

# The Young at Heart News

## WATAUGA COUNTY PROJECT ON AGING

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

265-8090

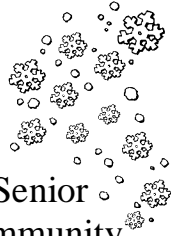
L. E. Harrill Senior Center  
265-8090

Western Watauga Community Center  
297-5195

**JANUARY and FEBRUARY 2004**

### 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.



### Income Tax Time Again!!!!

The Watauga County Project on Aging will once again offer free tax assistance at the senior centers. The Internal Revenue Service (IRS) and the American Association of Retired Persons (AARP) with the purpose of providing free tax counseling for low-income taxpayers jointly sponsor the Tax-Aide program. To be eligible:

- You should **not** have any of the following types of income: Rental, Partnership, Business requiring Schedule C, Royalties, Sale of home or business, Sale of stocks or mutual funds, Business income and/or income reported to you on form 1099 MISC.
- Your income for 2003 must be less than \$35,000.
- You must be a Watauga County resident.

All ages meeting this criteria are eligible but preference is given to persons sixty years of age and older.

The Tax-Aide program will run from February to April 15, 2004. Tax counselors are available to file returns electronically or by traditional method.

Counselors will be at the Lois E. Harrill Senior Center in Boone and the Western Watauga Community Center in Cove Creek. You may call after January 15, 2004 to make an appointment.

L.E. Harrill Center-----265-8090  
Western Watauga Center----297-5195

### Food Safety Tips

When you store Food:



- ✓ Refrigerate perishable food as soon as you get home from the store.
- ✓ Use a refrigerator thermometer to check that your refrigerator is cooling at 35 to 40 degrees F; your freezer should be at or below 0 degrees F.
- ✓ Space items in your refrigerator and freezer so air can freely circulate.
- ✓ Freeze fresh meat, poultry and fish immediately if you don't plan to use them within a few days; over wrap packages with aluminum foil or heavy freezer wrap to make airtight.
- ✓ Wrap raw meat, poultry and fish or place in separate plastic bags and set on a plate on the lowest shelf of your refrigerator to keep juices from dripping on other foods or refrigerator surfaces.
- ✓ Follow the "use by", "keep refrigerated", and "safe handling" information on package labels. If you cannot remember when a food was placed in the refrigerator, throw it out.
- ✓ Use refrigerated beefsteaks, roasts, deli meats and poultry within 3 to 4 days. Ground meat, ground poultry and fish should be used within 1 to 2 days.
- ✓ Pack perishables in iced coolers when cleaning or defrosting your refrigerator or freezer.
- ✓ Store canned goods in a cool, dry place for use within a year. Never put them above the stove, under the sink or in a garage or damp basement.
- ✓ Label and date food items before storing in the refrigerator or freezer



**LOIS E. HARRILL SENIOR CENTER****January and February 2004****Caldwell Community College Classes**

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

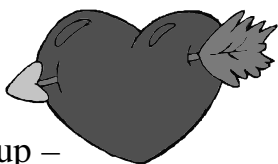
The current semester schedule continues through the first week in February. The next semester schedule begins the second week in February.

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

**You must register on the first day of class.**

**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.  
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 - Ceramics - - - - - 10 a.m. - 1 p.m.  
Nutrition/Health Classes- 10.45 - 11:45 a.m.

**Support Groups:**

Caregiver Class/Support Group - Partnering with your Doctor: A workshop for Persons with Memory Problems and Their Caregivers was cancelled in December due to inclement weather. It has been rescheduled for Thursday, March 18, 2004, at 1:30 p.m.

Alzheimer's Support Group - Meets the third Thursday of each month at 1:30 p.m.

**Agency Information**

Department of Social Services- Food Stamp Program - Tuesday, January 27, 11 a.m.

Hunger Coalition/Free Pharmacy - Tuesday, February 24, 11 a.m.

**Congregate Nutrition Program**

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

**Special Activities**

Health Screenings- Thursdays, January 8, and February 12. By appointment only.

