



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

March and April 2010



Caregiver Information

Caregiver Support Group- meets at 1 p.m. the first Thursday of each month at Deerfield Ridge Assisted Living. Respite care is available at no charge. Please call Sharon at 264-0336 to reserve respite care or for more information.

Alzheimer's Information Session

An information session about Alzheimer's will be presented by Nicole Rieger Thomas from the Alzheimer's Association on Tuesday, March 23, from 2 p.m.-4 p.m. (previously scheduled for Feb 2). Nicole will be showing the "Caregivers" video from HBO's recent Alzheimer's Project. The seminar will be held at the Watauga County Project on Aging and is open to everyone, including family members, caregivers, and professionals. Please call 265-8090 to RSVP.

U.S. Census Information and Job

Opportunities

The Census Bureau is currently recruiting Census workers for various types of work. Applications are available at the Harrill Senior Center and testing can be arranged for those interested. Also, Census representatives will be here each Monday and Wednesday afternoon from 1-5 p.m. and Friday mornings from 9 a.m. to 2 p.m. beginning February 26, (date subject to change) to answer questions and offer assistance with filling out the Census questionnaire. Please call or come by the center for more information.

Seniors of Service (S.O.S.) Advocacy Group

Are you interested in speaking out about issues that directly affect seniors? Would you like to know how to sign petitions online and look up information about issues that matter to you? We have formed a group that meets on a regular basis to advocate for and develop service projects for seniors in the community. The meetings are held the 1st and 3rd Tuesdays of the month at 1 p.m. Please call Tabitha at 265-8090 if you are interested in joining and/or would like to offer leadership in this area. Thanks!

Western Watauga Community Center

297-5195

Income Tax Assistance Available at Senior Centers

The AARP Tax-Aide Program, in cooperation with the IRS and N.C. Dept. of Revenue, will again offer free tax preparation for seniors, as well as low and middle income taxpayers. Electronic filing (E-file) is available for safe and accurate preparation and fast refunds.

TAXPAYERS SHOULD BRING THE FOLLOWING DOCUMENTS:

- Social Security cards and identifications for taxpayer and all dependents
- Last year's (2008) tax return
- W-2 forms from each employer
- 1099 forms for Social Security, Pension, Interest and Dividends, Broker/Mutual Fund income
- Detailed list of expenses for Medical, Charities, Taxes, Interest, if claiming itemized deductions
- A blank check for direct deposit of any refund to your checking or savings account

TO BE ELIGIBLE

- You should **not** have any of the following types of income: rental, partnership, business requiring Schedule C, royalties, and sale of home or business. If your tax return is relatively complex you will be advised to seek professional tax assistance.
- Will file federal and NC returns. No out of state returns will be done.

The Tax-Aide Program will run from February 2 to April 13, 2010. Counselors will be at the Lois E. Harrill Center on Tuesdays and at the Western Watauga Community Center in Cove Creek on Mondays. Please call for an appointment.



LOIS E. HARRILL SENIOR CENTER

March and April 2010



To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Tabitha Thomas is the center's director.

Weekly Activities

Monday - Art Class (intermediate) -	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Card Playing - - - - -	11 a.m. - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Card Playing - - - - -	11 a.m. - 12 noon
Nutrition/Health Classes - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	2:30 - 4:00 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Wednesday - Art Class (beginners)-	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Indoor Fun - - - - -	10:30 a.m. - 12 noon
Card Games - - - - -	11 a.m. - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Card Playing - - - - -	11 a.m. - 12 noon
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Friday - Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Card Playing - - - - -	11 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Wii Games are available Friday mornings and other times by appointment. The games available are: bowling, tennis, baseball, golf and boxing.

