



The Young at Heart News



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App_Pages/Dept/Aging/](http://www.wataugacounty.org/App_Pages/Dept/Aging/)



Watauga County Project on Aging Newsletter Lois E. Harrill Senior Center and Western Watauga Community Center

Dear Friends and Supporters,

September was National Senior Center Month and the theme was "Finding Balance at Your Local Senior Center". As we talk about "finding balance" I am drawn to the concept of whole person wellness. The Project on Aging is in a unique position and we are fortunate to be able to provide an array of services that serve individuals at varying degrees of "wellness". We have services that meet seniors' social needs through our Senior Center programs, such as exercise classes, and educational classes that encourage lifelong learning. Our In-Home Aide program helps to meet the needs of our frailer adults by assisting with home management tasks such as housekeeping, laundry and transportation, and personal care tasks such as bathing and dressing. Our frailest population can be served through our Community Alternatives Program, which is an alternative to nursing home placement. We can help meet individuals' nutritional needs through our Congregate Nutrition or Home Delivered Meals programs and can assist caregivers through our Respite Program. By providing this array of services, we can focus on the Project on Aging's mission of keeping older adults independent and at home as long as possible.

-Angie Boitnotte, Project on Aging Director

Upcoming events:

Medicare Open Enrollment runs October 15 to December 7
Call the Harrill Center at 265-8090 for an appointment to review your Medicare drug plan and/or Medicare Advantage Plan.

The Project on Aging is excited to announce their 2nd annual Holiday Heroes program. This program is specifically designed to assist older adults in our area who would not be receiving gifts this holiday season. Stop by the center between November 1 and December 9 to take a name from our tree and help give an older adult a happy holiday!

National Senior Center Month

September marked National Senior Center Month and Falls Prevention Week. During September, Senior Centers across the state offered special classes and activities designed to highlight the importance of senior centers as well as provided educational falls prevention programming. The Harrill Center and the Western Watauga Community Center kicked off the month with a special senior center party and concluded the month with the second annual Get Up and Go event (pictures below).

Each year the National Council on Aging announces a theme for Senior Center month and the 2016 theme was: "Find Balance at Your Center". The Watauga County Senior Centers are proud of the vast programming options available including: health and wellness programming, social interaction, tai chi, bingo, nutrition and more and believe that everyone can *find balance* at their local senior center!



Above: Pam Hagaman speaker at Get Up and Go



Above: Attendees at the Get Up and Go event

Lois E. Harrill Senior Center (house insert)

Pictured at the garden:

Esther Harmon and Bruce Whitaker

Pictured as King and Queen:

Dorothy Eggers and Charlie Hicks

Pictured as billiard champions:

Len Borgeson and Ernest Pardue

Pictured crafting with sand:

Janice Edwards

Pictured dying eggs:

Nena Casurao

Pictured as Dude:

Carolyn Owens

Western Watauga Comm. Center (house insert)

Pictured with the quilt:

Wanda This, Diane Brown, Mary Story, Helen Warren, Nadine Mangrum, Mildred Younce, Deanna McGhinnis, and Mattie Rominger

Pictured in the glasses:

Shirley Scott

Pictured with the bear (Dave Radel):

Georgia Ward and Alice Radel

Pictured in the door:

Cindy Lamb, welcoming all in

Pictured with the pottery bowl:

Barbara Gerock

Pictured with the handmade cap:

Joe Dailey

NUTRITION NEWS

The Project on Aging provides two nutrition programs: Home Delivered Meals and Congregate Nutrition. These programs provide meals for many individuals in our area. The Home Delivered Meals program relies heavily on volunteers to take meals out to those we serve in Watauga County. We provide eight routes Monday-Friday and on each route we need at least one volunteer. We are fortunate to have dedicated volunteers who give their time and energy to this important program.

Quarterly look back at services for July, August and September.

Home Delivered Meals

- 88 clients per day
- 4,707 total number of meals served
 - 42 volunteers a week
- 876 hours of volunteering a quarter

Lois E. Harrill

Congregate Site Numbers

- 33 individuals per day
- 2,087 total number of meals served

Western Watauga Community Center

Congregate Site Numbers

- 28 individuals per day
- 1,775 total number of meals served

In-Home Aide Updates

This quarter we want to recognize our aide who has been with us for over 9 years!

KATHY HAMPTON

Kathy Hampton has been with the POA since 2007. She has served her clients with compassion for almost 10 years. Kathy's clients depend on her to complete tasks such as personal care, home management, grocery shopping, respite, and companionship. Kathy excels at her job. Kathy's clients often state "I do not know what I would do without her". Thank you Kathy for being a light to those you serve in Watauga County!

We appreciate you and the service you provide!

By the Numbers for July, August, September:

- 8 in-home aides provided services for
 - 152 clients for a total of
 - 3,178 hours for services ranging from
- Home management tasks, personal care, grocery shopping, and respite for caregivers



Community Alternatives Program (CAP)

Ann McMillan and Lisa Ward are our two CAP Case Managers. CAP is a special Medicaid program with the goal of enabling individuals to remain in their homes or to return to their homes from nursing facilities. CAP exists to supplement rather than replace the formal and informal services and support already available to the individual.

BY THE NUMBERS:

We are currently serving 30 individuals and have 4 referrals. Individuals must be on Medicaid to receive the service.

Consumer Contributions

The purpose of consumer contributions is to extend the availability of in home and community based programs by asking recipients of certain services to contribute toward the cost of the services they receive. Suggested contributions are based on a client's ability to contribute (i.e. level of income), with actual participation being entirely voluntary.

All monies collected are retained by the Project on Aging and are used to expand existing programs, both by increasing services for current clients, as well as extending participation to other individuals in need of services. Services are not affected by a client's failure or inability to contribute and participation is confidential.

To learn more about consumer contributions, memorial donations or ways to give to any of the services provided by the Project on Aging, please call our office at 828-265-8090.

Thank you in advance for your support.

Project on Aging Staff

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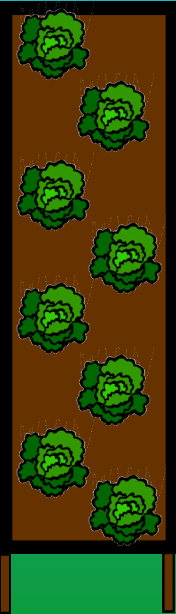
Western Watauga Community Center: 828-297-5195

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