

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

Western Watauga Community Center

265-8090 297-5195

MARCH and APRIL 2002

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.

Are You Receiving All The Benefits You Are Entitled to Receive?

Many thousands of seniors are missing out on benefits that could meet some of their most urgent needs. A new website has been launched with the intention of ensuring that older persons and their caregivers are receiving all the local, state and federal benefits to which they are entitled. The new website is the brainchild of the National Council on Aging President Jim Firman. Firman notes that there are abundant resources to meet most needs and with the invention of personal computers and the Internet, it established an excellent and creative way to tap into them. The ten most often overlooked benefits are:

- Supplemental Security Income
- Medicaid
- Food Stamps
- Pharmacy Assistance
- Property Tax Relief
- Veterans Benefits
- Health Insurance Counseling
- State Veterans Benefits
- Weatherization
- Nutrition Services



Intergenerational Activity at Western Watauga Community Center

In celebration of National Library Week- The Western Watauga Branch Friends of the Library are sponsoring an educational and entertaining Magic Show for both Children and Older Adults. The performance will be from 10:30-11:30 a.m. on Tuesday, April 16. The performer is Al Younts, a world-renowned artist seen on television. "The Magical Mental Workout" is free and open to the public. Call 297-5195 or 297-5515 for more information.

Grandparents Raising Grandchildren

Many seniors unexpectedly find themselves raising grandchildren in later life. The reason ranges from the death, incarceration, or unemployment of parents to teenage pregnancies, substance abuse, family violence and illnesses. In the past decade, the number of children raised by grandparents has been on the rise. While this is not a new problem, it has gained a great deal of attention recently.

Older persons raising grandchildren often face a variety of challenges. Grandparents are concerned about their own declining health, a lack of support and respite services, affordable housing and access to medical care, as well as other physical, emotional and family strains. Some seniors may not have the financial resources to raise a second family or may use their savings and retirement funds to raise their grandchildren. The challenges faced by grandparents who are raising their grandchildren can be overwhelming, but they can be conquered with community support and interventions.



State veterans Benefits
Weatherization
Nutrition Services



With more senior adults becoming more computer savvy, they can now surf the web to find out about these benefits. For those seniors who don't know a thing about computers, chances are their grandchildren can assist them without any problem. Computers are available for senior use at both the L. E. Harrill Senior Center and the Western Watauga Community Center.

The web site is www.BenefitsCheckUp.org

Parents who are raising their grandchildren can be overwhelming, but they can be conquered with community support and interventions.

The Watauga County Project on Aging and the N.C. Cooperative Extension Service are investigating the need for a Grandparents Raising Grandchildren support group in Watauga County. If you are interested in being involved in this group contact Sherry Harmon at 265-8090 or Margie Mansure at 264-3061.

Tai Chi Classes to Resume

Tai Chi classes will resume in March. Registration dates and class time will be decided by the first week in March. Cost is \$36.00 per person for the 12-week session. Call 265-8090 after March 1, for more information or to reserve a space. Class size will be limited.

LOIS E. HARRILL SENIOR CENTER

March and April 2002

Caldwell Community College Classes

Classes are free for anyone 65 and older. The fee for persons under 65 is \$40.00. The Spring Schedule is:

Lap Quilting— Tuesdays - - - 1 — 4 p.m.
Arts & Crafts—Thursdays - 10 a.m.—1 p.m.

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.
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.
Friday - Ceramics - - - - - 10 a.m. - 1 p.m.
Nutrition/Health Classes—10:45 - 11:45 a.m.

Congregate Nutrition Program

Lunch is served Monday - Friday at 12 – 12:30 pm

Special Activities

AARP Tax Assistance- Tuesdays February 5 - April 9. By appointment only.

Easter Party - Thursday, March 28, 10 a.m.-12 noon

Shopping Trip to Hickory -
Tuesday, April 23, 8 a.m.-5 p.m. Seats are limited.
Call to reserve a seat. There is no charge for the trip but everyone is responsible for his/her own lunch at J&S cafeteria

ASU Workshops

Monday, March 18- Vases of Time

Wednesday March 20- Memory Book

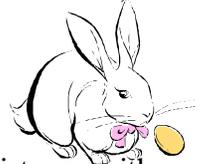


Support Groups:

Caregiver's Class/Support Group- Thursday, April 11, at 1:30 p.m.