Congregate Nutrition Program

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

**Drop in Activities**

The following are available for use at the center by persons 60 and older:

* Balance Beam Scales for checking weight * Card Tables * Computer Lab * Croquet * Electric typewriter * Exercise Equipment * Exercise Your Brain Mental Adventures (Variety Puzzles) * Karaoke Machine * Library (Books and Audio books) -May also be checked out for use at home * Piano * Photo Smart Printer - .50 cents per 4x6 photo * Pool Table * Sewing Machines * Table Games, Jig Saw Puzzles, and Cards * Televisions/ VCR and DVD Players * Video Library -May also be checked out for use at home * wii *

Health and Nutrition Education

ASU nutrition students will join us on Tuesday, March 2, at 11 a.m. for a special presentation called "Fabulous Fiber". Come learn about the benefits of fiber and how to get more of it into your diet. All are welcome!

Diabetes Presentation - Linda Bond, RN, from Watauga Medical Center will be here on Tuesday, March 16, at 11 a.m. to discuss Diabetes prevention and management. All are welcome to attend.

Agency Information

Reverse Mortgage Counseling --Wilma McDaniel from Northwestern Regional Housing Authority will be here to answer your questions about reverse mortgages. Tuesday, March 9, 11 a.m.-Noon.

Identity Theft Presentation - Nima Burns from the NC Department of Justice will discuss ways to protect yourself from identity theft. Dates and times to be announced.

Blood Pressure Checks

Third Wednesday each month from 11 a.m.-12 noon. Service provided by Healthy Carolinians.

Support Groups:

NAMI Connections Support Group - Meets every Tuesday from 2:30 p.m.-4 p.m. The group is for adults of any age who face the challenges of mental illness, regardless of their diagnosis. The group is led by individuals who are also in recovery, people who understand and can relate to your situation.

NAMI (National Association for Mental Illness) Support Group - Meets the first Monday of each month at 7 p.m.

Grief/Memories Group - Meets the first Friday of each month 10 - 11 a.m.

**Special Activities**

Spring Fling - Friday, March 26, from 10 a.m.-noon. Egg hunt, refreshments, games and prizes.

Memory Lane - Come join us on Wednesday, March 17, from 9:30 a.m.-11 a.m. as we watch videos and view photo slideshows from past years at the senior center. Popcorn and a special Shamrock Punch will be served. Wear your green that day to celebrate St. Patrick's Day!

Shopping trip to Hickory - Tuesday, April 13, from 8 a.m.-5 p.m. Shop at Hamrick's in the morning, have lunch at J & S Cafeteria, shop at Carolina Pottery in the afternoon. \$2 for transportation. Seats are limited - call to reserve.

Continued on page 3.

Special Interests and Services Continued

Social Security- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, April 7, 2010, from 9 a.m.-12 noon.

AARP- Meets the third Tuesday of each month from 10 a.m.-12 noon.

Advocacy Opportunities- The center provides information on advocacy opportunities, “Effective Advocacy” training and Voter registration forms.

Amateur Radio Club - Meets the first Monday of each month from 6 - 8 p.m.

Book Discussion Group - Will not meet during Winter months. Will resume in May.

Computer Training - Free computer training is available by appointment.



Coupon Swap – Drop off the coupons you don’t need and pick up ones you can use. Available anytime during operating hours.

Fit for Life Program- Register to earn points for incentive gifts when you participate in indoor walking program, exercise classes, exercise equipment and line dancing.

Free Hearing Aid Services- Hearing screenings; Otoloscopic examination to see if you have excessive earwax that needs to be removed by your doctor; Free batteries and Free cleaning on any brand of hearing aid. March 23, 10 a.m.-Noon.

Information and Referral- Available at the senior center for services not provided by the Project on Aging.

Job Placement and Job Training- Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

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), including low income subsidy applications.

Seniors of Service (S.O.S.) Advocacy Group
We have formed a group that meets on a regular basis to advocate for and develop service projects for seniors in the community. The meetings are held the 1st and 3rd Tuesdays of the month at 1 p.m.

Special Interests and Services Continued

Quilt Guild - Meets the first Thursday of each month from 1:30 - 4 p.m.

Transportation- The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both centers are listed in each newsletter.

