



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 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 Informational Training – On Tuesday, June 1, from 2 p.m.-4 p.m., at the Lois E. Harrill Senior Center, Nicole Rieger Thomas of the Alzheimer's Association will present "The Alzheimer's Project, Momentum in Science". This training is open to everyone, including caregivers and professionals. Please RSVP to Tabitha at 265-8090.

Adult Services Expo on Tuesday, May 4

The 8th Annual Adult Services Expo will be held at the Boone Mall on Tuesday, May 4, from 10 a.m.-4 p.m. Local agencies will be present to offer information about their services and door prizes will be awarded. Live entertainment and Bingo will be scheduled throughout the event with a special recognition ceremony at noon. Everyone is welcome!



High Country Senior Games

Enjoy sports? Write poetry? Like to dance? The High Country Senior Games will be held from May 20 - June 13, 2010. Deadline to register is Wednesday, May 12. Please come by the Senior Center or Watauga County Parks and Recreation to register.

Advocacy Corner

Senior Tar Heel Legislators at the Project on Aging - Everyone is invited to join us on Tuesday, May 18, at 11 a.m. for a visit from our Senior Tar Heel Legislators, Bunk Spann and Pat Coley. The Senior Tar Heel Legislature promotes citizen involvement and advocacy concerning aging issues before the General Assembly. They will be discussing this year's priorities and also are interested in hearing your opinions and concerns. Please plan to attend and have your voice heard!

May is Older Americans Month

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. The Watauga County Project on Aging is joining communities nationwide in celebrating this month with special activities and events. This year's Older Americans Month theme—*Age Strong! Live Long!*—recognizes the diversity and vitality of today's older Americans. The annual commemoration of Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly. Americans of all ages and backgrounds can volunteer with programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagement, and more. Contact your local Area Agency on Aging at 265-5434 to find out what you can do to strengthen services for older Americans, this month and all year round. Also, you can contact the Watauga County Project on Aging for more information about services available and ways to get involved!



Arthritis Foundation Exercise/Health Education Program

The Lois E. Harrill Senior Center in Boone is once again offering a program developed specifically for people with arthritis. Low-impact, joint-safe exercises led by AF-certified instructors can be taken either sitting down or standing. This program has been proven in research studies to reduce arthritis pain and improve ability to do more daily activities. The program will be offered from 1:30-2:30 p.m. each Monday and Wednesday (16 classes) beginning Monday, June 7. There is no charge to attend. Any age may attend but persons aged sixty and older will be given priority if class size exceeds space available. Call 265-8090 with any questions and to register.

LOIS E. HARRILL SENIOR CENTER

May and June 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 (ends 5/31) - -	1:30 - 2:30 p.m.
Arthritis Exercise (begins 6/7)-	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.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Wednesday - Art Class (beginners)-	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Indoor Fun (ends in May) - - -	10:30 a.m. - 12 noon
Outdoor Fun (starts in June)- -	10:30 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Rummy Group - - - - -	11 a.m. - 12 noon
Gentle Exercise (ends 5/31) - -	1:30 - 2:30 p.m.
Arthritis Exercise (begins 6/7)-	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.
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.

Wii Games are available other times by appointment.

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 *

Agency Information

Hospice - Tuesday, May 25, 11 a.m.- Noon.
 Come learn about the mission of Hospice and
 volunteer opportunities.

Foster Grandparent Program - Tuesday, June 8,
 11 a.m.

Blood Pressure Checks

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

Support Groups:

NAMI Connections Support Group - Meets
 every Tuesday from 2:30 p.m-4 p.m. The group
 is for adults of any age who face the challenges
 of mental illness, regardless of their diagnosis.
 The group is led by individuals who are also in
 recovery, people who understand and can relate
 to your situation.

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

Grief/Memories Group - Meets the first Friday
 of each month 10 - 11 a.m.

**Special Activities**

Mother's Day Bake-Off - On Friday, May 7,
 we will be holding our 2nd Annual Mother's Day
 Bake Off. The event will begin at 10 a.m. The
 categories are 1) Cakes, 2) Cookies/Brownies, 3)
 Other desserts (pies, cobblers, etc). Diabetic
 desserts are welcome. Please make sure your
 baked good does not require refrigeration.
 Anyone 60 years or older can enter the
 competition. To sign up please call Tabitha at
 265-8090. The items will be taste-tested by
 fellow seniors and staff who will then vote for
 the winners. Prizes will be awarded. Please
 come join us for a morning of delicious fun!

Origami Workshop - Origami is the Japanese
 art of folding paper into shapes representing
 objects, such as birds or flowers. On Monday,
 May 17, from 5:30-7:30 p.m., instructor Joel
 Packard will hold a beginners' origami
 workshop. The cost is \$3 for materials. Those
 with experience in origami are also welcome to
 attend. Joel will lead the class through beginner
 projects but also can provide instruction for
 more complex creations. Please call 265-8090
 to register.



Trip to Abingdon, Virginia - Thursday, May
 20, 8:30a.m.-5:30p.m. \$2 cost for
 transportation. Lunch at Cracker Barrel, William
 King Museum (\$3 suggested donation),
 shopping downtown.