Alzheimer's Family Support Group- Thursday, March 21, & Thursday, April 18, at 1:30 p.m.

Diabetes Support Group- Tuesday, March 19, & Tuesday, April 16, at 5:30 p.m.



Special Interests:

SHIIP- Call Sherry Harmon for assistance with Medicare, Medicare supplements, Medicare + Choice and long-term care insurance questions.

Quilt Guild- Mountain Laurel Quilt Guild meets the first Thursday of each month from 1:30-4pm and 6-8pm at the senior center. For more information you may call Jerra Unglesbee at 265-3656.

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

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 Anne Strupp at 262-3481.

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

AARP- will meet Tuesday, March 19, and Tuesday, April 16, at the L. E. Harrill Senior Center from 10 a.m. to 12 noon. Contact Louise Harris at 264-6616 for more information.

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.

Military Veterans – Watauga County Veteran's Service Officer will visit the senior center in May to answer questions regarding veteran's benefits. Date and time will be announced in the May- June Newsletter.



ASU Workshops

Monday, March 18- Vases of Time

Wednesday, March 20- Memory Book

Monday, March 25- Drawing a Portrait

Wednesday, March 27- Introduction to Painting

10 a.m.-12 noon-Call to reserve a space.

Blood Pressure Checks

Tuesday, March 19, 11:00 a.m.-12 noon

Thursday, April 18, 11:00 a.m.-12 noon

Agency Information:

Watauga County Parks & Recreation

Stephen Poulos will discuss the services available to seniors and High Country Senior Games.

Monday, April 8, at 11:00 a.m.

Alcohol Abuse and Older Adults

Judy South, New River Behavioral Health Care

Friday, April 12, 11:00 a.m.



vice officer will visit the senior center in May to answer questions regarding veteran's benefits. Date and time will be announced in the May- June Newsletter.

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

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

Volunteer Opportunities- Both Senior Centers have listings of volunteer job positions. See Sherry Harmon or Toni Wait for more information or placement assistance.

WESTERN WATAUGA COMMUNITY CENTER

March and April 2002



Caldwell Community College Classes

Classes are free for anyone 65 and older. The fee for persons under 65 is \$40.00. The Spring schedule is:

- Lap Quilting— Thursday - - - - - 10 a.m. - 1 p.m.
- Ceramics— Tuesdays - - - - - 10 a.m. - 1 p.m.
- Tolepainting—Friday - - - - - 10 a.m. - 1 p.m.

Weekly Activities

- Monday -Exercise Class - - - - - 9 - 10 a.m.
 - Lap Quilting - - - - - 10 a.m. - 1:00 p.m.
 - Exercise Equipment - 8:30 - 9:30 a.m.
- Tuesday - Exercise Equipment - 8:30 - 9:30 a.m.
 - Pottery - - - - - 9:30 a.m. - 1 p.m.
- Wednesday –Exercise Equipment- 8:00 a.m. - 3 p.m.
 - Exercise Class - - - - - 9:30 - 10 a.m.
 - Nutrition / Health Classes- 10 - 11 a.m.
 - Ceramics - - - - - 10 a.m. - 1 p.m.
 - Bible Study - - - - - 11 - 11:30 a.m.
- Thursday -Exercise Equipment - 8:30 a.m. - 2 p.m.
 - Exercise Class - - - - - 9 - 9:30 a.m.
 - Games, Bingo, etc. - 10 - 11:30 a.m.
- Friday - Exercise Equipment- 8:30 a.m. - 2 p.m.
 - Area Musicians - - 10 - 11:30 a.m.
 - Art Guild - - - - - 10 a.m. - 3 p.m.

Congregate Nutrition Program

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

Blood Pressure Checks

Tuesday, March 19, 10-11 a.m.
 Wednesday, April 24, 10-11 a.m.



Support Groups:

Alcoholics Anonymous-
 Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Special Activities

AARP Tax Assistance. Wednesday, March 13, and Wednesday, April 10. By appointment only!

Easter Party - Thursday, March 28, 9-11:30 a.m.

Shopping Trip to Hickory
 Tuesday, April 23, 8 a.m.-5p.m. Seats are limited. Call to reserve a seat. There is no charge for the trip but everyone is responsible for his/her own lunch at J&S cafeteria.