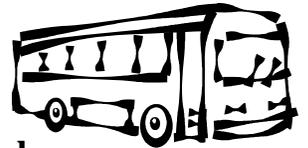
Volunteer Opportunities- Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

Weaving Instruction- The center has table and floor looms. Free weaving instruction is available by appointment.

AppalCart Schedule

L. E. Harrill Senior Center

Days/Routes are subject to change.



Monday - Intown, Foscoe, Meat Camp, and Western Watauga Community Center

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



Tai Chi to Resume in Spring

Another 12-week session of Tai Chi will start in mid March/early April at the Lois E. Harrill Senior Center. Please call the center in early March for more details. The instructor will once again be Tim Winecoff. Beginners as well as experienced students are encouraged to register.

Extra Help With Prescription Drug Cost

Some people with limited income and resources are eligible for Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Many people qualify for these big savings and don’t even know it. To find out if you qualify, please call the Project on Aging at 265-8090 for more information. We can help you fill out an application online. You may also call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**) to apply over the phone or to request that an application be mailed to you, or go to www.ssa.gov to complete an application.

Please call 297-3169 for more information.

WESTERN WATAUGA COMMUNITY CENTER

March and April 2010



To receive more information or to register for a service or activity at the Western Watauga Community Center please call 297-5195. Toni Wait is the center's director.

Weekly Activities

Monday -Walking	8 - 11:00 a.m.
Shopping Van	9 a.m. - 3 p.m.
Rug Hooking Class	10 a.m. - 1 p.m.
Tuesday - Walking	8 - 11 a.m.
Woodcarving Guild	8 - 11:30 a.m.
Beading and Jewelry Making	9:30 - 11:30 a.m.
Wednesday- Walking	8 - 11 a.m.
Knitting	9 a.m. - 12 noon
Hand built pottery	10 a.m. - 1 p.m.
Thursday - Walking	8 - 11 a.m.
Art Class	10 a.m. - 1 p.m.
Lap Quilting Guild	9 a.m. - 1 p.m.
Shopping Van	9 a.m. - 3 p.m.
Friday - Walking	8 - 11 a.m.
Weaving Guild	9 a.m. - 1 p.m.
Live Music	10 - 1 p.m.
Yoga	10:15 - 11:15 a.m.

Rook is an ongoing activity Monday - Friday.

Walking Program is inside the Old Cove Creek School Gym, Monday - Friday, from 8 - 11 a.m.

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.

Grief Support Group - Third Friday of each month. Time to be announced.

Drop in Activities

The following are available for use at the center by persons 60 and older:

* Balance Beam Scales for checking weight *
 Card Tables * Computer Lab-Watauga Branch Library * Croquet * Exercise Equipment *
 Exercise Your Brain Mental Adventures - (Variety Puzzles) * Horseshoes * Library (Books, videos, books on tape) – Watauga Branch Library
 * Piano * Sewing Machines * Table games, jig saw puzzles, and cards * Television/VCR and DVD player * Wireless Internet *

Blood Pressure Checks

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

Agency Information

Hospice - Jennifer Johnson from High Country Hospice will have information about Hospice sponsored programs on Friday, March 19, from 9:30 a.m. - 12:30 p.m.

Health and Nutrition Education

Gentle Exercise Class sponsored by Healthy Carolinians will be offered on Tuesdays and Thursday from 12 noon - 1 p.m. beginning April 13. The program helps strengthen muscles, reduce pain, improve circulation and range of motion.

Special Activities

St. Patrick's Day Party - Wednesday, March 17, 9 - 11:30 a.m. Refreshments, games, and Irish music. Wear green to be included in a drawing for a surprise.



Spring/Easter Party - Thursday, April 1, 9 - 11:30 a.m. Refreshments, games, and prizes. Participants are asked to bring in non-perishable foods and canned goods to be donated to the Hunger Coalition.

Special Interests and Services

AARP Tax Assistance - Every Monday beginning February 15 - April 12. You must have an appointment.

