



FOCUS

JANUARY 2021

Notice for Meal Program Recipients

Individuals receiving home delivered meals and drive-through meals have noticed a change in the meals provided through our nutrition program. Instead of daily meals, you are now receiving frozen and shelf-stable meals usually once per week. This change is due to the large increase of active COVID cases in McDowell County. For the safety of our seniors, volunteers, and staff, we are limiting the amount of contact between people through our meal programs.

As of the writing of this article, McDowell County is listed through the North Carolina Division of Health and Human Services as a Red Level-Critical Community Spread county. You can help us return to daily meals by helping reduce the virus spread in our communities. Please follow the 3 Ws—wear a mask, wash your hands, and wait six feet apart from others. If you have tested positive, have symptoms of the COVID 19 virus, or been in close contact with anyone that has the virus—notify us to stop your meals until you have been informed it is safe to restart your meals. If you have questions about COVID you can call locally 828-559-9683 to ask questions or for information. If you are symptomatic or have had an exposure, please call 828-527-6687 for a medical screening.

We will resume our daily meal program, when we are advised it is safe to proceed. Please help with the Covid-19 situation by keeping yourself healthy and safe.



Community Action Opportunities

HELPING PEOPLE. CHANGING LIVES.

Community Action Opportunities (CAO) serves eight counties in Western North Carolina, including McDowell County. One of our programs is the Weatherization Assistance and Heating/Air Repair and Replacement Programs. With skilled staff and subcontractors, CAO makes home improvements that result in safer and more energy efficient homes. We complete the following (not all-inclusive list) when determined necessary:

- Educating participants in energy efficiency and safety activities and products
- Install insulation
- Perform air sealing
- Perform combustion appliance safety testing
- Install ventilation
- Install smoke and carbon monoxide alarms
- Install efficient light bulbs
- Install low flow showerheads
- Complete minor electrical and plumbing repairs
- Assess and replace as needed poorly or non-functioning heating systems

CAO serves individuals/families at/below 200% of the federal poverty guidelines with priority given to the elderly, disabled, families with children and those with high energy burden. Visit <https://communityactionopportunities.org>

[org/weatherization/](https://communityactionopportunities.org/weatherization/) for more information. You can obtain an application from CAO's website or pick up safely at the McDowell County Senior Center.



Updated Winter Weather Policy



When the weather is bad such as snow or icy conditions, we will announce any closings on WBRM-1250 AM. Also, you can call 828-659-0821 after 7:00 AM to hear about closings or delayed openings for the McDowell Senior Center and the A.C. Bud Hogan Community Center. In the past, the McDowell Senior Center's policy was to close when the school system closes due to the weather and/or bad road conditions. This may not always be the case as the McDowell County schools are using remote learning during certain times and may not need to announce weather closings.

Weather closings are important to know for our home-delivered meal clients and delivery volunteers, drive-through meal pickup seniors and staff. Since we are currently limiting our meal pickup and delivery dates due to the increased COVID cases in our county, inclement weather closings may mean you will not receive meals on regular scheduled dates. 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, dried fruit and trail mix.

COVID-19 Vaccines:

Your best shot against COVID-19.



Tested, safe and effective COVID-19 vaccines will help us defeat the virus, get back in control of our lives and back to the people and places we love.

Scientists had a head start.

The vaccines were built upon years of work in developing vaccines for similar viruses.

Tested, safe and effective.

More than 70,000 people volunteered in clinical trials for two vaccines (Pfizer and Moderna) to see if they are safe and work to prevent COVID illness. To date, the vaccines are 95% effective in preventing COVID-19 with no serious safety concerns noted in the clinical trials. The U.S. Food and Drug Administration (FDA) makes sure the vaccines are safe and can prevent people from getting COVID-19. Like all drugs, vaccine safety continues to be monitored after they are in use.

You cannot get COVID-19 from the vaccine.

