



# The Young at Heart News

## WATAUGA COUNTY PROJECT ON AGING

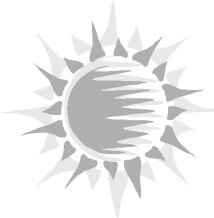
132 Poplar Grove Connector, Suite A Boone, N.C. 28607

265-8090

L. E. Harrill Senior Center  
265-8090

Western Watauga Community Center  
297-5195

*JULY AND AUGUST 2003*

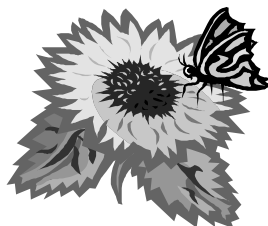


### Mission Statement

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.

### Online Registry Available for Filing Vital Health Care Documents

An online registry maintained by the NC Dept. of the Secretary of State makes it easier than ever for NC residents to make their personal long-term health care choices known. According to AARP, an estimated 20-30% of American adults prepare advance health care directives to put their decisions regarding their own medical treatment on the record should they ever be physically or mentally unable to communicate those decisions themselves. But in nearly 35% of those cases, family members and physicians can't locate the directives when they are needed. The Advance Health Care Directive Registry at [www.sosnc.com](http://www.sosnc.com) and at [www.nclifelinks.org](http://www.nclifelinks.org) seeks to solve that problem by encouraging people to file these vital health care documents in a state maintained database so they can be easily accessed whenever they are needed. For more information visit the State's website at [www.sosnc.com](http://www.sosnc.com) or call 919-807-2162.



### Wise Sayings

What dopes we humans are! We grumble about things we want to do but can't, instead of doing things we could and don't.

### 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.

### Caregivers Program at Senior Center

On Thursday, August 21, from 2:30-4 p.m., Joyce Lowder, with Hospice, will present a program of interest to both family member and professional caregivers.

The presentation will focus on: identifying caregiver burnout and fatigue; identifying anger in the caregiver; ways to personally and strategically work with this anger and fatigue; and suggestions for how to "mesh" the ideals/fantasies and realities of care giving. There will be an opportunity for questions and sharing experiences. This program 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.



### Medication Management Supplies

The Watauga County Project on Aging has medication management supplies available free of charge while supplies last to Watauga County residents aged 60 and older. These items include: daily organizers for diabetics; medication dispensing kits (includes case, pill box, pill splitter, spoon, and dropper); medication travel kits; mini measuring cups; assortment of pill boxes including boxes with talking reminders and timers; pill crushers; pill splitters; and syringe organizers. For more information, please call the Project on Aging at 265-8090.

**LOIS E. HARRILL SENIOR CENTER****July and August 2003****Caldwell Community College Classes**

Will not meet during July and August. Will begin in September, if funds are allocated in this year's state budget. Call the senior center during August for an update on the status of these classes.

**Weekly Activities**

Monday	--Art Class	-----	9 a.m. – 12 noon
	Bingo	-----	11 - 11:45 a.m.
	Bridge	-----	1:30-5 p.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.
	Bridge	-----	1:30-5 p.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.
	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.
	Bridge	-----	1:30-5 p.m.

**Congregate Nutrition Program**

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

**Support Groups:**

Caregiver Class/Support Group ñ Thursday, August 21, 2:30-4 p.m.

Alzheimer's Support Group- Thursday, July 17, at 1:30 p.m. and Thursday, August 21, at 2:30 p.m.

National Alliance for the Mentally Ill (NAMI) Support Group for Family and Friendsó Third Monday each month at 7 p.m.

**Agency Information**

Wilma McDaniel, Special Projects Manager for Northwestern Regional Housing Authority and certified reverse mortgage counselor will provide information on reverse mortgages on Wednesday, July 23, 11 a.m.-12 noon.

**Special Activities**

Free Foot Evaluation with Pedicare - Wednesdays, July 9, and August 13, from 11 a.m. - 12 noon.

4th of July Picnic - Thursday, July 3, 10 a.m.- 2 p.m., at Old Cove Creek Park. Bus will transport from Harrill center to the park. Lunch will be provided. Walking trail, basketball, horseshoes, tennis, etc. are available. Call to reserve a space.

