



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

NOVEMBER AND DECEMBER 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 Caregiver Information Session – Join us on Monday, November 8, for a discussion entitled “Coping with the Holidays and Alzheimer's.” Nicole Reiger-Thomas will be joining us from the Alzheimer's Association from 2:30-4 p.m. This training is open to caregivers and professionals alike, and there is no charge to attend. Please call the center to register.

Education Opportunities - New River Geriatric and Adult Mental Health Specialty Team will be leading a variety of seminars which are open to everyone, including professionals as well as family caregivers. On Thursday, November 18, from 3-4 p.m. we will discuss Sexuality and Aging, and on Monday, December 6, from 3-4 p.m. we will discuss Traumatic Brain Injury. Please call to register for these free sessions.

Can Food Boost Energy and Mood?"



On Wednesday, November 17 from 3:15-4p.m., Margie Mansure from the NC Cooperative Extension will be here to discuss how we receive energy from food, how some foods trigger feel-good brain chemicals, how exercise helps boost energy levels and why energy drinks are a bad idea. Please call 265-8090 to register for this free session.

To Celebrate and Honor Local Caregivers - the Watauga Council of the High Country Caregiver Foundation is proud to announce its annual **Caregiver Appreciation Luncheon** on Thursday December 2, from 11:30am -1:30 p.m., at the Dan'l Boone Inn. If you are a Watauga county family caregiver, please join us on December 2nd. For additional information or to reserve your spot please contact Brenda Reece @ (828) 265-5434 ext. 128 or breece@regiond.org.

2010 Medicare Part D Open Enrollment - Nov. 15 – Dec. 31

Each year drug plans change what they cost and what they cover. Now is the time for people with Medicare to review the changes being made by their current drug plan and compare it to others to make sure it still meets their needs. Medicare beneficiaries who don't have prescription drug coverage can also enroll in a drug plan during open enrollment. If you are satisfied with your current Part D plan you do not have to make changes. You may call the Watauga County Project on Aging at 265-8090 to set up an appointment with a local SHIIP counselor. You may also call NC SHIIP at 1-800-443-9354 or go to www.ncshiip.com to compare Medicare plans. Review your drug plan and act early to avoid any inconvenience at the pharmacy counter in January. Take the time to see if your plan still works for you.

Vendors – Get Ready! Christmas Craft Sale is Coming to Senior Center

If you are a crafter age 60 or older and interested in earning extra money then make plans to participate in this year's senior center craft sale. The dates for this year's sale are Wednesday, November 17, and Thursday, November 18, from 9 a.m.-3 p.m. each day at the Lois E. Harrill Senior Center. Inventory forms and instruction sheets for participating crafters will be available at both the Harrill Center and the Western Watauga Center. Items must be hand made and crafters must be age 60 or older. Crafters get 100% of their asking price.



Pre-Holiday Sale at Western Watauga Community Center

Saturday, November 13, from 8 a.m. - 3 p.m. Indoors and Outdoors (under covered porch).
*Handmade Arts & Crafts, Jewelry, Pottery
*Bake Sale
*Rummage Sale featuring various high quality new and almost new household items for home, garden & shop, holiday decorations, curios, gifts, etc.
Call Toni at the Western Watauga Community Center for more information at 828-297-5195.

LOIS E. HARRILL SENIOR CENTER

November and December 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.
Rummy Group - - - - -	11 a.m - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	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.
Arthritis Tai Chi - - - - -	4 - 5 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Watauga Photography Club -	7 - 8 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
Bingo - - - - -	11 - 11:45 a.m.
Rummy Group - - - - -	11 a.m. - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	11 a.m - 12 noon
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Arthritis Tai Chi - - - - -	4 - 5 p.m.
Tai Chi - - - - -	5:30 - 7:30 p.m.
Friday - Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	11 a.m - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

**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 *
 Bocce * 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 *

Support Groups:

"The Art of Living", a reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the first Friday of each month from 10 a.m.-12 p.m.

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

NAMI Connections meets every Tuesday from 2:30-4p.m. and is open to anyone who struggles with mental illness or addiction of any kind.

In Our Own Voice- New class series to meet every third Thursday from 1 p.m.-3 p.m. in the dining room of the Harrill Senior Center beginning November 18. This class is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

**Agency Information**

Tuesday, November 9, 11.a.m. - WAMY Weatherization Assistance and Home Rehab Program.

Tuesday, December 21, 11 a.m. - Dori Gold from High Country Health Care Hospice will be here to discuss their new program, "Transitions," which offers volunteer assistance and case management to people with life limiting illnesses but who may not be ready for Hospice services.

Blood Pressure Checks

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

Special Activities

Shopping Trip to Hickory- Wednesday, November 24, 9 a.m.-4 p.m. (weather permitting). \$2 for transportation. Shopping at Hamrick's, lunch at J&S Cafeteria, and afternoon shopping at your choice of the mall or the Target shopping center.

County Fair - Tuesday, November 23, 10:00 a.m.-Noon. ASU students will be here to lead us in fun activities, including corn hole, old fashioned popcorn popping, fall-themed Bingo and more! Make plans to join us!

Christmas Party - Friday, December 17, 10 a.m.-Noon. Refreshments, carols, Christmas present walk. Store bought snack and drink donations are greatly appreciated.



Special Interests and Services

Social Security- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, January 5, 2011, from 9 a.m.-12 noon.

AARP- Meets the third Tuesday of each month from 10:30 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 resume the third Wednesday in May 2011.

Computer Training - Free computer training is available by appointment.

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.

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

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.