You may have temporary reactions like a sore arm, being tired or feeling off for a day or two after receiving the vaccine.

You Have a Spot to Take Your Shot.

A vaccine will be available to all who want it, but supplies will be limited at first. Independent state and federal public health advisory groups have determined that the best way to fight COVID-19 is to start first with vaccinations for those most at-risk, then reach more people as the vaccine supply increases throughout 2021. Rest assured: you have a spot to take your shot.

Finding Your Spot.

Vaccines will be available first in hospitals, local health departments and long-term care facilities, and then in a variety of settings like clinics, pharmacies and vaccination events in prioritized settings and in the community. You can find out where you can take your shot at <https://covid19.ncdhhs.gov/vaccines>.

Take your shot at no cost.

The COVID-19 vaccine will be available to everyone for free, whether or not you have health insurance.

You'll need two shots to build up your immunity.

After a person gets a first dose, they will need to come back 3 to 4 weeks later for a second dose. You will get a printed card and email reminder of when to get your second dose.

Continue to practice the 3Ws until everyone has their shot at fighting COVID.

Wear a mask. Wait six feet apart. Wash your hands. That's the best way to protect each other until everyone gets their shot.

For more information:
covid19.ncdhhs.gov/vaccines



Vaccine availability: Find your phase.

1a

Health care workers fighting COVID-19 & Long-Term Care

Health care workers at high risk for exposure to COVID-19—doctors, nurses and all who interact and care for patients with COVID-19, including those who clean areas used by patients, and those giving vaccines to these workers.

Long-Term Care staff and residents—people in skilled nursing facilities and in adult, family and group homes.

1b

Adults at highest risk of severe illness and those at highest risk for exposure

Adults with two or more chronic conditions that put them at risk of severe illness as defined by the CDC, including conditions like cancer, COPD, serious heart conditions, sickle cell disease and Type 2 diabetes, among others.

Adults at high risk of exposure including essential frontline workers (police, food processing, teachers), health care workers, and those living in prisons, homeless shelters, migrant and fishery housing with 2+ chronic conditions.

Those working in prisons, jails and homeless shelters (no chronic conditions requirement).

2

Adults at high risk for exposure and at increased risk of severe illness

Essential frontline workers, health care workers and those living in prisons, homeless shelters or migrant and fishery housing.

Adults 65+

Adults under 65 with one chronic condition that puts them at risk of severe illness as defined by the CDC.

3

Students and critical industry workers

College and university students.

K-12 students when there is an approved vaccine for children.

Those employed in jobs that are critical to society and at lower risk of exposure.

4

Everyone who wants a safe and effective COVID-19 vaccination

For more information: covid19.ncdhhs.gov/vaccines



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES



Part D Senior Savings Model (Insulin Savings) Common Questions & Answers

Q: What is the Part D Senior Savings Model?

A: The Part D Senior Savings Model allows participating Part D plans to offer a broad set of formulary insulins at a maximum \$35.00 copayment per month's supply, throughout the deductible, initial coverage, and coverage gap phases of their Part D drug coverage. This means that starting in January 2021, participating Part D plans will offer enrollees predictable, stable copayments for insulin, helping enrollees save money on their drug costs.

Q: What kinds of plans can participate in the Part D Senior Savings Model?

A: Most Medicare Part D plans that people choose from during Open Enrollment can participate in the Model. This includes standalone Medicare Part D Prescription Drug Plans (PDPs) as well as Medicare Advantage Prescription Drug plans (MA-PDs) that offer enhanced alternative Part D coverage. Plans that are participating can be found by checking the box for the "Insulin Savings" filter in Medicare Plan Finder at Medicare.gov. Private fee-for-service plans, employer/union only direct contract plans (local coordinated care plans, prescription drug plans, private fee-for-service plans), section 1876 cost contract plans, dual-eligible special needs plans (D-SNPs), section 1833 health care prepayment plans, PACE organizations, Medicare Medicaid plans, and religious fraternal benefit plans (local coordinated care plans and private fee-for service plans) aren't eligible to participate in the Model.