Health Screenings- Thursday, July 10, and Thursday, August 14. By appointment only.

Library Reading with Evelyn- Thursday, July 10, and Thursday, August 7, 11-11:30 a.m.

Walking Tour of Rosen Outdoor Sculptures at ASUó Tuesday, July 22, at 10:15 a.m.-12 noon. Call to reserve a space.

Trip and Picnic- Wednesday, August 20, 9 a.m.-3 p.m. Tom Dooley Museum in Ferguson, NC - Lunch will be provided. Call to reserve a space.

**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.

**Special Interests:**

**SHIIP-** A SHIIP counselor will be available at the L.E. Harrill Senior Center Tuesdays, July 15, and August 19, at 11 a.m., to provide assistance with Medicare, Medicare supplements, Medicare Lookout and Long –Term Care insurance questions. By appointment only.

**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.

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

## WESTERN WATAUGA COMMUNITY CENTER

July and August 2003



### Caldwell Community College Classes

Will not meet during July and August. Will begin in September, if funds are allocated in this year's state budget. Call the senior center during August for an update on the status of these classes.



### Weekly Activities

Monday -Exercise/Walking - - - -	9 - 10 a.m.
Scrapbook Workshop- - - - -	9 a.m. - 2 p.m.
Aristocrats Live - - - - -	10 - 11:30 a.m.
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. - 1p.m.
Wednesday- Walking/Exercise -	9 - 10 a.m.
Pottery Class - - - - -	9 a.m. - 12 noon
Card Game - - - - -	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 - - - - -	10 - 11:30 a.m.
Quilt Guild - - - - -	10 a.m. - 1 p.m.
Rook - - - - -	1 - 2 p.m.
Friday - Walking - - - - -	9 - 9:30 a.m.
Area Musicians - - - - -	10 - 11:30 a.m.
Rook/card games - - - - -	10 - 11:30 a.m.
Rook/card games - - - - -	1 - 2 p.m.

### Congregate Nutrition Program

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



### Special Activities

Free Foot Evaluation with Pedicare - Thursday, July 10 and Thursday, August 14, from 10:30 a.m. - 1:00 p.m.

4<sup>th</sup> of July Picnic- Thursday, July 3, 10 a.m.-2 p.m., at Old Cove Creek Park. Lunch will be provided. Walking trail, basketball, horseshoes, tennis, etc. are available. Call to reserve a space.

Intergenerational Library Program- Thursday, July 24, 1-3 p.m. The Museum of Natural Sciences exhibit of Exotic Animals from the Tropics.

Health Screenings - Thursday, July 24, and Thursday, August 28. By appointment only.

Trip and Picnic- Wednesday, August 20, 9 a.m.- 3 .pm. Tom Dooley Museum in Ferguson NC. Lunch will be provided. Call to reserve a space.

### 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.

### Blood Pressure Checks

Friday, July 11, and Friday, August 8, from 10:30 - 11:30 a.m.

### Agency Information

Joyce Lowder will offer a program on the services provided by Hospice of Watauga.

Thursday, August 14, 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.

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

**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.

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

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

**Computer Training**- Free computer training is available for seniors. Please call the Western Branch of the County Library at 297-5515 to make a reservation.

**Lois E. Harrill**  
**Special Interests Cont.**



**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 Jerra Unglesbee at 265-3656.

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

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

**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.

**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.

**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.

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



**AARP-Tuesday, July 15, 11 a.m.** Picnic and meeting at Blowing Rock Park. Guest speaker will be Michael Scialabba, General Manager of Horn in the West. Tuesday, August 19, 10 a.m.-12 noon meets at the Lois E. Harrill Senior Center. For more information contact Louise Harris at 264-6616.

