



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

MAY AND JUNE 2007



May is Older Americans Month

For 44 years, our nation has paused to honor older Americans during May. During this special month, the ongoing contributions of our older citizens are highlighted with a national proclamation issued by the President of the United States.

The theme for Older Americans Month 2007 is “Older Americans: Making Choices for a Healthier Future.” This theme encourages us to think differently about health and long term care, and work together to rebalance and modernize our current systems so that we may adequately plan for and address the needs of current and future generations. Older persons are entitled to live lives of dignity and independence through: Streamlined access to information as well as to home and community services, including information that will enable people to plan ahead for long term care.

Information about cost-effective prevention practices and activities that will improve health and quality of life and reduce risk of disease, disability and injury, and, Innovative, affordable and flexible options of care and support that will provide an array of choices about how and where to live. Never has it been more evident that one of the biggest challenges facing the United States is how we will care for our grandparents, parents, and loved ones as they age. Views may vary on how to prepare for what will be a diverse wave of seniors, whose ranks are growing due to the aging of 78 million baby boomers who will begin to turn 65 in 2011. But all agree that this shift in our nation’s demographics will have profound implications for our economic and social landscapes at the national, state and community level.

People of all ages are urged to seize upon the occasion of Older Americans Month to plan, promote and participate in activities during May and throughout the year that reflect the tenets of the national theme. We must all work together to ensure that every older person in this great country is treated with dignity and respect and moreover, has the opportunity to make the choices they desire to enjoy a healthy and rewarding future.

Caregiver Information

Caregiver Support Group meets at 1p.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.

“Seeing, Hearing, Feeling” Sensitivity Training, Alex Jernigan, Regional Long Term Care Ombudsman, will be presenting this program on Thursday, May 24, 2007, from 3-4 p.m. at the Harrill senior center. The class will provide an opportunity to experience the challenges and frustrations associated with loss of vision, hearing and mobility. Participants will have a better understanding of the needs of older clients, family members, friends, etc. Contact the center to reserve a space.

Blowing Rock Hospital Community Education Program will present-May 3-“Advance Yourself” Make a decision before someone else makes it for you. Know your options in Health Care. May 23-“The Good, the Bad, and the Ugly of germs” Simple techniques to prevent sickness. All sessions are free and one hour in duration. Programs are offered at 1 and 5:30 p.m. If you are a caregiver of an adult respite services will be provided at no charge during the 1pm program. Please call Jennifer Bretz at 295-5276 to RSVP.

Caregiver Program on Problem Solving - This will be offered Thursday, June 28 from 2-4 p.m. at the Harrill Senior Center. The program offers an interactive approach to developing the necessary skills for handling difficult situations of all types. Attendees may submit stories and scenarios from their work or life experiences for the class to discuss and analyze. This session will include role playing games, small group discussions, and extended periods for questions and answers. This is an advanced course which builds on knowledge gained in other sessions previously offered at the senior center. There is no charge to attend and it is open to the public. It will be of special interest to professional and family member caregivers and human service agency staff. Please call the center at 265-8090 for more information or to reserve a seat.



LOIS E. HARRILL SENIOR CENTER
May and June 2007



To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Sherry Harmon is the Director.

Caldwell Community College Classes

Lap Quilting — Tuesdays - - - 1-4 p.m.
 Crafts — Thursdays - - - -10 a.m.-1 p.m.
 Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

Weekly Activities

Monday—Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Bridge (begins 6/01) - - - - -	1:30 - 5 p.m.
Exercise w/ Candy (begins 5/14)-	2 - 3 p.m.
Tuesday –Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes-	11 a.m. - 12 noon
Line Dancing - - - - -	2 - 3:30 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15-7:15 p.m.
Wednesday -Art Class - - -	9 a.m. - 12 noon
Muscles and More - - - - -	10:30-11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Bridge (begins 6/01) - - - - -	1:30 - 5 p.m.
Exercise w/ Candy (begins 5/14)-	2 - 3 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.
Tai Chi - - - - -	6:30 - 7:30 p.m.
Friday- Muscles and More -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Bridge (begins 6/01) - - - - -	1:30 - 5 p.m.

Congregate Nutrition Program

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

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.

Caregiver Class - Problem Solving, Thursday, June 28, from 2-4 p.m.

Agency Information

Senior Games-Holly Goodwin with Parks & Recreation. Wednesday, May 9, 11 a.m.-12 noon.

