



# FOCUS

## JANUARY 2020



National Council on Aging

### MCDOWELL SENIOR CENTER HELPING OLDER ADULTS MASTER AGING

The McDowell Senior Center is pleased to announce that we are the first in the area to offer an innovative new ten-class health and wellness program to residents ages 50 and over. The Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well.

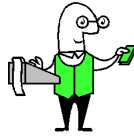
This is a wonderful opportunity for older adults to participate in, and reap the benefits of, this cutting edge program. We are currently recruiting 10 adults, ages 50+ to participate in the weekly ten-class educational program. All class materials will be provided free for the course. We ask that course participants attend at least 7 of the 10 classes.

AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

We will host an informational meeting on January 14 from 1:00-1:30 in the McDowell Senior Center Conference Room. The classes will run weekly on Tuesday afternoons from January 28 – March 31 from 1:00-2:00.

Registration forms for the course will be available at the informational meeting on January 14. If there are any course spaces available after the meeting, registration forms will be made available at the McDowell Senior Center reception desk. If you are interested in learning more about the program, call Weyland Prebor at 828-659-0823.

This program is provided through a grant from the WNC Bridge Foundation.



### Free AARP Volunteer Tax Filing Program at the McDowell Senior Center

The McDowell Senior Center is taking appointments for the AARP Tax Program which begins Tuesday, February 4, 2020 and runs through April 14, 2020.

Tax sessions are by appointment only and will be available Tuesdays and Thursdays. There will be Tuesday evening appointments available for anyone needing the later time. Please be advised that NO RENTAL PROPERTIES can be done by Tax Aide volunteers. Land rental (Sign, crop) is allowable. Anyone needing to file taxes for the 2019 tax year is eligible to participate in the free tax filing program. You may make an appointment by calling the McDowell Senior Center at **659-0821**. YOU DO NOT NEED TO BE A RESIDENT OF MCDOWELL COUNTY TO HAVE YOUR TAXES DONE HERE.

If you have investment accounts or if

you receive broker statements you will need to make an appointment to be seen after March 16, 2020.

### The following are MANDATORY ITEMS you will need to bring with you your tax appointment:

- ⇒ A copy of your 2018 completed tax return
- ⇒ Driver's License (or other form of Photo ID)
- ⇒ Social Security Cards for EVERYONE listed on your tax return

### Also, any of these which apply to you:

- ⇒ 2019 Social Security statement (Comes in the mail to you in January)
- ⇒ Form 1095-ACA Insurance form if you have Marketplace Insurance
- ⇒ Form 1099R (Retirement Income Statement)
- ⇒ Wage statements (W-2)
- ⇒ Interest and dividend statements
- ⇒ Broker statements

\*(Appointment after march 16)

To do Direct Deposit into your Checking account of any refund you may qualify for, you need to bring a blank check with you.

This will be a busy tax season. Please remember that the AARP Tax Volunteers are donating their time to help out the citizens of McDowell and surrounding counties.

If you are unable to keep your scheduled appointment, please be sure to call 659-0821 and cancel prior to your scheduled appointment.

**NC Voter ID  
Questions and Answers  
Tuesday, January 7  
11:45 am  
McDowell Senior Center**



**Voters MUST present Photo ID to VOTE**

For more information or questions, please call the McDowell County Board of Elections Office at 828-652-0834

**Congressional Representative Available at McDowell Senior Center in January**

Congressman Mark Meadows' district offices provide a representative at the McDowell Senior Center the quarterly. The representative will be here at the center Wednesday, January 8th, from 9:00am – 12:00pm. Please call 828-432-2699 to schedule an appointment.

If you can't get an answer from a federal agency in a timely manner, or if you feel you have been treated unfairly, this representative may be able to help resolve a problem or get you the information you need. While Meadows' office cannot guarantee you a favorable outcome; they will do their best to help you receive a fair and timely response. The Congressional offices and representatives can provide assistance with all federal agencies including the following:

- Department of Veterans Affairs
- Social Security
- Internal Revenue Service
- Medicare
- Military records, medals and awards

- HUD
- US Department of Education
- US Forest Service
- National Park Service
- Military Academy appointments
- US Customs and Immigration Services
- FDIC
- Passports
- SBA
- Bureau of Indian Affairs
- Visas (Department of State)

To schedule an appointment please call 828-432-2699.