Q: What plans are part of the Model? How do I find one?

A: The Centers for Medicare & Medicaid Services (also known as CMS, the federal agency that approves Medicare plans) announced Medicare Advantage plans with prescription drug coverage (MA-PD) and Part D Prescription Drug Plans (PDPs) that are participating in the Model in September 2020. You will be able to use Medicare Plan Finder at Medicare.gov to find a plan that is participating by checking the box for the "Insulin Savings" filter when you search for plans. You can also call 1-800-MEDICARE to ask questions about enrollment, eligibility, and the Model.

Q: When is the Part D Senior Savings Model expected to end? How many years is the model?

A: Since the Part D Senior Savings Model is a Model being tested by CMS to lower costs and improve health care quality, it currently has a set time period for when it is available. Part D plans participating in the Model are available starting on January 1st, 2021. The Model currently extends until December 31, 2025, but the plans participating in the Model may change each year.

Q: How will I know if my plan is participating next year (CY2022)?

A: If you join a plan participating in the Part D Senior Savings Model for 2021, your plan will notify you in the Annual Notice of Change (ANOC) that you will receive in September 2021 if they are no longer participating. You can then choose a different plan for 2022 during the Medicare Open Enrollment Period starting in October 2021.

Q: Will the member be offered a plan with a higher premium so they can get their insulin at a lower (\$35.00) cost?

A: The Part D Senior Savings Model allows drug manufacturers to offer their discounts in the coverage gap, even when a Part D plan enhances cost-sharing. This allows

plans to offer a fixed, consistent costsharing on insulin. This structure is estimated to save enrollees who take insulin \$446 in annual out-of-pocket costs. Part D sponsor plan premiums vary and beneficiaries should find a Part D plan that provides them the coverage they want at the lowest total annual cost, premiums and out-of-pocket costs combined.

Q: Will step therapy apply with insulin drugs?

A: Step therapy is when a Part D plan requires enrollees to first try certain drugs to treat a medical condition before the plan will cover another drug for that condition. The Model doesn't change Part D sponsors' formulary requirements. Enrollees can find out if the insulin or insulins they use have any additional step therapy requirements or limits by looking at the Part D plan's formulary.

Q: I have Low-Income cost-sharing Subsidy (LIS), sometimes called Extra Help. Can I get the \$35 per month cost-sharing under the Model?

A: Part D enrollees who receive LIS already have a set Part D copayment, so they aren't eligible for the \$35 per month's supply copayment under the Model.

Q: Will Senior Savings Plans have a full formulary?

A: Yes. The Part D Senior Savings Plans are enhanced alternative Part D plans, so they have a full formulary and cover Part D benefits.

Q: Is there a cap on the number of units monthly to get the \$35.00 copay?

A: Generally, the maximum \$35.00 copayment under the Model applies to one month's supply of insulin. This may be limited by a physician's prescription or by plan rules on drug dosage to ensure patient safety. Please note that if an enrollee uses multiple types of insulin or has multiple prescriptions for select insulins covered under the Model, each prescription would have a copayment of a maximum \$35.00 for a one month's supply.

Don't Let Glaucoma Steal Your Sight!

Half of people with glaucoma don't know they have it. Get a healthy start this year by learning about glaucoma and taking steps to reduce your risk of vision loss!

Know the Facts about Glaucoma

- Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness.
- About 3 million Americans have glaucoma. It is the second leading cause of blindness worldwide.
- Open-angle glaucoma, the most common form, results in increased eye pressure. There are often no early symptoms, which is why 50% of people with glaucoma don't know they have the disease.

There is no cure (yet) for glaucoma, but if it's caught early, you can preserve your vision and prevent vision loss. Taking action to preserve your vision health is key.

