



# 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 2005**



### Mission Statement

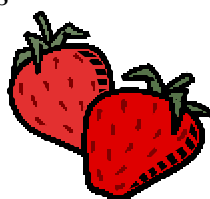
The mission of the Lois E. Harrill Senior Center and the Western Watauga Community Center is to create an environment that encourages independence in older adults and promotes their active participation in all aspects of their lives.

### Program Offered on The importance of Advance Directives

Legal Aid of N.C. will present a program on the importance of Advance Directives. After the presentation there will be question/answer and discussion. The presentation is free and open to the public. After the presentation participants who meet income eligibility guidelines may receive individual assistance with simple wills, living wills and health care power of attorneys. This will also include free notary services for any document prepared by Legal Aid. Those persons interested in the one on one assistance should call Legal aid at 264-5640 to apply for eligibility. Eligibility is based on income and assets and must be determined prior to the date of the program. The program will be offered at the L.E. Harrill Senior Center on Friday, July 15, at 10 a.m. and at the Western Watauga Community Center on Monday, August 22, at 10 a.m. You may call 265-8090 (Harrill Center) or 297-5195 (WWCC) for more information or to reserve a seat for the free presentation.

### Farmers Market Coupons are coming!

Congregate Nutrition Program participants will once again be receiving Farmers Market Coupons to use during the summer and early fall months. Details of the program will be announced at the congregare nutrition sites located at the L.E. Harrill and Western Watauga Community Centers or you may call Sherry at 265-8090 after July 1, for more information.



### What You Need to Know About the New Medicare Part D Drug Benefit Program

Beginning January 1, 2006, the new Medicare Part D prescription drug plans will be available to people with Medicare. One component to this program is an assistance program for low-income Medicare beneficiaries. People with low incomes and limited assets may qualify to receive extra help to pay for prescription drugs. Representatives from Social Security will be at the Western Watauga Community Center on Thursday, July 21, at 10 a.m. to explain the new program and answer your questions. Applications for the assistance part of the Medicare Drug Benefit Program will be available at this time. Please call Toni Wait at 207-5195 to reserve a seat for this very important program.



### Urinary Incontinence and Older Adults

On Thursday, August 11, from 2:30 to 4 p.m. Dr. Chris Marinakis, MD with Boone Urology will offer a program at the Lois E. Harrill Senior Center dealing with this topic. Urinary incontinence can be a common problem among older adults. Approximately one in ten people aged sixty-five and older experience some form of incontinence ranging from mild to severe. Although women are twice as likely as men to suffer from this condition, men can also be affected and would certainly benefit from this presentation. Urinary incontinence can be improved in 8 out of 10 cases but fewer than half of those with bladder problems ever discuss the condition with their health care professional. The condition often goes untreated. This program is free and open to the public. Please call the senior center at 265-8090 to reserve a space or for more information.

**LOIS E. HARRILL SENIOR CENTER****July and August 2005****Caldwell Community College Classes**

Community College Classes will not meet during July and August.

Announcements regarding the fall schedule will be announced in Sept./October newsletter, CCC publications and announcements at senior center.

**Weekly Activities**

Monday - -Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Bridge - - - - -	1:30 - 5:00 p.m.
Tuesday –Exercise - - - - -	11 - 11:30 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Line Dancing - - - - -	2 - 3:30 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 - 5:00 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-Nutrition/Health	
Classes - - - - -	10.45 -11:45 a.m.
Bridge - - - - -	1:30 - 5:00 p.m.

**Congregate Nutrition Program**

Lunch is served Monday - Friday at 12 – 12:30 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 Aid of N.C. – Friday, July 15, 10 a.m.-12 noon. The importance of Advance Directives.

**Support Groups:**

Family/Caregiver Support Group - Meets the third Thursday of each month at 1:30 p.m.

Caregiver Class- Thursday, July 14, 2-4 p.m.  
“Understanding Late Life Depression”. Presented by Crossroads LME/New River Behavioral Health Care Geriatric Specialty Team

**Special Activities**

**Turchin Center Classes**-All sessions meet 10 a.m.-12 noon.

*July 18, and 20- Adventure in Mosaic Art*

You will be using a form of mosaic art called shard art, in which recycled bits of broken china, glass, ceramic, tile, pottery and found objects are attached to any surface to make a one-of-a-kind creation. All materials will be supplied, but if you have a favorite chipped plate or cup, bring it with you. It will be a smashing good time!

*August 15, and 17-Stained Glass: Copper Foil Method*

Participants will learn and follow the steps to creating a copper foil stained glass creation. You will also discuss the importance of Louis Comfort Tiffany to this process of stained glass making.

Classes are free and transportation is provided from the Harrill Center.

See Sherry at the senior center to reserve a space on the van and in the class.