**MENTAL HEALTH SUPPORT GROUP**



Whether you battle with depression, anxiety, bipolar disorder, schizophrenia, PTSD, substance abuse, or any other mental health challenge, feel free to come share your truth with others who have struggled with the same things.

This will be a true SUPPORT GROUP along the lines of AA or NA where we have free discussion and share our experiences, strength, and hope with each other.

We will meet every **Monday from 2:15pm to 3:45pm at the McDowell Senior Center** located at 100 Spaulding Road, in front of the YMCA.

**PLEASE COME!**

**Alzheimer/Dementia Caregiver Support Meeting  
Tuesday, January 28<sup>th</sup>  
6:00pm-7:00pm**



“Alzheimer’s is the 6th leading cause of death in the United States”. The need for caregiver support is tremendous.

Come join us on the last Tuesday of every month at the McDowell Senior Center from 6:00pm to 7:00pm. You will learn more about the resources to assist caregivers and to support one another.

Contact Lisa Ellis at 828-442-8631 or e-mail Lisa at [lellis0316@gmail.com](mailto:lellis0316@gmail.com).

**Condolences**

We send our heartfelt condolences to all the family and friends of:

John Mann 11-25-2019



**Honor a Veteran**



For a tax deductible contribution of \$100.00, a granite brick will be permanently engraved with the rank and name of the veteran, the branch of service and the conflict served or the time served.

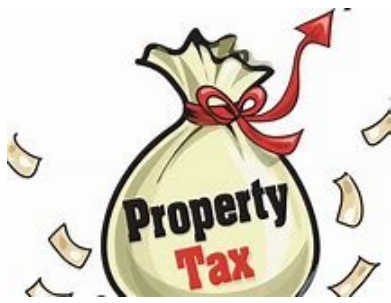
Come by the McDowell Senior Center front desk and fill out an application and bring a check payable to: American Legion Brick Wall.