Know Your Glaucoma Risk

Anyone can get glaucoma, but certain groups are at higher risk. These groups include African Americans over age 40, all people over age 60, people with a family history of glaucoma, and people who have diabetes. African Americans are 6 to 8 times more likely to get glaucoma than whites. People with diabetes are 2 times more likely to get glaucoma than people without diabetes.

Take Action to Prevent Vision Loss

There are many steps you can take to help protect your eyes and lower your risk of vision loss from glaucoma.

- If you are in a high-risk group, **get a comprehensive dilated eye exam** to catch glaucoma early and start treatment. Prescription eye

drops can stop glaucoma from progressing. Your eye care specialist will recommend how often to return for follow-up exams. Medicare covers a glaucoma test once a year for people in high-risk groups.

- Even if you are not in a high-risk group, getting a comprehensive dilated eye exam by the age of 40 can help catch glaucoma and other eye diseases early.
- Open-angle glaucoma does not have symptoms and is hereditary, so talk to your family members about their vision health to help protect your eyes—and theirs.
- Maintaining a healthy weight, controlling your blood pressure, being physically active, and avoiding smoking will help you avoid vision loss from glaucoma. These healthy behaviors will also help prevent type 2 diabetes and other chronic conditions.

Manage and Treat Glaucoma

Vision loss from glaucoma usually affects peripheral vision (what you can see on the side of your head when looking ahead) first. Later, it will affect your central vision, which is needed for seeing objects clearly and for common daily tasks like reading and driving.

Glaucoma is treated with eye drops, oral medicine, or surgery (or a combination of treatments) to reduce pressure in the eye and prevent permanent vision loss.

Take medicine as prescribed, and tell your eye care specialist about any side effects. You and your doctor are a team.

If laser or surgical procedures are recommended to reduce the pressure in your eye, make sure to schedule regular follow-up visits to continue to monitor eye pressure.

From: cdc.gov

Condolences

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

Paula McCurry
11-24-2020

Rena Shuford Watson
12-4-2020

Edith Hollifield
12-7-2020

Wayne Autry
12-9-2020

Dorothy Stoner
12-12-2020



Riddles:

1. I look like you, but I am not you. You can blow me up or find me in a wallet. Share me or frame me, both are nice. What am I?
2. I always come in second, but I always finish sooner than anyone else. What am I?
3. An old man wanted to leave all of his money to one of his three sons, but he didn't know which one he should give it to. He gave each of them a few coins and told them to buy something that would be able to fill their living room. The first man bought straw, but there was not enough to fill the room. The second bought some sticks, but they still did not fill the room. The third man bought two things that filled the room, so he obtained his father's fortune. What were the two things that the man bought?
4. I have many colors, but I am not a rainbow. I am a cube, but I am not a box. You can shuffle me around, but I'm almost impossible to solve. What am I?
5. I am as small as a micron, stealthy like a spy, and I have always been caught. What Am I?

Answers are on the back page.



Access to Services and 24/7 crisis assistance
1-800-849-6127
www.vayahealth.com



Registration Information

Please send email to registrar of selected webinar by the deadline indicated.