Special Activities Continued

Trip to Watauga Lake – Tuesday, June 29, from 9 a.m.-3:30 p.m. \$2 cost for transportation. Picnic, games, walk by the lake. Call to reserve a seat.



Special Interests and Services Continued

Health Screenings – Will resume in July. One health screening per person is allowed each fiscal year (July-June).

Hearing Screening – Tuesday, May 11, from 9:30a.m.-12p.m.. Individual hearing and hearing aid evaluations, plus information about the newest equipment available from NC Services for the Deaf and Hard of Hearing.

Social Security- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, July 7, 2010, from 9 a.m.-12 noon.

AARP– Meets the third Tuesday of each month from 10 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 not meet during Winter months. Will resume in May.

Computer Training - Free computer training is available by appointment.

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

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.

Free Hearing Aid Services- Hearing screenings; Otitic 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, June 22, 10 a.m.-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), including low income subsidy applications.

Special Interests and Services Continued

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 are held the 1st and 3rd Tuesdays of the month at 1 p.m.

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

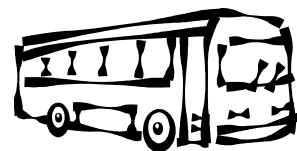
Job Placement and Job Training- Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

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.

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

Days/Routes are subject to change.

Monday - Intown, Foscoe, Meat Camp, and Western Watauga Community Center

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

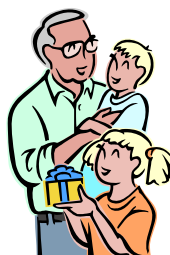
Wednesday - Meat Camp, Todd and Intown

Thursday - Intown, Cove Creek, Foscoe and Matney

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

Mother’s Day -

Sunday, May 9, 2010



Father’s Day

Sunday, June 20, 2010

WESTERN WATAUGA COMMUNITY CENTER

May and June 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	10 a.m. - 1 p.m.
Sewing Class	10 a.m. - 1 p.m.
Gentle Exercise Class	12 noon - 1 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.
Outdoor Games	12:30 - 2:30 p.m.
Wednesday - Walking	8 - 11 a.m.
Knitting	9 a.m. - 12 noon
Hand built pottery	10 a.m. - 1 p.m.
Gentle Exercise Class	12 noon - 1 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.

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.

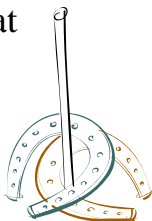
Congregate Nutrition Program

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



Blood Pressure Checks

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

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Grief Support Group - Third Friday of each month from 10:30 - 11:30 a.m.

Special Activities

Precinct Primary Elections - Board of Elections will be conducting the primary election on Tuesday, May 4, 7 a.m. - 7 p.m.

Trip to Abingdon, Virginia - Thursday, May 20, 8:30a.m.-5:30p.m. \$2 cost for transportation. Lunch at Cracker Barrel, William King Museum (\$3 suggested donation), shopping downtown.

Trip to Watauga Lake – Tuesday, June 29, from 9 a.m.-3:30 p.m. \$2 cost for transportation. Picnic, games, walk by the lake. Call to reserve a seat.

Special Interests and Services

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

Health Screenings - Health Screening will resume in August. One health screening per person is allowed each fiscal year (July-June).

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. Next scheduled time will be in July. Date and time to be announced.

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

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.



Special Interests and Services Continued

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

Fiber Art/Hand Spinning Guild — Spinners will meet first Thursday of each month from 6:30 - 8:30 p.m.

Fiber Guild will meet the third Thursday of each month from 6:30 - 8:30 p.m.

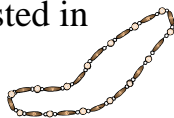
Fit for Life Program- Register to earn points for incentive gifts when you participate in the walking program, exercise classes and exercise equipment.

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.



Decorative Beading and Jewelry Making Guild

Each workshop has various projects to choose from using assorted beads, semi-precious jewels, Venetian glass, natural stones, and silver wire. Participants learn to design and make high quality custom items including: wearable jewelry, watches, key chains, book marks, jeweled serving utensils, decorative vases, candleholders, tie clips, and more. Classes are held every Tuesday, from 9:30 a.m. - 12 noon. Cost of a minimal fee covers instruction, tools, and materials for each project. All projects are individually priced. Call Toni at the Western Watauga Community Center at 297-5195 for more information.

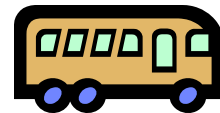
Reminder

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



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

Monday and Thursday are 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.

New in Honor of Older Americans Month

As an incentive to be more active and healthy the Western Watauga Community Center will be offering outdoor games each Tuesday (weather permitting) from 12:30 - 2:30 p.m. The beginning date will be Tuesday, May 4th. Games offered include: Badminton, Bocci, (Italian lawn bowling) croquet, and horseshoes. Sign up sheets will be available at the senior center.



Volunteer Opportunities

The Western Watauga Community Center has several volunteer opportunities available. Some are: Flower bed gardener, home delivered meals driver, receptionist/office assistant, party/activity planner, exercise instructor, etc. Call Toni Wait for more information at 297-5195.