Hunger Coalition, Free Pharmacy, Professional Clothing Closet-Compton Fortuna- Wednesday, June 13, 11 a.m.-12 noon.

Blood Pressure Checks

Third Friday each month from 11 a.m.-12 noon. Service provided by Watauga County Health Department.

Drop in Activities

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

Electric typewriter
 Piano
 Pool Table
 Card Tables
 Exercise Equipment
 Computer Lab



Table games, jig saw puzzles, and cards
 Televisions/VCR and DVD players
 Library (Books and Audio books) –May also be checked out for use at home
 Video Library –May also be checked out for use at home
 Sewing Machines
 Balance Beam Scales for checking weight
 Exercise Your Brain Mental Adventures (Variety Puzzles)
 Photo Smart Printer - .50 cents per 4x6 photo

Special Activities

Adult Services Expo- Tuesday, May 15, 2007, from 10 a.m.-4 p.m. at the Boone Mall.

Trip- Abington, Virginia, Monday, May 21, 8 a.m.-5 p.m. Shopping at Dixie Pottery, Lunch at Cracker Barrel, and Ice Cream in Damascus. Must reserve a seat on the bus.

AARP Driver Safety Program for Older Adults- Tuesday and Wednesday June 19 & 20, 2007, from 8:00 a.m.-12:00 noon. Must pre-register.

Trip- Elizabethton, Tennessee, Thursday, June 21, 8 a.m.-5 p.m. Downtown in the AM- antique shopping, walking tour of historic district, covered bridge and restaurants. Sycamore Shoals State Park in the PM- “Over mountain Men” presentation, tour of Fort Watauga and hike a scenic loop trail that follows the riverbank. Must reserve a seat on the bus.



Special Interests and Services

Social Security - Social Security - A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, July 11, from 9 a.m.-12 noon

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

Special Interests and Services cont.

Health Screenings- Will resume in July. You may call during June for an appointment.

Free Hearing Aid Services- Hearing screenings; Otosopic 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, May 22, 10 a.m. - 12 noon.

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



Book Discussion Group— Meets the fourth Wednesday of each month at 1:30 p.m.

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.

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

Quilt Guild - Meets the first Thursday of each month from 1:30 - 8 p.m.

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).

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

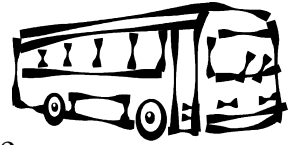
Monday - Intown and Foscoe

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

Wednesday - Meat Camp, Todd and Intown

Thursday - Intown, Blowing Rock, Cove Creek, Foscoe and Matney

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



AARP Driver Safety Program for Older Adults

The nation's first and largest classroom refresher course geared especially to older adults safety needs will be offered at the Lois E. Harrill Senior Center on Tuesday and Wednesday June 19, & 20, 2007 from 8:00 a.m.-12:00 noon. The cost of the program is \$10 per person. The course will offer information on how to compensate for changes in vision, hearing, and reaction time; What to do if confronted by an aggressive driver; When to use a car phone; How medications may affect driving; and much more valuable information. Auto insurance discounts may be available for participation in this course (ask your auto insurance agent). Call the center at 265-8090 for more information or to reserve a seat.



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.



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 Monday, May 28, 2007, for Memorial Day.

In addition to these closings Home Delivered Meals will not be served.

WESTERN WATAUGA COMMUNITY CENTER

May and June 2007



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

Caldwell Community College Classes

Crafts — Tuesdays - - 10 a.m. - 1 p.m.
Lap Quilting — Thursdays - - 10 a.m. - 1 p.m.
Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

Congregate Nutrition Program

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

Weekly Activities

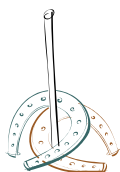
Monday - Walking - - - - - 8 - 10:00 a.m.
Lap Quilting Guild - - - - - 10 a.m. - 1 p.m.
Old Fashioned Rug Hooking - 10 a.m. - 1 p.m.
Tuesday - Walking - - - - - 8 - 10 a.m.
Exercise with light weights - 9:30 – 10 a.m.
Wednesday– Walking - - - - - 8 - 10 a.m.
Exercise with light weights - 8:30 - 9 a.m.
Hand built pottery - - - - - 9 a.m. – 1 p.m.
Knitting - - - - - 9 a.m. - 12 noon
Nutrition & Health - - - - - 10:30 - 11:30 a.m.
Rook (call after 1pm to reserve a seat) - 5 - 9 p.m.
Thursday - Walking - - - - - 8 - 10 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 - 10 a.m.
Weaving Guild - - - - - 9 a.m. - 1 p.m.
Live Music - - - - - 10 - 1 p.m.
Yoga - - - - - 12 - 1 p.m.