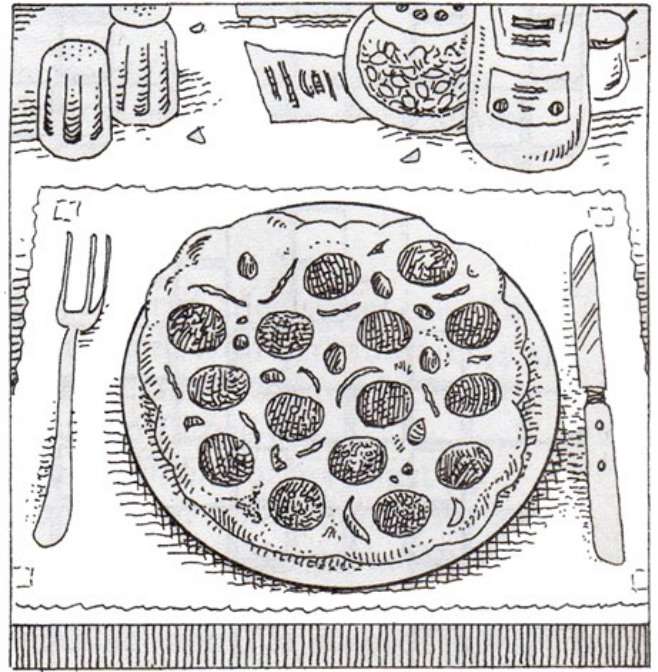
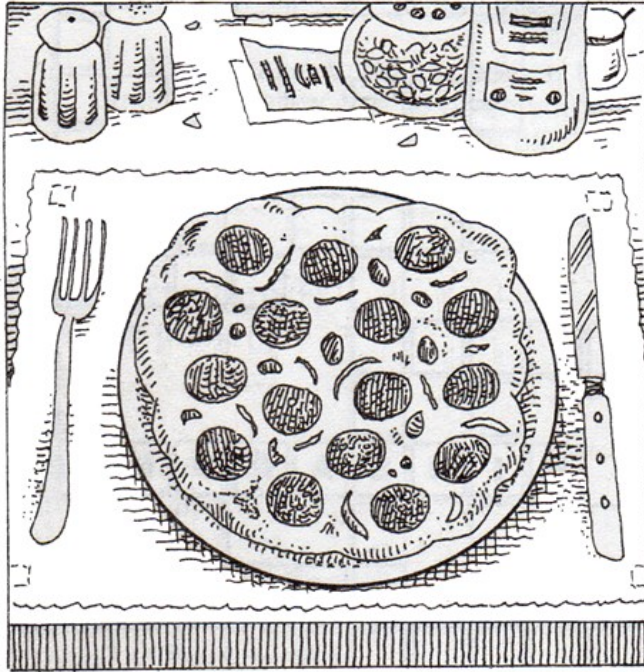
Please include attendee name, email address, webinar topic, webinar date & time, and agency affiliation if applicable.

For more information, please contact Terry Spencer at 828-759-2160 ext. 3332, or at terry.spencer@vayahealth.com.

Mark Your Calendars for Upcoming FREE January 2021 Webinars

Date	Time	Topic
January 8, 2021	10:00-11:00am	OCD: Supporting People in an Adaptive Way Register by January 5th to amy.penley@vayahealth.com
January 8, 2021	11:15am-12:15pm	I'm Covered Up: What You Need to Know About Hoarding Register by January 5th to amy.penley@vayahealth.com
January 14, 2021	1:30-2:30pm	OCD: Supporting People in an Adaptive Way Register by January 11 th to vickey.todd@vayahealth.com
January 14, 2021	2:45-3:45pm	I'm Covered Up: What You Need to Know About Hoarding Register by January 11 th to vickey.todd@vayahealth.com
January 20, 2021	10:00-11:00am	OCD: Supporting People in an Adaptive Way Register by January 15 th to denee.shipman@vayahealth.com
January 20, 2021	11:15am-12:15pm	I'm Covered Up: What You Need to Know About Hoarding Register by January 15 th to denee.shipman@vayahealth.com
January 26, 2021	1:30-2:30pm	OCD: Supporting People in an Adaptive Way Register by January 21 st to jeffrey.dula-brown@vayahealth.com
January 26, 2021	2:45-3:45pm	I'm Covered Up: What You Need to Know About Hoarding Register by January 21 st to jeffrey.dula-brown@vayahealth.com

See if you can find the eight differences.



