



Lois E. Harrill Senior Center March 2021



Mon	Tue	Wed	Thu	Fri
<p>1 Virtual Exercise Class-2pm</p> <p>Bingo-N39</p>	<p>2 Tax Prep by Appt</p> <p>Bingo-N44</p>	<p>3 Virtual Craft Class-2pm</p> <p>Bingo-N38</p>	<p>4 Healthy 4 Life-Virtual Class 1 of 4 2pm</p> <p>Bingo-O70</p>	<p>5 Medicare 101-9am Virtual Mtg.</p> <p>Tuber's Club Virtual Meeting-2pm</p> <p>Bingo-I21</p>
<p>8 Virtual Exercise Class-2pm</p> <p>Bingo-I27</p>	<p>9 Tax Prep by Appt</p> <p>Bingo-B14</p>	<p>10 Virtual Craft Class-2pm</p> <p>Bingo-O71</p>	<p>11 Medicare 101-2pm Virtual Mtg.</p> <p>Bingo-O64</p>	<p>12 Tuber's Club Virtual Meeting-2pm</p> <p>Bingo-G52</p>
<p>15 Virtual Exercise Class-2pm</p> <p>Bingo-I22</p>	<p>16 Tax Prep by Appt</p> <p>Bingo-B13</p>	<p>17 St. Patty's Day Pot of Gold-2 lucky winners</p> <p>Virtual Craft Class-2pm</p> <p>Bingo-O67</p>	<p>18 Cooking For A Few-Virtual Class-9:30-10:30am</p> <p>Bingo-G60</p>	<p>19 Tuber's Club Virtual Meeting-2pm</p> <p>Bingo-O72</p>
<p>22 Virtual Exercise Class-2pm</p> <p>Bingo-G55</p>	<p>23 LEH Book Club-9:30 Virtual Meeting</p> <p>Bingo-I23</p> <p>Tax Prep by Appt</p>	<p>24 Virtual Craft Class-2pm</p> <p>Bingo-I25</p>	<p>25</p> <p>Bingo-I29</p>	<p>26 Tuber's Club Virtual Meeting-2pm</p> <p>Bingo-B15</p>
<p>29 Medicare 101-9am Virtual Mtg.</p> <p>Virtual Exercise Class-2pm</p> <p>Bingo-B9</p>	<p>30 Tax Prep by Appt</p> <p>Bingo-O73</p>	<p>31 Virtual Craft Class-2pm</p> <p>Bingo-O69</p>	<p>⇒ Meal Served daily-11:30 via drive-thru pick-up (must be registered)</p>	<p></p> <p>Don't forget to call in by Friday 9am to reserve your meals for next week!</p>

March 2021

Medicare 101: Join us for this live online presentation Friday March 5th at 9am, Thursday March 11th at 2pm, or Monday March 29th at 9am. This informative presentation covers all the basics of Medicare including deadlines and penalty information. Registration is required to get the online link for the virtual meeting. All Medicare recipients, future beneficiaries, caregivers, or professionals are welcomed. Call or email Billie at 828-265-8095 or billie.lister@watgov.org to register or call the main office at 828-265-8090.

St. Patty's Day Pot of Gold Game: All congregate drive-through meal participants coming to eat on Wednesday March 17th (St. Patrick's Day) will be playing a pot of gold game during meal distribution. We will be giving away March party bags full of goodies and 2 lucky winners will win gift certificates to area restaurants. You must be signed up to eat that day (on time reservation for that meal) and previously registered for drive through meals.

Healthy For Life: Now taking registration for a 4-part virtual class: Healthy For Life which is offered in collaboration with Aramark, American Heart Association, and ASU which will focus on nutrition and wellbeing to empower people to make healthy food, nutrition, and lifestyle choices. It includes interactive components such as shopping and cooking demonstrations. The goal is to equip you to make and reach your wellness goals through education. The four sessions will be the following Thursdays at 2pm: March 4th, March 18th, April 1st, & April 15th. Please call Billie Lister at the senior center to register for this wonderful opportunity!

Please help us thank the following agencies for the Give a Little Love Baskets: Medi-Home Health & Hospice, Deerfield Ridge, Watauga Public Library, Hospice & Home Care of the Blueridge, Blue Ridge Vision, United Healthcare, SHIP, Appalachian Regional Healthcare, Kindred At Home, Wake Forest Baptist Health, High Country Area Agency on Aging, and Appalachian Senior Companions

Weekly Classes Available offered :

- Exercise Class– Mondays at 2pm
- Craft Class– Wednesdays at 2pm
- Tuber's Class– Fridays at 2pm

Monthly Classes Available offered:

- LEH Virtual Book Club
- Cooking For A Few
- Medicare 101
- Health and Wellness Presentations



March Health/Wellness Presentations

Medicare 101– March 5th-9am, March 11th-2pm, March 29th-9am

Healthy For Life Class 1 of 4– March 4th at 2pm online

Contact Vaya Health to connect with their virtual mental health presentations!