**Hands on lectures-**are offered on the following topics each month:  
 Fashion and Good Grooming: 3<sup>rd</sup> Wednesday each month from 10 2:30 p.m.  
 Interior Decorating: 2<sup>nd</sup> Tuesday each month from 10 2:30 p.m. For more information you may call Baben Patricelli at 264-2539

**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 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.

## Partners in Wellness Classes

A new series is beginning. This series, titled “When All Else Fails”, will include topics such as:



- Types of food to keep in the pantry for emergencies
- Suggested menus for 3-5 days
- How to ensure safe and healthy meals when the electricity is off or the pipes are broken
- Fresh drinking water issues
- Preparing and keeping food safe when the power goes off
- Assistive devices needed for when the power goes off... and the can opener doesn't work
- How to prevent food/drug interactions
- Other kitchen preparedness issues for food preparation

Class schedules are as follows:

Western Watauga Community Center--  
Wednesdays---10-11 a.m. June 25,  
through July 30, with a follow up  
session on August 6.

Lois E. Harrill Senior Center--  
Fridays---10:45-11:45 a.m. June 27,  
through August 8, with a follow up  
session on August 15.

Call the WWCC at 297-5195 or the  
Harrill Center at 265-8090 for more in-  
formation. Registration will be the  
first day of class. Classes are free and  
open to persons sixty years of age and  
older.

## Some Humor

The following statements about the Bible were written by children and have not been retouched or corrected.

- Lot's wife was a pillar of salt by day, but a ball of fire by night.
- Solomon, one of David's sons, had 300 wives and 700 porcupines.
- The first commandment was when Eve told Adam to eat the apple.

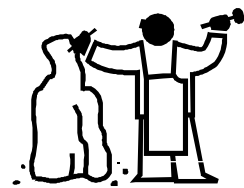
Submitted by: Mary Foreman

## Magnesium, Nutritional MVP

When it comes to minerals, you know it's important to get enough calcium and iron—but what about magnesium? Truth is, you really can't live without it.

Magnesium is vital to muscle, nerve and bone function, as well as bone growth and heartbeat regulation. It may also play a role in heart disease and osteoporosis in postmenopausal women.

Best sources are leafy greens such as spinach, as well as nuts, beans, milk, bananas, apricots and some whole grains. TIP: Go for whole-wheat bread. It has twice as much magnesium as white bread. Since magnesium occurs in foods in small amounts, a varied diet is the key. Information obtained from TopHealth Newsletter



## Walking Tour of Rosen Outdoor Sculpture Competition

On Tuesday, July 22, at 10:15 a.m. interested seniors should meet at the Lois E. Harrill Senior Center for a walking tour of the Rosen outdoor sculpture competition on the ASU campus. Brooke Greene with the ASU Turchin Center for the Visual Arts will be our tour guide. Ballots for voting for your top three choices will be available. We will return to the center for lunch at 12 noon and the winners will be announced. The Rosen Sculpture Competition is a national juried event. Once winners of the national competition are announced on July 26, we can compare our results with the national jurors. AppalCart will provide transportation to ASU and the return trip to the center. This activity is free and open to any person sixty years of age and older. Please call the senior center at 265-8090 to reserve a space.



## **Seniors Farmers' Market Nutrition Program**

The Division of Aging, in collaboration with the NC Department of Agriculture and Division of Public Health, has received additional USDA grant funding to continue the Seniors Farmers' Market Nutrition Program in 2003. This innovative program has dual goals. One goal is to improve the nutritional status of congregate nutrition site participants by enabling them to purchase fresh fruits and vegetables at local farmers' markets. A second goal is to stimulate business for the local farmers and create a greater awareness of the farmers' market. The 2003 program time period begins July 30, 2003. Announcements will be made at both senior centers regarding dates for distribution. Eligible seniors will receive one set of coupons worth \$15 to spend during the 2003-growing season. Please call Sherry Harmon, after July 10, at 265-8090 for more information.



## **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



## **Yoga For Seniors**

Yoga is the ultimate practice for stress reduction and deep relaxation. It balances the body systems, promoting flexibility, strength and longevity. We plan to offer a yoga class at the senior center in early September. This class would be appropriate for beginners as well as experienced yoga students. Please call Sherry Harmon at 265-8090 if you are interested or for more information.

## **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 Friday, July 4, 2003, in observance of the Independence Day.

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



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