5, Monday, December 1, and Wednesday, December 3. All classes meet 10 a.m.-12 noon.

Shopping Trip to Hickory- Tuesday, November 4, from 8 a.m.-5 p.m. There is no charge for the trip but everyone is responsible for his/her own lunch. Seats are limited. Call to reserve a space.

Art lessons at ASU's Turchin Center- Transportation provided from the L.E. Harrill Senior Center. No charge for instruction or materials. Monday, November 10, and Wednesday, November 12, Monday, December 8, and Wednesday, December 10. All classes meet 10 a.m.-12 noon. Call the senior center to reserve a space.

Veterans Recognized- On Monday, November 10, at 12 noon we will recognize participants who are veterans of the armed forces of the United States.

Autumn Extravaganza- Monday, November 10, 2-5 p.m.. Talent Show, Refreshments, Square Dance with caller. Call to reserve a space.

Esperanto Seminar- Monday, November 10, 6-7 p.m. Call to reserve a space.

Free Foot Evaluation with Pedicare - Wednesdays, November 12 and December 10, from 11 a.m. - 12 noon.

Health Screenings- Thursdays, November 13, and December 11. By appointment only.

Christmas Craft Sale- Wednesday and Thursday, November 19, and 20, 9 a.m. - 4 p.m.

Urinary Incontinence and Older Adults Presentation by Dr. Andy Norman. Wednesday, November 19, 2:30-3:30 p.m.



Thanksgiving Program - Wednesday, November 26, 11:30 a.m. - 12 noon.

Christmas Parties- Monday, December 22, and Tuesday, December 23, from 10 a.m.-12 noon. Entertainment, Games, Refreshments.

## WESTERN WATAUGA COMMUNITY CENTER

November and December 2002



### Caldwell Community College Classes

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

The Winter Semester is:

Lap Quilting - - Thursdays - - - 10am-1pm - -  
(11-13-03) thru (2-5-04)

Ceramics - - Tuesdays - - - 10am-1pm - -  
(11-25-03) thru (2-10-04)

Crafts - - Tuesdays - - - 10am-1pm - -  
(11-18-03) thru (2-03-04)

You must register on the first day of class.



### Weekly Activities

Monday -Exercise/Walking - - 9 - 10 a.m.

Cake Decorating - - - - - 9 a.m. - 12 noon

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

Lap Quilting Guild - - - - - 10 a.m. - 1:00 p.m.

Tuesday - Walking, active games - 9 -10 a.m.

Ceramics Class - - - - - 10 a.m. - 1 p.m.

Wednesday- Walking/Exercise - 9 - 10 a.m.

Pottery Class (Intermediate) - 9 a.m. - 1 p.m.

Games - - - - - 10 - 11 a.m.

Nutrition / Health Classes - - - 10 - 11 a.m.

Thursday - Line Dancing - - - 9 - 10 a.m.

Shopping Van - - - - - 9 a.m. - 3 p.m.

Rook and Games - - - - - 10 - 11:30 a.m.

Rook - - - - - 1 - 2 p.m.

Friday - Walking - - - - - 9 - 9:30 a.m.

Weaving Guild - - - - - 9 a.m. - 2 p.m.

Area Musicians - - - - - 10 - 11:30 a.m.

Rook and Games - - - - - 10 - 11:30 a.m.

Tole Painting - - - - - 10 a.m - 1 p.m.

Rook and Games - - - - - 1 - 2 p.m.

### Congregate Nutrition Program

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



### Blood Pressure Checks

Second Friday each month from 10:30 - 11:30 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. Pamphlets and Handouts available. Including a resource guide for caregivers.

### Special Activities

Body Recall Exercise Program- Mondays, Wednesdays, Fridays from 9-10 a.m. The instructor is Judy Vernon. Cost is \$25 for all 30 sessions or \$1.00 per class. Classes begin on Monday, October 27.

Shopping Trip to Hickory- Tuesday, November 4, from 8 a.m.-5 p.m. There is no charge for the trip but everyone is responsible for his/her own lunch. Seats are limited. Call to reserve a space.

Free Foot Evaluation with Pedicare - Thursday, November 13 and Thursday, December 11, from 10:30 a.m - 1:00 p.m.

Health Screenings - Thursday, November 20th. By appointment only.

Thanksgiving Party- Wednesday, November 26, 9-11:30 a.m.

Christmas Celebrations- December 18, 19, 22, and 23. Events TBA at center.