Weekly Activities

Congregate Nutrition: Served via drive through Monday-Friday 11:30am-11:45am

BINGO: Daily by drive through 11:30

Facebook Activity: Daily interactions

Nutrition/Wellness Education: Virtual Presentations Monthly & resources available for pick up daily M-F 8-5.

Drop In and In-Person Activities:

At this time all in-person congregate activities have been suspended until the center can be safely opened again.

**Resources you can pick-up/Check-out:
Puzzles, Books, Movies, Audio Books, Magazines,
limited art/craft supplies, Health and wellness and
Medicare information, durable medical equipment,
coloring pages, incontinence supplies
Just call Billie to ask about these items. 828-265-8090.**

**132 Poplar Grove Connector Suite A
Boone, NC 28607**

Phone: (828)265-8090

Director: Billie Lister

Email: billie.lister@watgov.org

Upcoming Events:

New Virtual Classes-

LEH Virtual Book Club

Cooking For A Few

St. Patty's Day Game

Medicare 101

Healthy For Life

For additional information, questions about activities, or to register for transportation please contact the Center Director.

Hours of Operation: Monday-Friday 8-5pm

Is there something you wish the senior center would offer? Email us or call with your thoughts, billie.lister@watgov.org or 828-265-8090

New participants are always welcome!

There is no fee to join the senior center, however, we do ask for participants to register with the senior center directors and call the day they plan to attend to reserve a meal.

Congregate drive through pick-up lunch is available Monday-Friday by registration. Meals are served at Western Watauga and at the Lois E. Harrill Senior Center at 11:30am, consumer contributions can be given to staff.

The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and

CAP (Community Alternatives Program).

Contributions are accepted for all programs and services.

The Lois E. Harrill Senior Center and Western Watauga Community Center offer the following services and information:

- Medicare Insurance Counseling (SHIIP-Seniors Health Insurance Information Program)
- Tax Preparation - partnership with AARP's Volunteer Income Tax Assistance Program
- Transportation to the senior center will resume when open, currently offering errands and medical appointments provided through partnership with AppalCART
 - Legal Services Information Available
 - Support Groups
 - Various Health Screenings
 - Social Security Assistance
 - Consumer Education
 - Retirement Planning Information
 - Advocacy Opportunities
 - Medical Loan Closet (various items available)
 - High Country Senior Games
 - Congregate Meals pick-up/drive through onsite (Monday-Friday)
 - Information and Referral
 - Caregiver and Respite Information
 - Volunteer Placement Opportunities
 - Job Placement and Assistance
 - Arts and Crafts Sales
 - Housing Assistance
 - Nutrition and Wellness Education
 - Incontinence Products (various items)
 - Virtual Programming
 - Friends Connection Assistance

Area Agencies and Services

- **AppalCART:** 828-297-1300
- **Cove Creek Library:** 828-297-5515
- **Daymark Recovery:** 828-264-8759
- **Department of Social Services:**
 - 828-265-8100
- **Health Department:** 828-264-4995
- **Hospitality House of Boone:**
 - 828-264-1237
- **Hunger and Health Coalition:**
 - 828-262-1628
- **Legal Aid Helpline:** 1-877-579-7562
 - **Library:** 828-264-8784
- **NC Division of Deaf & Hard of Hearing:** 1-800-999-8915
 - **OASIS:** 828-264-1532
- **Social Security (National Number):** 1-800-772-1213
 - **Social Security (Wilkesboro Office):** 1-866-331-2298
 - **Watauga Medical Center:**
 - 828-262-4100
 - **Western Watauga Community Center:** 828-297-5195

Project on Aging: 828-265-8090

Transportation Services are available through AppalCART. Transportation is provided Monday, Tuesday, Wednesday and Friday. Individuals need to be registered to use transportation services. Please contact the senior center directors with questions or to register.

**Western Watauga: Cindy Lamb
(828) 297-5195**

**Lois E. Harrill: Billie Lister
(828) 265-8090**



Lois E. Harrill is a
SENIOR CENTER OF EXCELLENCE
Serving Individuals age 60 and older

St. Patty's Day Pot of Gold Party– The Lois E. Harrill Senior Center in collaboration with community businesses will be sponsoring a day of fun and prizes for the drive through congregate meal participants. All participants registered for drive through meals will receive a party bag full of goodies like coupons for a free milkshake, and other goodies. In addition, 2 winners will receive a gift certificate to an area restaurant. In order to be eligible for the give aways this month– you must be a registered drive through meal participant and be active in the program. For the restaurant gift certificate prizes-you must have reserved your meal for March 17th on time (by Friday 9am March 11th) and you must come to pick up your meal on March 17th between 11:30-11:45. Every participant will be drawing a straw to determine the winners of the gift certificates. There will be other prizes also-so come play!



Drive Through Meals!

Don't forget that we offer drive through, pick up meal service Monday through Friday for anyone who is interested. Please call Billie or Cindy to register. Billie 828-265-8090 or Cindy– 828-297-5195.