**For Home Delivered Meals Cancellations call 659-0821**

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| <p><b><u>Dining Room Notice</u></b></p> <p><b>In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat.</b></p> <p><b>Thank you.</b></p> | <p><b><u>Nutrition Site Beverages</u></b></p>  <p>Whole Milk<br/>Skim Milk<br/>Buttermilk<br/>Chocolate Milk<br/>Lemonade<br/>Tea<br/>Coffee</p> <p>*DB = Diabetic<br/>HDM = Home Delivered Meals<br/>S.F. = Sugar Free</p> | <p><b>CLOSED HOLIDAY</b> 1</p>  <p><b>HAPPY NEW YEAR 2020</b></p> | <p>2</p> <p>Bar-B-Que<br/>Pork<br/>Cole Slaw<br/>Fruit Juice<br/>Baked Beans<br/>Bun<br/>Iced Cake</p>  | <p>3</p> <p>Taco Salad w/Taco Meat &amp; Shredded Cheddar Cheese<br/>Diced Tomatoes &amp; Shredded Lettuce<br/>Spanish Rice<br/>Nacho Chips<br/>Fruit Cocktail (D.B. S.F. Fruit Cocktail)</p> |
| <p>6</p> <p>Chicken Stew<br/>Harvard Beets<br/>Rice<br/>Biscuit<br/>Cold Pears</p>   | <p>7</p> <p>Oven-Fried Fish<br/>Cole Slaw<br/>Sliced Baked Apples<br/>Scalloped Potatoes<br/>Hush Puppies<br/>Cookie</p>   | <p>8</p> <p>Meatloaf<br/>Lima Beans<br/>Creamed Potatoes<br/>Biscuit<br/>Pineapple Chunks</p>  | <p>9</p> <p>Chicken Marinara w/Noodles<br/>Tossed Salad<br/>Cold Spiced Applesauce (HDM-Hot Applesauce)<br/>Texas Toast (HDM-Roll)<br/>Cake</p> | <p>10</p> <p>Salmon Patties<br/>Peas<br/>Au Gratin Potatoes<br/>Corn Bread<br/>Cold Sliced Peaches</p>  |
| <p>13</p> <p>Tuna Casserole w/Noodles<br/>Peas &amp; Carrots<br/>Medium Egg Noodles<br/>Biscuit<br/>Baked Sliced Apples</p>  | <p>14</p> <p>Pimento Cheese Sandwich<br/>Beef-Vegetable Soup<br/>2 Slices Bread<br/>Crackers<br/>Fruit Cobbler (HDM-Hot Peaches)</p>   | <p>15</p> <p>Oven Fried Chicken Breast<br/>Green Beans<br/>Baby Bakers<br/>Texas Toast (HDM-Roll)<br/>Watergate Salad (DB-Banana)</p>              | <p>16</p> <p>Bar-B-Que Pork<br/>Cole Slaw<br/>Fresh Pears<br/>Potato Wedges (HDM-Potato Chunks)<br/>Bun<br/>Iced Cake</p>                       | <p>17</p> <p>Hamburger<br/>Steak w/Peppers &amp; Onions<br/>Tossed Salad<br/>Rice Pilaf<br/>Texas Toast (HDM-Roll)<br/>Strawberries &amp; Bananas (DB-Banana)</p>                             |
| <p><b>Closed Holiday</b> 20</p>  <p>Martin Luther King Jr. Day</p>                                     | <p>21</p> <p>Macaroni &amp; Cheese<br/>Cold Country Tomatoes<br/>Steamed Cabbage<br/>Cornbread<br/>Baked Sliced Apples</p>   | <p>22</p> <p>Grilled Chicken Breast Sandwich<br/>Lettuce &amp; Sliced Tomato<br/>Potato Soup (HDM-Tater Tots)<br/>Bun<br/>Fruit Cobbler</p>        | <p>23</p> <p>Great Northern Beans<br/>Turnip Greens<br/>Potato Wedges (HDM-Potato Chunks)<br/>Corn Bread<br/>Blueberry<br/>Congealed Salad</p>  | <p>24</p> <p>B.B.Q. Chicken<br/>Glazed Carrots<br/>Parsley Potatoes<br/>Biscuit<br/>Tropical Fruit Salad</p>  |
| <p>27</p> <p>Country Style Steak w/ Gravy<br/>California Blend Vegetables<br/>Mashed Potatoes<br/>Roll<br/>Iced Cake</p>   | <p>28</p> <p>Baked Spaghetti<br/>Tossed Salad<br/>Green Beans<br/>Garlic Toast (HDM-Roll)<br/>Strawberries &amp; Pineapple Mallow (D.B. Pineapple Chunks)</p>  | <p>29</p> <p>Chicken &amp; Dumplings<br/>Carrots<br/>Dill Chunked Potatoes<br/>Biscuit<br/>Fruit Cocktail</p>                                      | <p>30</p> <p>Beef Stroganoff<br/>Harvard Beets<br/>Buttered Egg Noodles<br/>Green Peas<br/>Roll<br/>Pudding (DB-S.F. Pudding)</p>               | <p>31</p> <p>Chicken Tenders<br/>Cole Slaw<br/>Fruit Juice<br/>Corn<br/>Biscuit<br/>Cookie(1 Ea.)</p>   |



TAX RELIEF OPTIONS IN MCDOWELL COUNTY FOR 2020



**APPLICATIONS TAKEN JANUARY 1, 2020 THROUGH JUNE 1, 2020 AND CAN BE OBTAINED AT THE MCDOWELL TAX LISTING OFFICE, 60 EAST COURT STREET, MARION, NC 28752  
\*\*ALL APPLICATIONS DUE BACK TO TAX LISTING OFFICE BY JUNE 1, 2020\*\***

Listed below are the programs offered by the state to eligible property owners to help reduce their tax liability. Applicants may choose only one program for relief. We will be more than happy to assist you with the application process and answer any questions that you may have pertaining to these programs.