Rook is an ongoing activity Monday - Friday.

Drop in Activities

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

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



Support Groups:

Weight Loss- Mondays 7-8 p.m.

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

HAPPY MOTHER'S DAY

Sunday May 13, 2007.



Agency Information

Gardens for Humanity- Wednesday, May 16, at 11:30 a.m. Marsha Walpole will discuss the purpose of community gardens and how to participate. There is a community garden located on WWCC property. Volunteer opportunities will also be discussed.

Habitat for Humanity—Wednesday, May 30, at 11:30 a.m. Judy Scharns will give an overview of housing assistance programs and qualifications.

Special Activities

Adult Services Expo- Tuesday, May 15, 2007, from 10 a.m. - 4 p.m. at the Boone Mall.

Trip- Abington, Virginia, Monday, May 21, 8 a.m. - 5 p.m. Shopping at Dixie Pottery, Lunch at Cracker Barrel, and Ice Cream in Damascus. Must reserve a seat on the bus.

Diabetes 2 Video Program- Tuesday, May 22, from 10 - 11a.m. Participants will be provided with information, strategies and resources for making life style changes and a diabetes care plan that can help lead to better blood sugar control.

Trip- Elizabethton, Tennessee, Thursday, June 21, 8 a.m. – 5 p.m. Downtown in the AM- antique shopping, walking tour of historic district, covered bridge and restaurants. Sycamore Shoals State Park in the PM- “Over mountain Men” presentation, tour of Fort Watauga and hike a scenic loop trail that follows the river-bank. Must reserve a seat on the bus.

Recipes for Better Nutrition-Monday, June 25, from 10 - 11a.m.



Continued on page 5.

Western Watauga Community Center Special Interests and Services

Health Screenings- Will resume in July. You may call during June for an appointment.

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

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

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 month, 6-8 p.m. Meetings open to the public.

Crafty Critters Club- Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center. Membership is \$10.00 and a \$2.00 per month supply fee. Meets the first Monday of each month from 12 noon –3 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.



Fiber Art/Hand Spinning Guild — Spinners meet first Saturday of each month, 9 a.m. - 12 noon and first Thursday of each month, 6 - 9 p.m.

Fiber Guild Meets third Saturday of each month, 9 a.m.—12 noon and the third Thursday of each month, 6 - 9 p.m. For more information contact Sandra Basel at 297-3046.

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.

Outpatient Behavioral Health –Dev Loper with Passages II will be available for consultation the first Thursday of each month from 10-11:30 a.m. and the fourth Monday of each month from 9-11:30 a.m.

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

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.

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.

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

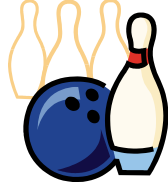
Volunteer Opportunity at Western Watauga Center

The center is recruiting volunteers who are interested in designing and or maintaining the ornamental flower beds and raised vegetable bed. There is also an aromatherapy herb garden that is in need of adoption. Anyone interested should call Toni at 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.



High Country Senior Games

May 16, 2007 is the registration deadline for this year's senior games. The games will be held May 19-June 9. To be eligible to participate you must be 55 or older by Dec. 31, 2007, own property in or be a resident of Watauga, Avery, Mitchell or Yancey counties a minimum of 3 consecutive months of the year. Men and women compete in separate categories in five year age groups from 55 to 100+. Official Entry Forms may be picked up at the Harrill Senior Center in Boone or the Western Senior Center in Cove Creek.

You may call the Project on Aging at 265-8090 for more information.

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.

5th Annual Adult Services Expo at Boone Mall

On Tuesday, May 15, 2007, the Adult Services Coalition of Watauga County will present the 5th annual Adult Services Expo from 10 a.m.-4 p.m. at the Boone Mall. The expo will feature an array of activities that include agency information, door prizes, entertainment and more. May is Older Americans Month; therefore organizers hope the event will provide valuable information to the public regarding services for senior adults in Watauga County.