Special Interests

Cove Creek Homemaker’s 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- 1st Tuesday of each month, 6-8 p.m. Meetings open to the public

Western Watauga Branch of the Watauga County Library-Monday-Thursday 10 a.m.-5 p.m. Tuesday and Thursday evenings 5-7 p.m. 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.

Multimedia Artist Guild- Meets Fridays 12 noon –3 p.m. Anyone who paints or is interested in learning to



Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Tuesday, March 12,
and Tuesday, April 16, 1:30 - 3:00 p.m.

Agency Information:

Country Roads Mobile Pharmacy orientation & informa-
tion-Thursday, April 11, 11 a.m.-3 p.m.

Classes and Activities are scheduled two months in
advance, therefore cancellations and rescheduling can oc-
cur. 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

Multimedia Artist Guild- Meets Fridays 12 noon –3
p.m. Anyone who paints or is interested in learning to
paint may bring materials and join in. There is no
charge for this activity. For more information call Bar-
bara Sturgill at 423-727-9494.

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

**Appalachian Chapter of the N. C. Archeological So-
ciety** -Meets the 4th Tuesday of each month at 7 p.m.
Free and open to the public. For more information or
if attending for the first time call Dr. Tom Whyte at
262-2283.



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 Friday, March 29, 2002, in observance of Easter.

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

**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.

Eating for Wellness

This is the second in a series of articles we are reprinting dealing with healthy eating.

Calories and Protein- Since our energy needs often lessen we need to become thrifter when we select our foods. The goal is to get the most nutrients we can from a lower calorie intake. When our energy needs decrease, we need to get our protein from low-calorie sources of high-quality protein, such as lean meat, poultry, fish and eggs. Protein is especially important to ensure that we maintain a healthy immune system to help prevent illness and muscle wasting. Choosing easy-to-chew protein sources that are also easy to prepare in small servings without a lot of effort can help us meet this need with less difficulty.



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L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195

Free Pharmacy at Hunger Coalition

The Hunger Coalition holds nine limited Pharmacy licenses from the Pharmacy Board of the State of North Carolina. These limited licenses preclude dispensing controlled drugs: anti-depressants are dispensed when specific guidelines are followed. The Pharmacy and the Country Roads RX mobile unit, the first of its' kind in the nation provide free prescription medicines for the underinsured and uninsured. This includes Medicare recipients, Medicaid recipients with chronic illness and disabilities, and the working poor. These prescription services relieve an untenable situation which forces choice between medicine, food, heat and other necessities. The mobile pharmacy will be at the Western Watauga Community Center the second Thursday of each month from 11 a.m. to 3 p.m. beginning April 11.



Senior Education Corps in Watauga County

The Senior Education Corps a branch of the NC Division of Aging recently awarded Watauga County Schools in conjunction with the Lois E. Harrill Senior Center a mini-grant to aid in the development of a Senior Education Corp in Watauga County. Watauga County's SEC Steering committee is currently seeking senior representatives and volunteers to implement this new program. Middle Grades Youth currently enrolled in the Mountaineer Millennium 21st Century Community Learning Centers and SOS programs at Green Valley, Hardin Park, and Parkway Elementary will work together with volunteer seniors to build intergenerational relationships that will en-

Workshops Offered by ASU Art Education Students

Students from Appalachian State University's art education department will offer the following workshops at the Lois E. Harrill Senior Center:

Vases of Time - Monday, March 18, from 10 a.m.-12 noon. Can you remember a special time in your life? A specific important event? Come create a decoupage vase that reflects your favorite moment. We will make tissue-paper flowers that bloom year-round to put inside your vase.

Memory Book - Wednesday, March 20, from 10 a.m.-12 noon. Do you have photographs lying around? Or do you know someone who does? Come create a memory album to put them in using traditional bookbinding techniques. Bring your photos with you or add them later.

Drawing A Portrait - Monday, March 25, from 10 a.m.-12 noon. An introduction to some basic drawing techniques used in portraiture. Learn about others while drawing descriptive portraits. Come experiment with us and find the artist that lives within.

Introduction to Painting - Wednesday, March 27, from 10 a.m.-12 noon. Come revel in the joy of painting! Explore an introduction to various painting techniques and types of paints. Come experiment with color and find the artist in you.