### Agency Information

Legal Aide of N.C. - "Understanding the differences in Long Term Health Care Choices" - Thursday, December 4, 10:30-11:30 a.m.

### Special Interests

**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 available**- 9:00 a.m.—2:00 p.m., weather permitting. If you wish to form a horseshoe-pitching club contact a staff member.

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

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

**Cove Creek Grange**- 2<sup>nd</sup> Tuesday of each month, 7-9 p.m.



## **Lois E. Harrill Special Interests**

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



**AARP**– Will meet the third Tuesday of November from 10 a.m.-12 noon at the Lois E. Harrill Senior Center. December meeting will be a Christmas Luncheon at the Meadow Brook Inn at 12:00 noon. For more information contact Louise Harris at 264-6616.

**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.

**SHIP**- A SHIP counselor will be available at the L.E. Harrill Senior Center Tuesday, November 18, at 11 a.m., to provide assistance with Medicare, Medicare supplements, Medicare Lookout and Long –Term Care insurance questions. By appointment only.

**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 Toni Wait for more information or placement assistance.

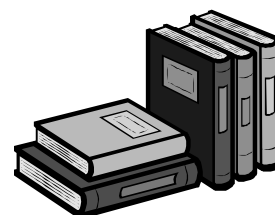
**Job Placement and Job Training**— See Sherry Harmon for more information or to make an appointment.



## **Western Watauga Community Center Special Interests Continued**

**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.

**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.



**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



**Nutrition Classes Offered at Senior Centers**

“VARIETY MATTERS” is the topic of discussion for the next six-week series of classes offered by the Partners In Wellness Program in Watauga County. On Wednesdays at the Western Watauga Community Center and Fridays at the L.E. Harrill Senior Center persons aged sixty and older are invited to attend these free classes. Presentations include discussions, activities, and demonstrations about the importance of VARIETY in food and daily lifestyles. The one-hour meetings will begin on October 29, at 10 a.m. at the Western Watauga Center and on October 31, at 10:30 a.m. at the Harrill Center. Classes are presented by staff from the Watauga office of N.C. Cooperative Extension Services, Family and Consumer Science. Partners In Wellness is a series of programs designed to improve the daily nutrition and lifestyle of older adults in North Carolina, by identifying nutritional risks and intervening with nutrition and lifestyle education.

For more information about this program you may call the L.E. Harrill Center at 265-8090 or the Western Watauga Community Center at 297-5195.



**AppalCart Schedule**  
**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 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.



**Memory Problems?**

Do you or someone you love have memory problems? If so, then you know how hard it can be to find out what's wrong and work with the doctor to get the best care. Michelle Rossback, Program Manager of the Western Carolina Alzheimer's Association, is offering a Seminar at the Lois E. Harrill Senior Center to help patients and caregivers learn how working closely with their doctor can improve their health care. Linda Bretz, facilitator for the local Alzheimer's Support Group will also be present to answer questions. This two-hour program will be offered on Thursday, December 18, at 1:30 p.m.

The workshop is free and open to the public. You may call the senior center at 265-8090 with any questions. We request that you call to reserve a space so that adequate materials will be available.

**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 the following holidays:

- Tuesday, November 11, 2003, in observance of Veteran's Day.
- Thursday and Friday, November 27 & 28, 2003, in observance of Thanksgiving.
- Wednesday, Thursday, and Friday, December 24, 25, & 26, 2003, in observance of Christmas.

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

### Urinary Incontinence and Older Adults

Urinary incontinence is a common problem among elderly individuals.

Studies indicate that for persons over the age of 60 living in the community the prevalence of urinary incontinence can be as high as 15%-35%. Also, it is a leading cause of institutionalization among the elderly, with at least 50% of nursing facility admissions listing a diagnosis of incontinence. Dr. Andy Norman, MD, will present a program at the Lois E. Harrill Senior Center dealing with this important health issue. This program, which is free and open to the public, is scheduled for Wednesday, November 19 from 2:30-3:30pm.

Risk factors associated with female urinary incontinence have been attributed by two major reasons: childbirth and aging. Dr. Norman will discuss caring for women injured during childbirth as well as aging related incontinence. While women are twice as likely as men to suffer from urinary incontinence men can also be affected and would certainly benefit from this presentation.

We ask that you call to reserve a space so that adequate materials will be available. For more information or to reserve a seat please call the senior center at 265-8090.



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