



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

JULY AND AUGUST 2006

Western Watauga Community Center

297-5195



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.

Caregiver Training To Be Offered

Thursday, July 13, from 1:30-3:30 p.m. Nicole Riger Thomas from the Western Carolina Chapter of the Alzheimer's Association will present a training program on "Partnering with Your Doctor: A Workshop for Persons with Memory Care Problems and their Care Partners". This free workshop will provide caregivers and people with dementia with the knowledge and skills necessary to successfully partner with physicians and other health care professionals to ensure the highest possible quality dementia care. The workshop will help caregivers and people with dementia become better prepared for physical visits, which increases the probability that their needs will be met. Call the center to reserve a seat.



Quilt Raffles Will Raise Money for Senior Center

The drawing for the second of the two beautiful hand made quilts donated to the senior center by Rhoda Oehser will be held on Thursday, August 31, at 12 noon. The drawing will take place in the dining room at the Harrill Senior Center. Raffle money will help with the expense of the monthly trips scheduled April through November at the senior centers. The quilt is twin size. You may purchase tickets for \$1.00 each beginning July 3, at either center. The quilt will be on display in the lounge area of the Harrill Center. A photo of the quilt will be on display at the WWCC.

Meet the Author Program

Stories that are told remain with us. The rest are lost with time. This realization is the reason Julia Taylor Ebel writes books and poetry that celebrate heritage and cultural history in North Carolina. Her publications include two Watauga County biographies and a picture book. Over 40 of her nature poems have been published.

Her most recent book, *Orville Hicks: Mountain Stories, Mountain Roots*, offers a personal look at the life of the Watauga County storyteller, who learned stories over galax and beans. The book focuses on experiences that prepared and led Orville Hicks to share the old tales that have endured through generations of his family.

What are the stories in your life--personal, family, and community stories? What persons in your family or community have stepped beyond usual boundaries? ...have shaped your community? ...have done something unique? ...have offered a role model for those who followed?

Join Julia Taylor Ebel at the Lois E. Harrill Senior Center on Friday, August 18, from 10:30 until 11:30 a.m., to hear about stories she has kept and to discuss ways of keeping your own stories.



Movie Time Classics – New Activity at Harrill Center

What better way to spend an afternoon than watching a movie classic with friends at the Lois E. Harrill Senior Center. This will be a great opportunity for socialization and entertainment. The following is a schedule of cinematic offerings.

All shows on Tuesdays at 1pm:
July 11--It Happened One Night
July 25--An Affair to Remember
August 8--Arsenic and Old Lace
August 29--King Solomon's Mines



Just call to reserve your seat for each performance. Thanks to Don Schaffer for organizing this activity!

LOIS E. HARRILL SENIOR CENTER

July and August 2006

Caldwell Community College Classes



Community College Classes will not meet during July and August.

Information regarding the fall schedule will be announced at congregate nutrition sites, posted on senior center bulletin board and listed in CCC publications.

Weekly Activities

Monday - -Art Class - - - - -	9 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Bridge - - - - -	1:30 - 5 p.m.
Tuesday -Exercise - - - - -	11 - 11:30 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Line Dancing - - - - -	2 - 3:30 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Wednesday -Art Class - - - -	9 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Bridge - - - - -	1:30 - 5 p.m.
Bridge - - - - -	6:30 - 10 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Exercise - - - - -	11 - 11:30 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Tai Chi - - - - -	5:30 - 6:30 p.m.
Friday-Nutrition/Health	
Classes - - - - -	10.45 -11:45 a.m.
Bridge - - - - -	1:30 - 5 p.m.

Body Recall Classes are meeting at Living Water Christian Fellowship on Monday-Wednesday-Friday from 10 - 11 a.m., during July and August. Classes will resume meeting in dining room at Harrill Center in September. Call the center with any questions regarding this change.

Congregate Nutrition Program

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



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.

Agency Information

ASU Adult Cognition Lab - Tuesday, July 18, at 11 a.m.

Legal Aid of North Carolina-will provide information on services to provide assistance with Medicare Part D Problems- August day and time to be announced.



Support Groups:

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

Diabetes Support Group - Meets the first Thursday of each month at 12 noon.

Family/Caregiver Support Group - Meets the third Thursday of each month at 1:30 p.m.

Caregiver Class- Thursday, July 13, from 1:30-3:30 p.m. - "Partnering with your Doctor".