Will Clinic coming up in April: Very Limited spaces-first come, first served basis. Please call Billie to secure your spot! 828-265-8090.



NEW VIRTUAL CLASSES JUST CALL BILLIE TO REGISTER AT 828-265-8090.

Exercise class-chair and modified exercise weekly
 Craft Class– we make all sorts of useful projects weekly

Tuber's Club– we view and discuss interesting, educational, entertaining, or inspirational YouTube videos and discuss them weekly

LEH Virtual Book Club– we meet monthly to discuss a book

Cooking For A Few– this class meets monthly to offer tips and tricks for cooking on a small scale but maintaining budget and healthy balanced meals for 1 or 2 people

Snow Cancellation Policy for Drive Through Meals:

Listen to WATA radio-or call us to find out if we are cancelling the drive through meals. We also post it on GoBlueRidge.net and Ray's Weather and on Facebook.

We do not follow the school system or any other agency-we base this decision on the safety of home delivered and drive through meals throughout the county. Thank you for understanding.

Are you missing your senior center friends but don't have their number– call Billie– she can help you connect with each other!

TURN IN YOUR SURVEYS FOR A SPECIAL INCENTIVE PRIZE AND BE ENTERED INTO A DRAWING



2021 Survey for Services

Congregate/Drive-Through Meals

- | | | | |
|--|------|-----|------------|
| 1. The meals are tasty | Yes: | No: | Sometimes: |
| 2. The meals are attractive | Yes: | No: | Sometimes: |
| 3. The meals are hot | Yes: | No: | Sometimes: |
| 4. Menus are posted at the site | Yes: | No: | Sometimes: |
| 5. Staff is available to assist participants | Yes: | No: | Sometimes: |
| 6. The staff is courteous | Yes: | No: | Sometimes: |

Are you aware of the following activities offered at the Nutrition Site?

- | | | |
|--|------|-----|
| Exercise/Virtual Classes | Yes: | No: |
| Information about nutrition and health | Yes: | No: |
| Information about other agencies and services | Yes: | No: |
| Transportation to the Senior Center | Yes: | No: |
| Transportation for shopping and other services | Yes: | No: |

Foods you would like to see on the menu:

Foods you would like to see on the menu less often:

Comments/Concerns/Suggestions:

2021 Survey for Services Senior Center

1. How would you rate your overall satisfaction with services provided at the senior center? i.e. Health Screenings, Insurance Counseling, tax preparation, etc.

Excellent: Good: Fair: Do not know:

2. How would you rate your overall satisfaction with classes and activities offered at the senior center?

Excellent: Good: Fair: Do not know:

3. When do you prefer activities to be offered?

Day: Evening: Both:

Virtual: Drive-Through: In-Person: Outside:

4. Did you know you could call the Senior Center to get information about services that you or a family member might need, such as home delivered meals, in-home aide, transportation and other essential needs?

No, not until I read this question: Yes:

5. What are the reasons that you visit the Senior Center regularly? (you may circle more than one)

To see my friends:

To not be lonely:

For arts or crafts classes:

To eat lunch:

To use fitness equipment or take exercise class:

To play cards, bingo, or other games:

To volunteer and help others:

Other reasons:

6. Please list any activities, services or programs not currently available at the Senior Center that you would like to see offered for seniors:

7. Please write any comments you have about the senior center. (Include what you like best about the center as well as any concerns or dissatisfactions).

2021 Survey for Services

Transportation

Do you receive transportation to the Senior Center?

Yes: No:

Do you use the transportation service for morning errands/appointments?

Yes: No:

Do you feel van transportation is a beneficial service?

Yes: No:

Is AppalCart staff courteous?

Yes: No:

Does the AppalCart staff assist you in and out of van when needed?

Yes: No:

Does the AppalCart staff assist you with your bags when needed?

Yes: No:

Comments

Did You Know That You Can Reserve Your Meals For The Entire Month?

It's Easy— just fill out the form below and turn it in next time you pick up meals. Mark your reserved days on your menu in this newsletter so you don't forget. Then you won't have to remember to call in each week for the next week's meals. Thank you for reserving early (remember to call us if you need to change your reservation or cancel).

Your Name- _____

What days in March will you pick up meals? (just write yes or no for each)

1st-Meatloaf _____ 17th-Pepper Steak (St. Patty Day Event) _____

2nd-Sausage _____ 18th-BBQ Pork _____

3rd-Chicken Sand. _____ 19th-Chicken Tenders _____

4th- Ham _____ 22nd-Meatballs _____

5th-Chili _____ 23rd-Fish Sand. _____

8th-Stroganoff _____ 24th-BBQ Chicken _____

9th- Chicken Sand _____ 25th-Pork Chop _____

10th-Cheeseburger _____ 26th-Beef&Mac _____

11th-Pork Chop _____ 29th-Soup & Sand _____

12th-Fish _____ 30th-Salisbury Steak _____

15th-Pork Roast _____ 31st-Spaghetti _____

16th-Chick/Broc/Rice _____

Turn in to Billie at the drive through as soon as possible-thanks!