**Trip and Picnic**- Tuesday, July 12, 9:30 a.m. – 3 p.m. We will visit the Butler, Tennessee museum, which chronicles the history of the town of Butler prior to and during the flooding for the TVA dam. Then we will travel to Cove Ridge Marina at Watauga Lake to enjoy a picnic lunch. There is a \$1.00 per person admission charge at the museum. Seats are limited and must be reserved prior to the trip. **Thank You** Jackie Cornette with the Watauga County Branch Library for arranging this trip.

**Identity Theft Program-**

Tuesday, August 16, 11 a.m. – 12 noon

**George and Ray’s Trip out West-**

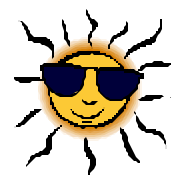
Tuesday, August 9, at 10:30 a.m.

**Urinary Incontinence and Older Adults-**

Thursday, August 11, at 2:30 p.m.

**Trip and Picnic**- Friday, August 19, 9:30 a.m.-3 p.m. We will visit beautiful McGalliard Falls in Valdese. Standing at about 40 feet high, these falls were a favorite hangout for the Waldensians who settled in this area. A picnic lunch will be provided to enjoy at the covered shelter. There is a \$1.00 charge per person. Seats are limited and must be reserved prior to the trip.

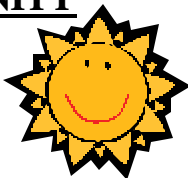
**Rook Card Game**- Persons interested in playing Rook should call Sherry or Steve at the Harrill Center at 265-8090. We are looking for players with any skill level. Beginners will receive instruction.



Continued on page 4.

**WESTERN WATAUGA COMMUNITY CENTER**

**July and August 2005**



Caldwell Community College Classes

Community College Classes will not meet during July and August.

Announcements regarding the fall schedule will be announced in Sept./October newsletter, CCC publications and announcements at senior center.

Congregate Nutrition Program

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

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

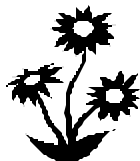
Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Second Tuesday each month, 1:30 - 3:00 p.m. Pamphlets and Handouts available. Including a resource guide for caregivers.

Weight Loss Club - Mondays 7 – 8 p.m. For information call Connie Trivette at 297-3909.

Weekly Activities

Monday -Walking - - - - -	8 - 9 a.m.
Body Recall - - - - -	8:30 - 9:30 a.m.
Rook - - - - -	10:30 - 11:30 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	9:30 – 10 a.m.
Chair dancing - - - - -	10 – 11 a.m.
Rook - - - - -	10 - 1 p.m.
Wednesday- Walking - - - - -	8 - 9 a.m.
Body Recall - - - - -	8:30 - 9:30 a.m.
Hand built pottery - - - - -	9 a.m. – 12 noon
Knitting - - - - -	9:30 a.m. - 1 p.m.
Nutrition / Health Classes -	10:30 - 11 a.m.
Thursday - Walking - - - - -	8 - 10 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light Weights -	9:30 – 10 a.m.
Art Class - - - - -	10 a.m. - 2 p.m.
Rook and Games - - - - -	12 - 2 p.m.
Friday - Walking - - - - -	8 - 9 a.m.
Body Recall - - - - -	8:30 - 9:30 a.m.
Weaving Guild - - - - -	9 a.m. - 2 p.m.
Rook - - - - -	9 - 11:30 a.m.
Live Music - - - - -	10 - 11:30 a.m.



Blood Pressure Checks

Second Friday of each month from 10:30 - 11:30 a.m.

Agency Information

Social Security- Thursday, July 21, 10-11:30 a.m. Medicare Prescription Drug Benefit Program

Legal Aid of N.C.- Monday, August 22, 10-11:30 a.m. The Importance of Advance Directives

Special Activities

**Trip and Picnic-** Tuesday, July 12, 9:30 a.m.-3 p.m. We will visit the Butler, Tennessee museum, which chronicles the history of the town of Butler prior to and during the flooding for the TVA dam. Then we will travel to Cove Ridge Marina at Watauga Lake to enjoy a picnic lunch. There is a \$1.00 per person admission charge at the museum. Picnic lunch will be provided. Seats are limited and must be reserved prior to the trip. **Thank You** Jackie Cornette with the Watauga County Branch Library for arranging this trip.

**Eating Healthy Class-** Thursday, August 18, 10-11 a.m. “Eating whole, Natural Foods” is the topic for this free class. You will learn the benefits of using organic products that are free of pesticides and additives. Also cooking techniques that incorporate whole grains and alternative foods will be discussed. Call 297-5195 to reserve a seat.

**Trip and Picnic-** Friday, August 19, 9:30 a.m.-3 p.m. We will visit beautiful McGalliard Falls in Valdese. Standing at about 40 feet high, these falls were a favorite hangout for the Waldensians who settled in this area. A picnic lunch will be provided to enjoy at the covered shelter. There is a \$1.00 charge per person. Seats are limited and must be reserved prior to the trip.



Special Interests and Services

**Health Screenings-** Mondays, July 25 and August 22. By appointment only.

**Fiber Art/Hand Spinning Guild-** Spinners meet first Thursday of each month 6:30-9 p.m. Fiber Guild meets third Thursday of each month 6:30-9 p.m. For more information contact Sandra Basel at 297-3046.