Special Activities

Movie Time Classics- Tuesdays, July 11 & 25, August 8 & 29 at 1 p.m. Call 265-8090 for movie details and to reserve a seat.

Trip- Wednesday, July 12, from 9 a.m. to 4 p.m. A.M., Visit art galleries, cheese factory, shopping opportunities in beautiful downtown West Jefferson, Lunch at Smokey Mountain Barbeque Restaurant, P.M. Visit Sally Mae's Emporium of lovely handcrafted items. See Toni or Sherry to reserve a seat on the bus.

Trip and Picnic- Tuesday, August 15, from 10:00 a.m.- 3 p.m. We will travel to beautiful Watauga Lake in Tennessee. A picnic lunch will be provided. Must reserve a seat on bus.

Walking Tour of Rosen Outdoor Sculpture Competition - Wednesday, August 16, at 10:15 a.m.

Meet the Author Program - Friday, August 18, at 10:30 a.m. Julia Taylor Ebel will talk about stories she has kept and discuss ways of keeping your own stories.

Trip and Special Program - Tuesday, August 22- To Ashe County Senior Center for Scam Jam 2006 - Leave Harrill Center at 8 a.m., return around 3 p.m. This program is designed to inform you about frauds & scams being conducted in your community. You will learn what to look and listen for, as well as who to contact with a complaint. This is a free program, which includes lunch. See Sherry or Toni to reserve a seat on the bus.

Special Interests and Services

Health Screenings- Mondays, July 17, and August 14. By appointment only.

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

Lois E. Harrill -
Special Interests and Services - Cont.

Free Hearing Aid Services- Hearing screenings; Otoscope 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, July 25, 10 a.m.-12 noon.



Division of Services for the Deaf and Hard of Hearing Outreach Clinic- Applications will be available for assistance with the agency's services such as hearing aids and telecommunications equipment. Information will be available to instruct interested participants in how to obtain these items. Thursday, September 14, 10 a.m.-12 noon.

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). 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 available.

AARP- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center. July 18th meeting will be a picnic at Blowing Rock Park at 12 noon. For more information contact Martha Garvin at 264-8915.

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.

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

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.

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.

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— The Senior Center has listings of volunteer job positions in the county. See Sherry Harmon for more information or placement assistance.

VHS and DVD Movies Available - May be checked out or reserve a TV/VCR and watch at the senior center.

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

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

WESTERN WATAUGA COMMUNITY CENTER

July and August 2006

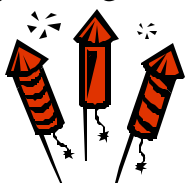


Caldwell Community College Classes

Community College Classes will not meet during July and August. Information regarding the fall schedule will be announced at congregate nutrition sites, posted on senior center bulletin board and listed in CCC publications.

Congregate Nutrition Program

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



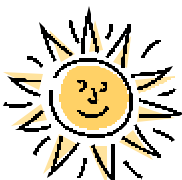
Weekly Activities

Monday -Walking - - - - -	8:00 - 10:00 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	9:30 - 10 a.m.
Wednesday- Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	8:30 - 9 a.m.
Hand built pottery - - - - -	9 a.m. - 1 p.m.
Knitting - - - - -	9 a.m.— 12 noon
Thursday - Walking - - - - -	8:00 - 10:00 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light weights -	9:30 - 10 a.m.
Art Class - - - - -	9 a.m. - 1 p.m.
Friday - Walking - - - - -	8:00 - 10:00 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Live Music - - - - -	10 - 1:00 p.m.

Rook is an ongoing activity. Call Toni to find our details about reserving a space for a rook card game.

Blood Pressure Checks

Second Friday of 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

Trip- Wednesday, July 12, from 9 a.m. to 4 p.m. A.M., Visit art galleries, cheese factory, shopping opportunities in beautiful downtown West Jefferson, Lunch at Smokey Mountain Barbeque Restaurant, P.M. Visit Sally Mae’s Emporium of lovely handcrafted items. See Toni or Sherry to reserve a seat on the bus.

Magic Show-Wednesday, July 26, 1-2 p.m. Intergenerational Library Program, “The Magic of Amazing AI”.



Trip and Picnic- Tuesday, August 15, from 10:00 a.m.- 3 p.m. We will travel to beautiful Watauga Lake in Tennessee. A picnic lunch will be provided. Must reserve a seat on bus.