Medication Management - The Watauga County Project on Aging has medication management supplies available free of charge Watauga County residents aged sixty and older. A representative from the agency will be at the Western Watauga Community Center on Thursday, March 11, from 10:30 - 11:30 a.m. to give out supplies to 60+ County residents.

Advocacy Opportunities- The center provides information on advocacy opportunities, "Effective Advocacy" training and voter registration forms.

Health Screenings - Thursday, March 4, 2010. and Thursday, April 15, 2010. You must have an appointment for the screening.

Hearing Screenings - Tuesday, April 6, from 9:30 - noon. NC Services for the Deaf and Hard of Hearing will be conducting individual hearing and hearing aide evaluations, discuss the newest equipment available, and information on the program.

Weaving Instruction- The center has table and floor looms. Free weaving instruction is available by appointment.

Special Interests and Services Continued

Computer Training- The Branch Library is offering one on one instruction for persons sixty and older. Call the library at 297-5515 to schedule an appointment.

Cove Creek Community Council- 1st Thursday of each quarter, 6-7 p.m. Meetings open to the public. Call Toni at 297-5195 for the schedule.

Crafty Critters Club- Meets the first Monday of each month 12 - 3 p.m. Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center special occasions. Always open to newcomers. If interested in joining call Toni at 297-5195.

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

Fiber Art/Hand Spinning Guild — Spinners will meet March 6, and April 3, from 9:30 - 11:30 a.m.

Fiber Guild meet March 20, and April 17, from 9:30 - 11:30 p.m.

Fit for Life Program- Register to earn points for incentive gifts when you participate in the walking program, exercise classes and exercise equipment.



Information and Referral- Available at the senior center for services not provided by the Project on Aging.

Job Placement and Job Training- Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

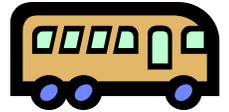
Volunteer Opportunities- Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

Transportation- The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both centers are listed in each newsletter.

Low Impact Aerobic Class at Western Watauga Community Center

Anyone interested in starting a new low impact Aerobic Exercise Class one or two days per week at the Western Watauga Community Center please contact Toni Wait at 297-5195.

AppalCart Schedule - Western Watauga Community Center Days/Routes are subject to change.



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

Monday and Thursday are shopping days 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.

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

Hunger Coalition Food Bank Box

The Watauga Hunger Coalition has placed a Food Bank box in the lobby (Ongoing) to share with those less fortunate especially during winter months and Holidays.

They are collecting nonperishable foods for families with children in this county who have lost jobs and or experiencing hardships. You may donate food items during business hours. Crucial need: baby food, juice, cereal, canned milk, and all types of canned goods, and special holiday foods.



Registration for Yoga Class

This next 12 week-session of Yoga classes is scheduled to begin at the Harrill senior center on Tuesday, April 13, 2010 and will meet each from 6:15 to 7:15 p.m. Deadline to register will be 5 p.m. Monday, April 12, 2010. At the Western Watauga Center class will begin on Friday, April 16, and will meet each 10:15 - 11:15 a.m. Deadline to register will be 4 p.m. Thursday, April 15. These classes are appropriate for beginners as well as experienced yoga students. The cost of the 12-week sessions is \$60.00 per person. Any age may register but if the class exceeds the attendance limit priority will be given to persons age sixty and older. You may call Harrill Center at 265-8090 or the WWCC at 297-5195 with any questions.

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.

Call the senior centers with any questions.

**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, April 2, 2009, 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.

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.

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 **karin.bare@ncmail.net** requesting this method of delivery.
- Mailed.
- Located on agency's web site at www.wataugacounty.org. Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.

**Special Note:**

Due to increasing costs and budget concerns, we are no longer mailing the newsletter to participants who come to the center(s) on a regular basis. If you have received this newsletter via postal mail and would be able to pick up the newsletter at one of the centers, please let us know so we can adjust the mailing list accordingly. We appreciate your assistance. The Project on Aging does accept donations as well as memorials. All monies collected are used to help fund the services we provide.



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