**PROPERTY TAX EXCLUSION FOR THE ELDERLY AND DISABLED**

This program DOES NOT place on a lien on property  
**\*\*All 3 Conditions Must be Met\*\***  
1. Applicants must be age 65 years or older by Jan 1, 2020 or if under 65 be 100% totally and permanently disabled as of Jan 1, 2020 as certified by a doctor.  
2. 2019 Gross Income must be \$31,000 or below, includes all monies combined (husband and wife) including gross amounts (before anything is taken out) of wages, social security or disability income, Veterans benefits, interest, pensions, rental income, IRA and/or 401K distributions, etc.  
Does not include inheritance from family.  
3. Home in McDowell County must be in your name as of Jan 1, 2020 and you must live in it as your permanent residence.  
May receive exclusion from taxation of \$25,000 off assessed value of home and up to one acre of land of

the home site OR 50% off the assessed value of the home and up to one acre of land of the home site, whichever is greater.

You do not have to apply every year unless you have changed your permanent residence or you no longer meet eligibility requirements.

You may obtain an AV-9 application from the Tax Listing office or online at <https://www.ncdor.gov/taxes-forms/property-tax/property-tax-forms#exemption-and-exclusion-forms>

Disability claimants must also file AV-9A form from a doctor caring for the disabled taxpayer. This form is also available as Tax Listing office or online at <https://www.ncdor.gov/taxes-forms/property-tax/property-tax-forms#exemption-and-exclusion-forms>

**DISABLED VETERANS OR SURVIVING SPOUSE EXCLUSION FOR PROPERTY TAX**

This program DOES NOT place on a lien on property  
**\*\*All 3 Conditions Must be Met\*\***

1. No age or income requirement.
2. Home in McDowell County must be in your name as of Jan 1, 2020 and you must live in it as your permanent residence.
3. Veterans may qualify if they were honorably discharged or under honorable conditions and have a 100 percent total permanent service-connected disability as of Jan 1, 2020 as certified by Veterans Affairs or...

Surviving spouse may qualify if the deceased veteran met the above qualifications or if killed in the line of duty. The surviving spouse must be currently unmarried and has never remarried since the death of the veteran.

Program excludes the first \$45,000 of the assessed value of the residence and up to one acre of land of the home site. A one time application is required.

Documents include AV-9 and NCDVA-9 certified by the United States Department of Veterans Affairs and can be obtained at the McDowell Tax Listing office or online at

<https://www.ncdor.gov/taxes-forms/property-tax/property-tax-forms#exemption-and-exclusion-forms>

**CIRCUIT BREAKER TAX DEFERMENT PROGRAM IMPORTANT--This program DOES place on a lien on property  
**\*\*All 3 Conditions Must be Met\*\*****

**1. Applicants must be 65 years of age or totally and permanently disabled as of Jan 1, 2020**

**2. Must own home and live in it in McDowell County as your permanent residence for the 5 preceding calendar years.**

**3. Must submit an AV-9 application and income verification each year by June 1.** You may obtain an AV-9 application from the Tax Listing office or online at

<https://www.ncdor.gov/taxes-forms/property-tax/property-tax-forms#exemption-and-exclusion-forms>

**Income cannot exceed \$46,500. If total income is \$31,000 or less, any tax amount over 4% of the income can be deferred. If income is greater than \$31,000 but less than \$46,500 any tax amount over 5% of the income can be deferred.**

The most recent three years of deferred taxes are a lien on the property until paid in full. Interest will accrue from original date. A disqualifying event will trigger taxes to become due: death, transfer of property or no longer permanent residence.





**McDowell Senior Center Winter Weather Policy**

When the weather is bad such as snow or icy conditions, we will announce any closings on WBRM-1250 AM. The McDowell Senior Center's policy is to close when the school system closes due to the weather and/or bad road conditions. If at all possible, please try to have extra (non-perishable) food on hand for such occasions.

Some good items to have on hand are snack-sized canned goods (because they generally have pull-top lids). Store extra water, crackers, granola bars, raisins and trail mix.