Free Foot Evaluation with Pedicare - Wednesdays, January 14, and February 11, from 11 a.m. - 12 noon.

Smile Contest- A prize will be awarded to the person that correctly matches the most participants to a photograph of their smile. Poster of smiles will be displayed by January 15, and contest will end on January 30.

AARP Tax Assistance- Tuesdays, February 3 - April 13. By appointment only.

Valentine's Day Party- Friday, February 13, 10 a.m.-12 noon. Refreshments, games, and crowning of the King and Queen.

Art lessons at ASU's Turchin Center- Monday, February 16, and Wednesday, February 18. Transportation provided from the L.E. Harrill Senior Center. No charge for instruction or materials. All classes meet 10 a.m. - 12 noon. Call the senior center to reserve a space.

**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 11 a.m.-12 noon. Service provided by Watauga County Health Department.

**Lois E. Harrill Special Interests**

SHIP-Counselors are available to provide assistance with Medicare, Medicare supplements, Medicare Lookout and Long-Term Care insurance questions. 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 and classes.



**WESTERN WATAUGA COMMUNITY CENTER**

**January and February 2004**



**Caldwell Community College Classes**

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

The current semester schedule continues through the first week in February. The next semester schedule begins the second week in February.

- Ceramics - - - Tuesdays - - - 10 a.m.-1 p.m.
- Crafts - - - - Tuesdays - - - 10 a.m.-1 p.m.
- Lap Quilting - Thursdays - - - 10 a.m.-1 p.m.

**You must register on the first day of class.**

**Weekly Activities**

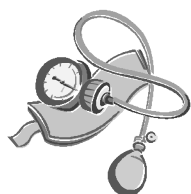
- Monday -Exercise/Walking - - 9 - 10 a.m.
- Rook - - - - - - - - - - - - - - - 10 - 11:30 a.m.
- Lap Quilting Guild - - - - - 10 a.m. - 1:00 p.m.
- Tuesday - Walking, active games - 9 - 10 a.m.
- Ceramics Class - - - - - - - - - 10 a.m. - 1 p.m.
- Wednesday- Walking/Exercise - 9 - 10 a.m.
- Games - - - - - - - - - - - - - - 10 - 11 a.m.
- Nutrition / Health Classes - - - 10 - 11 a.m.
- Thursday - Line Dancing - - - 9 - 10 a.m.
- Shopping Van - - - - - - - - - - 9 a.m. - 3 p.m.
- Rook and Games - - - - - - - - - 10 - 11:30 a.m.
- Rook - - - - - - - - - - - - - - - 1 - 2 p.m.
- Friday - Walking - - - - - - - - - 9 - 10 a.m.
- Weaving Guild - - - - - - - - - - 9 a.m. - 2 p.m.
- Area Musicians - - - - - - - - - - 10 - 11:30 a.m.
- Rook and Games - - - - - - - - - - 10 - 11:30 a.m.
- Tole Painting - - - - - - - - - - - 10 a.m - 1 p.m.
- Rook and Games - - - - - - - - - - 1 - 2 p.m.

**Congregate Nutrition Program**

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

**Blood Pressure Checks**

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



**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.

**Special Activities**

New Year's Eve Party-Wednesday, December 31, 9:30-11:30 a.m.

Body Recall Exercise Program- Mondays, Wednesdays, Fridays from 9-10 a.m. The instructor is Judy Vernon. Cost is \$25 for all 30 sessions or \$1.00 per class. Classes begin on Monday, October 27.

Holistic Living Presentation- Wednesday, January 14, 10-11:30 a.m. Betty Sheffield will share her experiences for living well.

Free Foot Evaluation with Pedicare - Second Thursday of each month from 10:30 a.m - 3:00 p.m.

Health Screenings - Thursday, January 22 and Thursday, February 26. By appointment only.

Alternative Health Care Options - Krista Essler, certified acupuncturist, will discuss herbology, homeopathy, Chinese medicine and other natural preventative and healing methods. This presentation will be offered on Tuesday, January 27, from 7-8 p.m. and Wednesday, January 28, from 10-11 a.m. The public is welcome.