ICE CREAM FLAVORS WORD SEARCH

E	E	T	H	M	T	U	L	R	K	L	C
O	T	P	M	A	R	A	H	T	M	Y	O
C	A	E	A	P	I	M	E	A	H	S	O
P	L	C	C	L	P	O	A	N	O	E	K
Y	O	A	O	E	L	O	S	A	K	O	I
R	C	N	T	W	E	S	E	N	E	R	E
R	O	A	T	A	T	E	S	A	Y	T	D
E	H	E	O	L	O	T	E	B	P	U	O
B	C	T	N	N	R	R	E	F	O	N	U
W	Y	N	C	U	N	A	R	U	K	O	G
A	B	E	A	T	A	C	S	D	E	C	H
R	C	E	N	D	D	K	O	G	Y	O	R
T	R	R	D	O	O	S	M	E	N	C	I
S	B	G	Y	V	A	N	I	L	L	A	M

VANILLA
CHOCOLATE
STRAWBERRY
MOOSE TRACKS
REESES
TRIPLE TORNADO
PECAN
FUDGE
COOKIE DOUGH
MAPLE WALNUT
COCONUT
COTTON CANDY
HOKEY POKEY
GREEN TEA
BANANA

JANUARY BIRTHDAYS



MARION

Paul Adelgren 3	Jerry Ledford 16	Steven Roscoe 21
Donna Garretson 3	Malvin Huddleston 17	David Heft 26
Mary Sprinkle 4	Alma Mason 17	Dot Norton 26
Susan Hargett 8	Arnold McCurry 19	Lois Bloom 27
Chip James 14	Lester Owensby 19	Margaret Kesecker 27
Jack Weant 14	Teresa Rutherford 20	Philip White 31
Gail Connelly 15		

OLD FORT

Nellie Stroud 1	Florence Young 12	Joyce Pugh 18
David Blackwelder 7	Alex Little 14	Ilene Buccaroni 28
Bobby Bell 9	Reba Lytle 16	Graham Kendall 30

Hot Tamale Pie

by shinyhappymommy

1 cup Cornmeal
1 teaspoon Salt



Prep: 30 mins **Cook:** 1 hr
Level: Easy **Serves:** 6

Description

A bit spicy, this dish tastes like a tamale. It's budget friendly and delicious.

Ingredients

1 pound Ground Beef
½ cups Diced Onion
¼ cups Each, Red And Green Bell Peppers
1 envelope Chili Seasoning
8 ounces, weight Tomato Sauce
1 can Tomatoes With Chiles (Rotel)
3-½ cups Water

Preparation

Brown the hamburger and drain fat. (I like to rinse it in hot water as well.)

Saute onion and pepper with browned meat. Add chili seasoning, Rotel, tomato sauce and about 1/3 cup water. Simmer a few minutes until thickened.

Meanwhile, mix together 3 1/2 cups water, 1 cup corn meal and 1 teaspoon salt. This will be very watery and will keep separating. This is normal.

Stir together and then pour immediately into a casserole dish. (2 quart, I think.) Scoop the beef mixture into the middle of the corn meal mixture. It will spread a little, but keep putting the beef right into the middle.

You will think there's no way this will turn out because it looks so weird. But don't worry it will.

Bake at 350 degrees for 1 hour. You can put a lid on if it's getting too dry.

Serve immediately. It will be very hot, so be careful. It is delicious plain, but we also like to put a little shredded cheese and a dollop of sour cream to tame the spice a little.

MCDOWELL COUNTY SENIOR CENTER

Certified Center of Excellence
100 Spaulding Road
Marion N.C. 28752

Phone: 828-659-0821
Weyland Prebor, Director

FOCUS

Marion Reporter:
Marge Boyd
Old Fort Reporter:
Sue Glover

Editor:
Barbara Gautney
bgautney@mcdowellseniorcenter.org
WEB:
www.mcdowellcountyseniorcenter.org
FAX: 828-652-8723

Riddle Answers:
1. Your picture!
2. February
3. The wise son bought a candle and a box of matches. After lighting the candle, the light filled the entire room.
4. A Rubik's cube!
5. A Virus!

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.

SP5 ALAN R MAINER
US ARMY
VIETNAM ERA