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. Tuesday, December 14, 10 a.m.-Noon.

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

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.

Special Interests and Services Continued

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

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 will be held the first and third Tuesdays of the month at 1 p.m.

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

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, and Meat Camp

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

Wednesday - Meat Camp, Todd and Intown

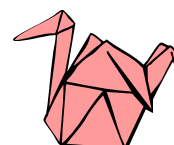
Thursday - Intown, Cove Creek, Foscoe and Matney

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



Local Veterans Video Museum

Every veteran's life is an important contribution to American history. The veteran community is proud of your contribution and wants it documented and placed in a Local Veterans Video Museum and become a part of the community's heritage. Video interviews are being conducted every Friday at the Senior Center in Boone by Ken Wiley, WW II Veteran. There is no cost to the veteran and he/she will receive a copy of the resulting Life Story DVD. Please call Ken Wiley at 264-4724 or email at veteranken@att.net to discuss the project and make an appointment.



Origami Workshop Series

Origami instructor Joel Packard will be teaching a 4 part series on making Christmas ornaments. The cost for each class is \$5 each, (\$20 total for series). Please call for dates. Payment can be made at time of class.

WESTERN WATAUGA COMMUNITY CENTER

November and December 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 - - - - -	9 a.m. - 1 p.m.
Sewing Class - - - - -	9:30 - 11:30 a.m.
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Woodcarving Guild - - - - -	8:30 - 11:30 a.m.
Beading and Jewelry Making -	9:30 - 12:30 a.m.
Wednesday - Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Gentle Exercise - - - - -	12:15 - 1:15 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, from 8 a.m. - 2 p.m.

Bridge card games Monday - Wednesday, from 9:30 - 11:30 a.m.

Fitness equipment is available to those age 60+ population Monday - Friday from 8 a.m.-4 p.m. with staff present.

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.

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 *



Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

“The Art of Living” -A reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the third Friday of each month from 9:30 - 11:30 a.m.

Blood Pressure Checks

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

Agency Information

Thursday, November 4, from 9 a.m. - 10 a.m. NC Division of Services for the Deaf and Hard of Hearing will give a presentation on Available Services and Communication with Hearing Loss. Free hearing screening will be offered from 10 - 11 a.m. and 12 - 2 p.m. Call Cynthia Harmon at 828-432-5343 or e-mail cynthia.harmon@dhhs.nc.gov for a hearing screening appointment.

Special Activities

Shopping Trip to Hickory- Wednesday, November 24, 9 a.m.-4 p.m. (weather permitting). \$2 for transportation. Shopping at Hamrick's, lunch at J&S Cafeteria, and afternoon shopping at your choice of the mall or the Target shopping center.

Thanksgiving Celebration - Wednesday, November 24, 9 - 11:30 a.m. Music and refreshments.



Christmas Celebrations and Party - December will offer special festivities throughout the month to be announced at a later date.

Christmas Music - Friday, December 17

Christmas Party - Wednesday, December 22, 9 - 11:30 a.m.



Special Interests and Services

Hearing Screenings - NC Services for the Deaf and Hard of Hearing will be conducting individual hearing and hearing aid evaluations, discuss the newest equipment available, and information on the program.

Fiber Art/Hand Spinning Guild — Spinners will meet first Saturday of each month from 9:30 a.m.–12:30 p.m.

Fiber Guild will meet the third Saturday of each month from 9:30 a.m. - 12:30 p.m.

Special Interests and Services Continued

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



Book Discussion Club - Will meet on Thursday, December 2, (no November meeting) to discuss “*The Shack*” by William P. Young by Ron Rash. The meeting will be from 6 - 7 p.m. and is sponsored by the Branch Library.

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.



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.

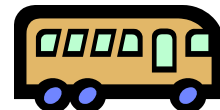
Volunteer Opportunities- Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

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.

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

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

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

Thursday is 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

Volunteer Opportunities

Available at the Western Watauga Community Center include: Grant writer, indoor plant caretaker, home delivered meals substitute drivers, office assistant, party decorator/activity planner, and exercise leader. Call Toni Wait for more information at 828-297-5195 from 8 a.m. - 4 p.m.

Fundraising and donations needed are: one or two small book shelves, a recumbent bike, several portable or folding six foot tables, and a guitar case in usable condition.



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@watgov.org 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.

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 the following holidays:

Thursday, November 11, 2010 in observance of Veterans Day; Thursday, November 25, and Friday, November 26, 2010 in observance of the Thanksgiving Holiday; and Friday, December 24, and Monday, December 27, in observance of the Christmas Holiday.

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.

Advocacy Corner

AARP Update – The local chapter of AARP will meet on Tuesday, November 16 at the Human Services Building in the Upstairs Conference Room from 10:30a.m.-Noon. Regular monthly meetings will not be held from December-February but will resume in March. The group also meets every Friday for lunch at a local restaurant. Please call Dorothy Sagel at 963-5051 for more information. Also, AARP will be having a Christmas Party on Tuesday, December 14 at 11:30a.m. at the Broyhill Inn. Please call Mildred Loretto at 297-2325 to make a reservation and for price information. You do not have to be a member of AARP to attend the Christmas Party. Everyone is welcome.

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.

Blue Ridge Forum Class Series

The Blue Ridge Forum will be hosting a three-part seminar on Bloomsbury and the novels of Virginia Woolf in November at the Harrill Senior Center. Dates are Thursday, November 4, Friday, November 12 and Wednesday, November 17 from 4 – 5:30 each day. There is no charge to attend and all are welcome!



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

L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195