AARP Tax Assistance- Dates to be announced. By appointment only.

Valentine's Day Party- Friday, February 13, 9:30-11:30 a.m.



**Special Interests**

**Cove Creek Extension 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.

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

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

## **Lois E. Harrill Special Interests** **Continued**



**AARP**- Meets the third Tuesday of each month from 10 a.m. – 12 noon at the Lois E. Harrill Senior Center.

January meeting will feature a program on Hospice presented by Joan and Dick Hearn. February meeting will offer a presentation by Sherry Harmon on the Senior Centers and Project on Aging and the services they offer. For more information contact Louise Harris at 264-6616.

**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.

### **Prescription Drug Assistance**

**Resources**- There are resources available to assist North Carolina's older adults with the purchase of prescription medication. Please call the Lois E. Harrill Senior Center at 265-8090 for assistance with finding affordable prescription medications.

**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.

### **Job Placement and Job Training**

See Sherry Harmon for more information or to make an appointment.



**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**- 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 Special Interests Continued**

**Hunger Coalition Mobile Pharmacy**- The country roads mobile pharmacy will not be operating during January, February or March 2004. Clients may call the Hunger Coalition office Monday-Friday from 8 a.m.-5 p.m.

For more information call David, client service coordinator at 262-1628.



**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.-7:30 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.

**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

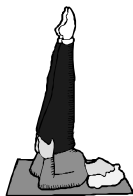
**Thursday** - Intown, Cove Creek, Foscoe and Matney

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



**Yoga For Seniors**

Yoga will be offered once again at the Harrill Senior Center. The next session is scheduled to begin Thursday, January 15, at the Lois E. Harrill senior center in Boone. The class will meet from 5:15 to 6:15 p.m. each Thursday. Yoga is the ultimate practice for stress reduction and deep relaxation. It balances the body systems, promotes flexibility, strength and longevity. The classes are appropriate for beginners as well as experienced yoga students. The instructor is Akal Dev Sharonne. The cost of a 12-week session is \$60.00 per person and class size is limited to 12. Any age may attend but priority will be given to persons age sixty and older. The registration deadline is 5 p.m. Monday, January 12. Please call Sherry Harmon at 265-8090 if you are interested or for more information.



**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

**AppalCart Schedule**  
**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.

**Festive Appetizer Spread**



- 1-cup water
- 1-cup sugar
- 1 package (12 ozs.) fresh or frozen cranberries
- ½ cup apricot preserves
- 2 Tbs. lemon juice
- 1/3 cup slivered almonds, toasted
- 1 pkg. (8ozs.) cream cheese
- Assorted crackers

In a saucepan over medium heat, bring water and sugar to a boil without stirring; boil for 5 minutes. Add cranberries; cook until berries pop and sauce is thickened, about 10 minutes. Remove from the heat. Cup apricots in the preserves into small pieces; add to cranberry mixture. Stir in lemon juice. Cool. Add almonds. Spoon over cream cheese; serve with crackers. Store leftovers in the refrigerator. Yield: about 3 cups. This sauce may also be served as an accompaniment to poultry or pork.

### **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 Thursday, January 1, 2004, in observance of New Year's Day.

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.



### **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

### **Muscle Up in 2004**

Are people over 60 too old to benefit from resistance training?

Research has shown that the body responds positively to exercise training at any age.

Groundbreaking evidence was shown in a study conducted in the early 1990's. In the research, frail adults 80 and 90 years old went through an 8-week strength-training program and experienced a fourfold increase in lower-body strength, resulting in improved independence and quality of life. Beginning older exercisers should not expect to "beef up" with large muscles, but might see a change in physique and should feel more energy and strength. And, because having more muscle burns calories both when you're building them and when you're at rest-strength training, along with a healthful diet, can help you lose weight.

Join us at the senior centers for a variety of physical fitness opportunities, which include: Chair and stretching exercise classes; yoga; tai chi; exercise equipment and a walking program.



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