**JANUARY 2020**  
**MCDOWELL COUNTY SENIOR CENTER**

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <p style="text-align: center;"><b>Bricks Available</b></p> <p>Bricks are available. For a \$100.00 donation you can have a brick engraved with your name, and placed in the front entrance walkway of the Senior Center. A brick would also be a nice gift, or as a memorial to a loved one who has passed away. If you would like to know more, speak with Weyland Prebor, 659-0823. The proceeds go to the Building Renovation Fund.</p> |  | <p><b>CLOSED HOLIDAY</b> <sup>1</sup></p>    | <p><sup>2</sup></p> <p>9:00-10:00 "Plastic Canvas" Class<br/>9:30 J.A.M. Exercise<br/>10:00 Fun Bingo(Bring Prizes)<br/>10:45 Chair Exercise<br/>1:00 Mah Jong<br/>1:00 Knitting Workshop<br/>1:00 Fun &amp; Games</p>  | <p><sup>3</sup></p> <p>9:30 Crochet class<br/>9:30-10:30 Tai Chi<br/>10:45 Chair Exercise<br/>11:30 Duplicate Bridge<br/>1:00 Cards &amp; Games</p>  |
| <p><sup>6</sup></p> <p>Puzzle Fun<br/>9:30 Line Dance<br/>10:45 Chair Exercise<br/>1:00 Cards &amp; Games<br/><u>2:15pm to 3:45pm</u><br/><u>Mental Health Support Group</u></p>   | <p><sup>7</sup></p> <p>9:30 J.A.M. Exercise<br/>10:30-11:30 Bible Study<br/>10:45 Chair Exercise<br/><u>11:45 Voter ID Questions &amp; Answers</u><br/>12:30 Games<br/>1-3 Mah Jong<br/>1:00—3:00 Art Class<br/><u>Evening Classes</u><br/>6:00—7:30 Art Class<br/>5:30 Beginner Line Dance<br/>5:30-7:45 Chess Club<br/>6:30-7:45 Master Gardeners</p>                          | <p><sup>8</sup></p> <p><u>9:00-12:00 Congressional Representative on site</u><br/>9:00 Quilting<br/>9:30-10:30 Tai Chi<br/><u>10:00-11:00 Blood Pressure Checks</u><br/>10:45 Chair Exercise<br/>1:00 Games<br/>1:00 Drum Circle<br/>1:00—2:00 Tai Chi for Arthritis &amp; Fall Prevention<br/>1:30 I'm Covered Up: What you Need to Know about Hoarding<br/>2:30 OCD: Supporting People with Obsessions and Compulsions in an Adaptive Way</p> | <p><sup>9</sup></p> <p>9:00-10:00 "Plastic Canvas" Class<br/>9:30 J.A.M. Exercise<br/>10:45 Chair Exercise<br/>1:00 Mah Jong<br/>1:00 Knitting Workshop<br/>1:00 Fun &amp; Games</p>                                    | <p><sup>10</sup></p> <p>9:30 Crochet class<br/>9:30-10:30 Tai Chi<br/>10:45 Chair Exercise<br/>11:30 Duplicate Bridge<br/>1:00 Cards &amp; Games</p> |