Extra Help With Prescription Drug Costs

Some people with limited income and resources are eligible for Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Many people qualify for these big savings and don't even know it. To find out if you qualify, please call the Project on Aging at 265-8090 for more information. We can help you fill out an application online. You may also call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**) to apply over the phone or to request that an application be mailed to you, or go to www.ssa.gov to complete an application.



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 on Monday, May 31, 2010, in observance of Memorial 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.

Call the senior centers with any questions.

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.

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.



Special Note:

Due to increasing costs and budget concerns, we are no longer mailing the newsletter to participants who come to the center(s) on a regular basis. If you have received this newsletter via postal mail and would be able to pick up the newsletter at one of the centers, please let us know so we can adjust the mailing list accordingly. We appreciate your assistance. The Project on Aging does accept donations as well as memorials. All monies collected are used to help fund the services we provide.



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

L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195



Senior Tar Heel Legislature

FOR IMMEDIATE RELEASE
CONTACT: John Thompson, 252.726.7221

March 17, 2010

New Programs and Flexible Budgets among Several Aging Issues Presented to Senior Tar Heel Delegates *The North Carolina Senior Tar Heel Legislature Begins Resolution Process in Raleigh*

Raleigh, NC - The North Carolina Senior Tar Heel Legislature (STHL) convened in Raleigh to work on legislative priorities for the coming year. This is the first of three state meetings in 2010. Delegates were also presented with an update of North Carolina's employment condition and several aging issues that state leaders plan to take to Congress next year.

Charles Perusse, North Carolina State Budget Director, discussed three good signs of our state employment situation. First, the unemployment rate has leveled out for the last twelve months. It has not increased, but it also has not decreased. Also, the total employment rate has increased slightly. More than 10,000 new employees have been hired over the past two months. Finally, there has been an increase in construction and manufacturing jobs in the state. It will still take six months to a year to see increased revenues to catch up with employment growth. "The light at the end of tunnel has finally been turned on!" stated Perusse, who also acknowledged that there will be more reductions in this next fiscal year budget so that North Carolina can get back to the "New Normal" economy.

State leaders are in the process of gathering information for the reauthorization of the Older Americans Act (OAA). Dennis Streets, Director of the North Carolina Division of Aging and Adult Services, addressed several topics that will be proposed to the Federal Government when the OAA is reauthorized in 2011. Streets said that local governments need more flexibility to use block grant funds to meet the growing demands for older adult services. Currently, there are more than 14-thousand seniors on waiting lists for programs such as home delivered meals and in-home aide care. The STHL supports increased funding for the Home Care and Community Block Grant (HCCBG) which includes services such as home delivered meals, in-home aide, and adult day care.

State leaders also would like to see more federal support for new programs such as Project C.A.R.E. (Caregiver Alternatives to Running on Empty) and Evidence Based Health Promotion programs like Living Healthy and Living Healthy with Diabetes. It is estimated that by 2030, six out of ten older adults will be living with two or more chronic health conditions. The STHL also supports additional funding to sustain Project C.A.R.E. because of its cost savings to the public. Through the program, caregivers can receive respite care, and other supportive services so that their loved ones can remain at home rather than being placed in an institution.

The late afternoon session on the first day was particularly special for both the speaker and the STHL delegates. Mrs. Peg O'Connell spoke about a new initiative called the Red Tie Campaign. Mrs. O'Connell is the lovely wife of long time North Carolina Insurance Commissioner Jim Long. Commissioner Long died last year after suffering a stroke. The Red Tie Campaign is named in honor of Long, who is always pictured wearing a red tie. Mrs. O'Connell offered some sobering statistics about strokes in North Carolina. The rate of death from strokes in our state is 10% above the national average. The rate of death in eastern North Carolina counties is 20% higher than the national average. Every year, nearly 32% of the deaths in our state are attributed to heart disease and stroke. In an effort to spread knowledge on strokes and heart disease, Governor Beverly Perdue has signed a proclamation that November 19 will be Red Tie Stroke Awareness Day in North Carolina. In 2008, the STHL honored Commissioner Long for his outstanding work with the Senior Health Insurance Information Program.

The STHL promotes citizen involvement and advocacy concerning aging issues before the General Assembly and assesses the legislative needs of older adults by convening a forum modeled after the North Carolina General Assembly. It is during these forums that the STHL establish priorities for the upcoming years.

The 2010 legislative priorities for the STHL include:

- 1) Provide funding to sustain Project C.A.R.E.
- 2) Increase funding for the Home Care and Community Block Grant by \$5 million
- 3) Increase funding for senior centers by an additional \$2,000,000 in recurring funds
- 4) Establish a cap on the increase in the assessed value of property determined during revaluations for persons over the age of 65, eligible for a Homestead Exemption. Revise the limits of the Act to income of \$35,000.
- 5) Mandate pre-employment and random drug testing for employees of nursing and assisted living facilities.

One delegate and one alternate represent every older adult in the state's 100-counties. Please feel free to contact your local delegate or the regional Area Agency on Aging.

In WataugaCounty, contact delegate Bunk Spann at 264-4331. The next STHL meeting will be June 2010.