Workshops are free and available to persons sixty and older. We request that you call 265-8090 to reserve a space or for questions. Workshops will be limited to 10 students.

Muscles & More Exercise Class

A new exercise class is meeting on Wednesdays at 1:30 p.m. at the Lois E. Harrill Senior Center. In this class participants use Xertubes to perform a variety of strength training exercises that will improve upper body



park, and Parkway Elementary will work together with volunteer seniors to build intergenerational relationships that will enhance the self-esteem and mutual appreciation for both age groups. This partnership will increase students' academic success and enhance technology skills and experience for seniors. For more information or to request a volunteer registration form please contact the Board of Education at 264-7196 or the L.E. Harrill Senior Center at 265-8090.

Harrill Senior Center. In this class participants use Xertubes to perform a variety of strength training exercises that will improve upper body strength and appearance. Adam Sexton, an ASU health promotion intern at the center, teaches the class. The class is free for persons sixty years of age and older and is limited to 14 students. You may call the center at 265-8090 to reserve a space or for more information.



AppalCart Schedule

L. E. Harrill Senior Center

Monday - Intown, Foscoe, and Blowing Rock

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.

AARP Tax Assistance for Seniors and Low Income Taxpayers

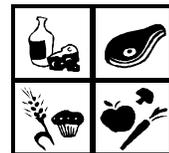
Free tax preparation and assistance for persons age 60 and older and to low income persons under age 60 will continue at the L.E.Harrill Senior Center on Tuesdays through April 9, 2002. Tax Assistance will also be offered at the Western Watauga Community Center on Wednesday, March 13, and April 10. Watauga County residents who would like Tax-Aide to prepare their tax returns should call Sherry Harmon at 265-

Alcohol Abuse and Older Adults

Senior Citizens face special issues when it comes to alcohol use, and unfortunately, it is a serious problem in this population. The National Institute on Alcohol Abuse and Alcoholism reports that, "Among persons 60 or older, 10 percent of those in the community-and 40 percent of those in nursing homes-fulfill criteria for alcohol abuse."

In general, drinking for older people holds special risks. As we get older, even smaller amounts of alcohol can cause serious health problems. Of particular concern are slips and falls caused by inebriation, the deleterious effect of alcohol on many chronic illnesses, and medication-alcohol interactions. Medication interactions are of particular concern because persons 65 and older consume 25 to 30 percent of all prescription medications. In addition, our seniors are living longer. As people live longer, complications from interactions with medications and other medical problems are more likely. In addition to affecting their own lives, older drinkers can pose serious threats to others. According to the National Highway Traffic Safety Administration, eleven percent of drivers' aged 65 through 74 involved in fatal car crashes in 1994 tested positive for alcohol. Older adults are often faced with burdens younger people are not, such as social isolation, grief from losing loved ones, and failing health – all issues that can aggravate alcohol use.

Judy South with New River Behavioral Health Care will present a program dealing with Alcohol Abuse and Older Adults on Friday, April 12, at 11:00 a.m. at the Lois E. Harrill Senior Center.



Partners in Wellness Nutrition Classes

The next partners in Wellness classes will be offered at both centers in April. Registration for the Harrill Center will be Friday, April 12,

13, and April 10. Watauga County residents who would like Tax-Aide to prepare their tax returns should call Sherry Harmon at 265-8090 to arrange for appointments at Boone or Toni Wait at 297-5195 for appointments at the Western Watauga Center. Tax-Aide volunteers at the senior center have the capability to file the tax return electronically (E filed). This means tax payers can get their refunds quicker. If you would like your returns E filed please inform when you make your appointment.

The American Association of Retired Persons through the AARP Foundation in cooperation with the Internal Revenue Service administers the Tax-Aide program.

The next partners in wellness classes will be offered at both centers in April. Registration for the Harrill Center will be Friday, April 12, with classes beginning Friday, April 19 and meeting each Friday through May 10, at 10:45 a.m. Registration for the Western Watauga Center will be Wednesday, April 10 with classes beginning Wednesday, April 17, and meeting each Wednesday through May 8, at 10 a.m. The topic for this series is "Weighty Questions". Participants will discuss why it is important to balance a healthy appetite with fun ways to exercise. These classes are offered through the N.C. Cooperative Extension Service. Classes are an hour in duration and are limited to the first 23 participants to register. For more information you may call the Project on Aging at 265-8090.