| <p><sup>13</sup></p> <p>Puzzle Fun<br/>9:30 Line Dance<br/>10:45 Chair Exercise<br/>1:00 Cards &amp; Games<br/><u>2:15pm to 3:45pm</u><br/><u>Mental Health Support Group</u></p>  | <p><sup>14</sup></p> <p>9:30 J.A.M. Exercise<br/>10:30-11:30 Bible Study<br/>10:45 Chair Exercise<br/>12:30 Games<br/>1:00-1:30 Aging Mastery Program Informational Meeting<br/>1-3 Mah Jong<br/>1:00—3:00 Art Class<br/><u>Evening Classes</u><br/>6:00—7:30 Art Class<br/>5:30 Beginner Line Dance<br/>5:30-7:45 Chess Club</p>  | <p><sup>15</sup></p> <p>9:00 Quilting<br/>9:30-10:30 Tai Chi<br/>10:45 Chair Exercise<br/>1:00 Games<br/>1:00 Drum Circle<br/>1:00—2:00 Tai Chi for Arthritis &amp; Fall Prevention</p>   | <p><sup>16</sup></p> <p>9:00-10:00 "Plastic Canvas" Class<br/>9:30 J.A.M. Exercise<br/>10:00 Fun Bingo(Bring Prizes)<br/>10:45 Chair Exercise<br/>1:00 Mah Jong<br/>1:00 Knitting Workshop<br/>1:00 Fun &amp; Games</p> | <p><sup>17</sup></p> <p>9:30 Crochet class<br/>9:30-10:30 Tai Chi<br/>10:45 Chair Exercise<br/>11:30 Duplicate Bridge<br/>1:00 Cards &amp; Games</p> |
| <p><b>CLOSED HOLIDAY</b> <sup>20</sup></p>    | <p><sup>21</sup></p> <p>9:30 J.A.M. Exercise<br/>10:30-11:30 Bible Study<br/>10:45 Chair Exercise<br/>12:30 Games<br/>1-3 Mah Jong<br/>1:00—3:00 Art Class<br/><u>Evening Classes</u><br/>6:00—7:30 Art Class<br/>5:30 Beginner Line Dance<br/>5:30-7:45 Chess Club</p>  | <p><sup>22</sup></p> <p>9:00 Quilting<br/>9:30-10:30 Tai Chi<br/>10:45 Chair Exercise<br/>1:00 Games<br/>1:00 Drum Circle<br/>1:00—2:00 Tai Chi for Arthritis &amp; Fall Prevention</p>   | <p><sup>23</sup></p> <p>9:00-10:00 "Plastic Canvas" Class<br/>9:30 J.A.M. Exercise<br/>10:45 Chair Exercise<br/>1:00 Mah Jong<br/>1:00 Knitting Workshop<br/>1:00 Fun &amp; Games</p>                                   | <p><sup>24</sup></p> <p>9:30 Crochet class<br/>9:30-10:30 Tai Chi<br/>10:45 Chair Exercise<br/>11:30 Duplicate Bridge<br/>1:00 Cards &amp; Games</p> |
| <p><sup>27</sup></p> <p>Puzzle Fun<br/>9:30 Line Dance<br/>10:45 Chair Exercise<br/>1:00 Cards &amp; Games<br/><u>2:15pm to 3:45pm</u><br/><u>Mental Health Support Group</u></p>  | <p><sup>28</sup></p> <p>9:30 J.A.M. Exercise<br/>10:30-11:30 Bible Study<br/>10:45 Chair Exercise<br/>12:30 Games<br/>1:00-2:00 Aging Mastery Program<br/>1-3 Mah Jong<br/>1:00—3:00 Art Class<br/><u>Evening Classes</u><br/>6:00—7:30 Art Class<br/>5:30 Beginner Line Dance<br/>5:30-7:45 Chess Club<br/><u>6:00-7:00 Alzheimer's /Dementia Caregiver Support meeting</u></p> | <p><sup>29</sup></p> <p>9:00 Quilting<br/>9:30-10:30 Tai Chi<br/>10:45 Chair Exercise<br/>1:00 Games<br/>1:00 Drum Circle<br/>1:00—2:00 Tai Chi for Arthritis &amp; Fall Prevention</p>   | <p><sup>30</sup></p> <p>9:00-10:00 "Plastic Canvas" Class<br/>9:30 J.A.M. Exercise<br/>10:00 Fun Bingo(Bring Prizes)<br/>10:45 Chair Exercise<br/>1:00 Mah Jong<br/>1:00 Knitting Workshop<br/>1:00 Fun &amp; Games</p> | <p><sup>31</sup></p> <p>9:30 Crochet class<br/>9:30-10:30 Tai Chi<br/>10:45 Chair Exercise<br/>11:30 Duplicate Bridge<br/>1:00 Cards &amp; Games</p> |