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

### **Special Interests and Services**

**Health Screenings**— Mondays, July 11, and August 8. By appointment only.

**Free Foot Evaluation with Pedicare** - Wednesday, August 10, from 11 a.m. - 12 noon.

**Free Hearing Aid Services** - hearing screenings and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor—Tuesday, July 26, 10 a.m.-12 noon.

**SHIP** - Counselors are available to provide assistance with Medicare, Medicare Supplements, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare Prescription Drug Benefit Plans (Part D). Please call the center at 265-8090 to make an appointment.

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

**AARP**- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center. For more information contact Louise Harris at 264-6616.

**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.

**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.

**VHS Movies Available** - May be checked out or reserve a TV/VCR and watch at the senior center.

**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.

**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**— The Senior Center has listings of volunteer job positions in the county. See Sherry Harmon for more information or placement assistance.



### **AppalCart Schedule**

#### **L. E. Harrill Senior Center**

**Monday** - Intown and Foscoe

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

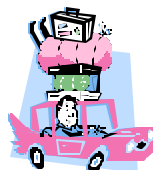
**Wednesday** - Meat Camp, Todd and Intown

**Thursday** - Intown, Cove Creek, Foscoe and Matney

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

### **George and Ray's Trip out West**

Join us on Tuesday, August 9, at 10:30 a.m. for an entertaining program about the traveling adventures of George and Pauline Berry and Ray and Carolyn Tester. Earlier this year they traveled by car across the country making many stops to enjoy the magnificent scenery found in the U.S.A. They will share their experiences through videotape and tall tales at the L.E. Harrill Senior Center.



## Western Watauga Community Center Special Interest Continued

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

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



**Crafty Critters Club-** Their purpose is to assist with programs and supplies for the Branch Library and Senior Center and Home Delivered Meals programs. New members are invited to join the group to share in fellowship, fun activities, charitable endeavors, and creative projects. There is a \$10.00 fee to join, then a \$2.00 per month supply fee. Reap the benefits of giving! For more information call Toni at the center.

### **Horseshoes and Croquet available-**

Attention Croquet fans! We are planning to build a sand bottom croquet court in Cove Creek for tournaments and fun. Anyone interested in joining the croquet club or anyone interested in assisting with the design of the court contact Toni Wait at WWCC 297-5195.

**Job Placement, Job Training and Volunteer Opportunities** - Check out the Employment and Volunteer Opportunities bulletin board at the WWCC. See Toni for more information or placement assistance.

**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.-7:00 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. Pay a visit to your branch library and see what they have to offer.



## AppalCart Schedule -Western Watauga Community Center

**Monday and Wednesday-** Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville  
**Tuesday and Friday-** 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

**Thursday** 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. To ride the van on the day they come to your area, just call 264-2278 by 8:30 a.m. on the morning you wish to ride.



## Caregiver Program on Late Life Depression

Join us on Thursday, July 14, from 2-4 p.m. for an informative program on Late Life Depression. This presentation includes an overview of risk factors associated with late life depression, symptom recognition, and assessment of risk. It also outlines some common options for treatment and recovery, with emphasis on using a strengths perspective. There will be an opportunity for question/answer and discussion. The presenter will be Barbara Warren MSW, LCSW with Crossroads LME/New River Behavioral Health Care Geriatric Specialty Team. This program is free and open to the public but will of special interest to family caregivers and human service agency staff. The workshop will be held at the Lois E. Harrill Senior Center located at 132 Poplar Grove Connector. For more information or to reserve a space you may contact Sherry Harmon at 265-8090.

## 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 on Monday, July 4, for Independence Day Holiday.

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 business.

### **Identity Theft Program to be Offered at L. E. Harrill Center**

According to the Identity Theft Resource Center identity theft is the nation's fastest growing crime. It is complex and ever changing and affects highly vulnerable population groups such as older adults. More than ever, the information explosion, aided by an era of easy credit, has led to the expansion of this crime that feeds on the inability of consumers to control who has access to sensitive information and how it is safeguarded. On Tuesday, August 16, at 11 a.m., Carl Underwood with the Boone Police Department will present a program that will provide information to assist you in preventing Identity Theft and protecting yourself from other forms of crime. Please call Sherry at 265-8090 to reserve a seat.

### **Senior Artist of the Month**

The Watauga County Arts Council is recognizing a senior artist each month at the Jones House Community Center located in downtown Boone. Barbara Barnes will be honored as the featured artist for July. A reception for Barbara will be Friday, July 1, at 6:30 p.m. at the Jones House. The public is invited to attend. It will be a great time to congratulate Barbara and view her work. The featured artist for August will be announced at a later date.



### **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 [sherry.harmon@ncmail.net](mailto:sherry.harmon@ncmail.net) requesting this method of delivery.
- Mailed.
- Located on agency's web site at [www.wataugacounty.org](http://www.wataugacounty.org). Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.



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