Trip and Special Program- Tuesday, August 22- To Ashe County Senior Center for Scam Jam 2006 –Leave Harrill Center at 8am, return around 3pm. This program is designed to inform you about frauds & scams being conducted in your community you will learn what to look and listen for, as well as who to contact with a complaint. This is a free program, which includes lunch. See Sherry or Toni to reserve a seat on the bus.

Special Interests and Services

Health Screenings - Mondays, July 24 and August 28. By appointment only.

Community Garden - The three (3) garden boxes located in the adjoining field are a part of the community garden program. The cub scouts built and installed the boxes, filled them with rich compost and have been planting various vegetable seeds and plants. If anyone is interested in participating in the program contact Toni at the WWCC.

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

Division of Services for the Deaf and the Hard of Hearing Outreach Clinic - Tuesday, September 19, 10 - 11:30 a.m.

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

Job Placement, Job Training, and Volunteer Opportunities - Check out the Employment and Volunteer Opportunities bulletin board at the WWCC. See Toni for more information or placement assistance.

Western Watauga Community Center Special Interests and Services cont.

Fiber Art/Hand Spinning Guild — Spinners meet first Thursday of each month, 6 - 8 p.m.

Fiber Guild Meets third Thursday of each month, 6 - 8 p.m. For more information contact Sandra Basel at 297-3046.

Crafty Critters Club- Their purpose is to assist with programs and supplies for the Branch Library and Senior Center and Home Delivered Meals programs. New members are invited to join the group to share in fellowship, fun activities, charitable endeavors, and creative projects. There is a \$10.00 fee to join, then a \$2.00 per month supply fee. Reap the benefits of giving! Meets first Monday of each month from 12:00 - 3:00 p.m.

Weaving Guild- Donna Duke and Sandy Basel 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- 10:00 a.m.-5:00 p.m. Tuesday and Thursday- 10:00 a.m.-7:00 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. Pay a visit to your branch library and see what they have to offer.

Newsletter Availability

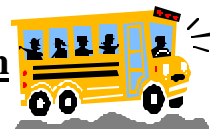


There are four ways to obtain a senior center newsletter:

- Pick up at Western Watauga Community Center or L.E. Harrill Senior Center.
- E-mail- Send a message to sherry.harmon@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.

5

AppalCart Schedule -Western Watauga Community Center



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 day 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.

Walking Tour of Rosen Outdoor Sculpture Competition

On Wednesday, August 16, at 10:15a.m. interested seniors should meet at the Lois E. Harrill Senior Center for a walking tour of the Rosen outdoor sculpture competition on the ASU campus. A staff member from the ASU Turchin Center for the Visual Arts will be our tour guide. Ballots for voting for your top three choices will be available. We will return to the center for lunch at 12noon. The Rosen Sculpture Competition is a national juried event. We can compare our results with the national jurors. Appalcart will provide transportation to and from the senior center to ASU. This activity is free and open to any person sixty years of age and older. Please call the senior center at 265-8090 to reserve a space.



Farmers Market Coupons are coming!

Congregate Nutrition Program participants will once again be receiving Farmers Market Coupons to use during the summer and early fall months. Details of the program will be announced at the congregare nutrition sites located at the L.E. Harrill and Western Watauga Senior Centers or you may call Sherry at 265-8090 for more information.

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 Tuesday, July 4, in observation of Independence 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.

Volunteer Opportunities for Older Adults

Both of Watauga County's senior centers provide volunteer and employment assistance. If you are interested in learning more about opportunities available in the area please check out the listings on the center's bulletin boards and/or see Sherry or Toni for assistance with placement. Some pressing needs at this time is:

Senior Companion (work one on one with older adult) **and Foster Grandparent** (work with youth in school or day care setting)—Both programs are through Appalachian Senior Programs. Must be 60 or older – Volunteer 20 or more hours weekly- Have limited income. You will receive a stipend of \$2.65 per hour that is non-taxable and does not affect benefits such as Social Security, Veterans, Disability Insurance or Unemployment. Benefits include meal and travel reimbursement, liability insurance, vacation and sick leave, paid holidays and an annual physical.

Foster Grandparent Mentoring Program (work one on one with youth)-through Western Youth Network. This program offers support to local at-risk youth. Requires a minimum of two hours per week for a period of one year. Volunteers provide supportive one-on-one assistance to children from 6 to 17 years of age in a wide variety of community sites.

The above listings include training prior to starting your volunteer work..



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