# OLD FORT NUTRITION SITE

LOCATED AT 909 EAST MAIN ST., OLD FORT, NC 28762

**Phone: 668-4867**

**JANUARY 2020**

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY                                   |
|--|---|---|---|--|
| <b>BRICKS AVAILABLE</b><br>If you are thinking of a gift in memory of someone dear, or a memorial to a loved one who has passed away, or you can have your own name put on a brick which will be placed at the front of the <b>Old Fort</b> center for everyone to see for a \$100.00 donation . See Cheryl Woody or call 668-4867 for more information. |   | CLOSED HOLIDAY 1<br> | 1:00 Computer Class (must see Cheryl to sign up) Tai Chi after lunch 2  | 8:30—3:00 Fitness Equipment Exercises 3  |
| 8:30—3:00 Fitness Equipment Exercises 6<br>10:00 Crochet with Jo Shuman<br>12:30 Bible Study   | Puzzles 12:15 Card Fun & Games with Rita Myers 7  | Puzzles 10:00 Better Choices 10:30 Bingo Blood Pressure Checks 12:30 Chair Exercise 8                 | After Lunch- Card Making Class with Nanette Hankins 9                   | 8:30—3:00 Fitness Equipment Exercises 10 |
| 8:30—3:00 Fitness Equipment Exercises 13<br>10:00 Crochet with Jo Shuman<br>12:30 Bible Study  | Puzzles 12:15 Card Fun & Games with Rita Myers 14 | Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise 15                                      | 1:00 Computer Class (must see Cheryl to sign up) Tai Chi after lunch 16 | 8:30—3:00 Fitness Equipment Exercises 17 |
| CLOSED HOLIDAY 20<br>   | Puzzles 12:15 Card Fun & Games with Rita Myers 21 | Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise 22                                      | 1:00 Computer Class (must see Cheryl to sign up) Tai Chi after lunch 23 | 8:30—3:00 Fitness Equipment Exercises 24 |
| 8:30—3:00 Fitness Equipment Exercises 27<br>10:00 Crochet with Jo Shuman<br>12:30 Bible Study  | Puzzles 12:15 Card Fun & Games with Rita Myers 28 | Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise 29                                      | 1:00 Computer Class (must see Cheryl to sign up) Tai Chi after lunch 30 | 8:30—3:00 Fitness Equipment Exercises 31 |



# THE BUZZ OF MARION



New Manna Christian School (Pictured above) came and sang for us in December.



Glenwood elementary students in Mrs. Franklin and Mrs. Truesdell's classes (Pictured above) came and sang for us in December also. Both groups were wonderful and everyone enjoyed them very much.

## ARE YOU?

- Over the Age of 60?
- A college student?
- Disabled?
- Living in West Marion or Marion East Districts?
- Receiving Medicaid?
- Employed?

**Need a Ride?**

Contact

**MCDOWELL TRANSIT**

**828-559-0744\***

You may be eligible for **FREE** transportation!

- ⇒ Non-Emergency Medical Visits
- ⇒ Pharmacies
- ⇒ McDowell Tech
- ⇒ YMCA
- ⇒ Local Government Agencies
- ⇒ Grocery Stores
- ⇒ In-County Employment
- ⇒ Barber Shops
- ⇒ Senior Center
- ⇒ NCWorks/Joblink
- ⇒ GED Classes
- ⇒ Banks
- ⇒ Job Interviews

Use your mobile device to scan here for a district map!



\*Appointments must be set up three business days in advance.

## Title V Senior Community Service Employment Program Seeking McDowell Applicants

Currently McDowell County is seeking applicants for the Title V Older Workers Program. Isothermal Planning and Development Commission is the sub-sponsor for this older worker program in Cleveland, McDowell, Polk, Rutherford, Buncombe, Transylvania and Henderson Counties. The program provides subsidized part-time (20 hours per week) employment opportunities and a moderate level of supportive services for persons with low incomes who are 55 years old or older and residents of North Carolina.

Eligibility is based on income over the prior 12 months and must not exceed 125 percent of poverty.

If you would be interested in the Title V Older Workers Program please contact Carrie Rhodes with Isothermal Planning and Development Commission at 828-351-2332 or 1-800-331-9891.

### Riddles:

1. I am something people love or hate. I change peoples appearances and thoughts. If a person takes care of them self I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try I will Never go down. What am I?
2. I have a neck and no head, two arms and no hands? What am I?

*Answers are on the back page.*

# THE BUZZ OF OLD FORT

We welcome Ray Vess, David and Mary Blackwelder to our center. We hope you enjoy your meals and our fellowship. Come as often as your schedule allows.

Our Christmas dinner could not have been better. We appreciate the way it is served to us now. Many of us do not drive at night or even leave homes and it was impossible for us to enjoy the occasion. We enjoyed the way it was this time. The food was delicious and we had a good time. Door prizes always bring excitement. Again, we just say "Thanks"!

We miss Jeanette Grindstaff. Sorry to hear of her fall and any complication but glad to know she is improving. We hear she is going to therapy and we pray she will be back with us soon.

We were saddened to learn of the death of the Rev. John Mann. He and his wife Inez recently celebrated 70 years of marriage. We continue to remember the family in our thoughts and prayers. John always had words of wisdom and knowledge for the wise and not so wise. I never did know where he placed me, but I had an idea. He was a southern gentleman.

Rhonda Hulse had the pleasure of her daughter Clenna Hulse form Utah visiting her for the holidays. Hope they enjoyed their time together.

Christmas time is such a wonderful time of year when everyone seems to think of all mankind. My wish for all of us as we approach 2020 is that we will not pack our characteristics of kindness, goodwill, thoughtfulness and love in the boxes with our bright lights, tinsel and ornaments for the year. Instead we will keep them out with us to share with all peoples during 2020 as we do during Christmas. Would life not be better for us all?

To each of you I pray you will have a very Happy New Year..

Be safe and I hope you remain in good health as you enjoy family and friends.

By Sue T. Glovier

## JANUARY BIRTHDAYS



### MARION

Paul Adelgren 3  
 Donna Garretson 3  
 Sybil Smith 7  
 Susan Hargett 8  
 Shirley Wilson 9  
 Chip James 14  
 Luther Weant 14  
 Jerry Ledford 16  
 Alma Mason 17  
 Arnold McCurry 19  
 Lester Owensby 19

Teresa Rutherford 20  
 Constance Scott 23  
 Dorothy Norton 26  
 Lois Bloom 27  
 Margaret Kesecker 27  
 Philip White 31

### OLD FORT

Nettie Stroud 1  
 David Blackwelder 7  
 Carolynn Effler 8

Bobby Bell 9  
 Rudy Stroup 11  
 Florence Young 12  
 Betty Thomas 15  
 Reba Lytle 16  
 Joyce Pugh 18  
 Clarence Walker 19  
 Ilene Buccaroni 28  
 Bernard Kendall 30

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**McDowell Senior Center**  
**January 8, 2020**  
**1:30– 3:30**  
**Two Different Classes**



### I'm Covered Up: What You Need to Know about Hoarding:

"I'm covered up" is not just about the physical retention of things. More importantly, it's about emotional components that won't allow release. This presentation examines causes, symptoms and adaptive treatment and care methods for those dealing with hoarding behavior. A focus is placed on the aged population.

### OCD: Supporting People with Obsessions and Compulsions in an Adaptive Way:

Thoughts and behaviors are usually associated with brain-based operations. However, when this construct becomes too fused or is fueled by underlying emotions such as anxiety, outcomes can be debilitating. This class focuses on obsessive compulsive disorder in older adults, detailing contributing causes,

symptoms and outcome-based treatment protocols.

Registration: Jeffrey Dula  
 828-759-2160 Ext. 3346 or  
[jeffrey.dula@vayahealth.com](mailto:jeffrey.dula@vayahealth.com)  
[www.vayahealth.com](http://www.vayahealth.com)

Riddle Answers:  
 1. Age  
 2. A shirt.

### BEEF-A-RONI RECIPE

**YIELD: 5 (1 CUP SERVINGS)**

|              |   |
|--------------|---|
| 1Lb          | Ground Beef, Browned, Drained                 |
| 1/2 cup      | Onion, Chopped                                |
| 1stalk       | Celery, Chopped                               |
| 1Tbsp.       | Green Pepper, Chopped                         |
| 1-16 oz. can | Tomato Sauce                                  |
| 1-28 oz. can | Crushed Tomatoes                              |
| 1pinch       | Salt  |
| 1tsp.        | Sugar (use sugar sub. if you are a Diabetic)  |
| 1/4 tsp.     | Garlic Powder                                 |
| 1/8 tsp      | Black Pepper                                  |
| 1/8 tsp      | Chili Powder                                  |
| 1/2 Lb       | Macaroni, Cooked in salt and water(12#'s dry) |
| 1 Cup        | Cheddar Cheese, Shredded                      |



After browning ground beef, add onions, celery, green peppers, diced tomatoes, water and spices. Allow to simmer for 30 minutes. Mix in macaroni and cheese. Put in a baking dish and top with remaining cheese.