



FOCUS

JANUARY 2022

AARP TAX AIDE PROGRAM

The McDowell Senior Center is taking appointments for the AARP Tax Aide program, which will run February 3 through April 7, 2022. **To make an appointment please call the Senior Center at: 828-659-0821.**

Tax sessions are by appointment only – and as the process was handled last tax season, the available process will once again be by the Drop Off mode. You will be given a specific time frame and date which you will arrive at the Senior Center to drop off your tax material from your vehicle.

Pick up of your completed return this season will be the following week.

You are required to pick up your appointment materials at the Senior Center PRIOR to your scheduled date and completely fill out the forms that apply to your tax return. Please understand that if your forms are not completed, we cannot accept your tax information for completion of your return.

If you have investment accounts with broker statements, please plan to schedule your appointment after March 15, 2022.

NO RENTAL INCOME OTHER THAN LAND ONLY IS ACCEPTED.

The following are MANDATORY ITEMS that you will need to bring with you:

- A COPY OF YOUR 2020 TAX RETURN
- DRIVER'S LICENSE OR OTHER FORM OF PHOTO ID FOR EACH ADULT LISTED ON THE RETURN
- SOCIAL SECURITY CARDS FOR EVERY PERSON ON YOUR

RETURN

➤ ALL INTAKE FORMS INCLUDED IN THE PACKET THAT APPLY TO YOU.

ALSO any of the following which apply to you:

Social Security Statement for 2021 (mailed to you or obtained on line)

ACA Form 1095 if you have insurance through Affordable Care Act

Wage Statements (W-2) if employed
Pension Forms (1099-R)

Interest and Dividend Statements
Broker Statements (the complete form packet) After March 15, 2022.

Any other forms you receive associated with tax year 2021.

If you are unable to keep your scheduled appointment, please be sure to call the Senior Center, 828-659-0821 to cancel prior to your scheduled time!

Help for Hearing Issues

The Division of Services for the Deaf and Hard of Hearing (DSDHH) Equipment Distribution Service can provide one new behind the ear hearing aid every 6 years to applicants who need one to help with telephone communication.

Applicants must have significant hearing loss in both ears, live in North Carolina, and either have public assistance in his/her name or a household income less than

250% of the national poverty level. Applicants must also have a hearing test and certification from an audiologist or hearing instrument specialist contracted with the EDS program.

If the person does not need a hearing aid, the program also offers an amplified phone, captioning phone, or Pocket Talker amplifier.

The DSDHH has started a new hearing aid loan service called Hearing Aid Redistribution Program.

The program provides previously used behind-the-ear hearing aids that are sanitized and functional. These are for North Carolina residents who have hearing loss or tinnitus and need to hear on the phone or hear the phone ring.

Applicants choose their own hearing aid professional to set-up and pay for fitting costs. Once approved, the hearing aid will be shipped directly to the hearing aid professional.

Contact the DSDHH Morganton Regional Center at 1-800-999-8915 for more information.



North Carolina Scholarship for Children of Wartime Veterans

Over 20,000 scholarships have been awarded to children of North Carolina veterans.

North Carolina Scholarship Program was created to show its appreciation for the services and sacrifices of its war veterans. The scholarship program applies to North Carolina schools.

The scholarship is for eight academic semesters and the recipient has eight years to utilize the eight academic semesters. The Scholarship program has been established for a child, as that term is defined in 37 U.S.C. § 401 of certain class categories of deceased, disabled, combat, or POW/MIA veterans.

Applicant must be under the age of 25 at the time of application. The veteran's qualifying criteria must have occurred during a period of war. At time of application, applicant must be domiciled and a resident of North Carolina.

The deadline to apply is February 14 if the Veteran's disability is less than 100% service connected or served in a combat zone. All paper applications are now obsolete and will be returned to sender. In addition:

1. Veteran parent was a legal resident of North Carolina at time of said veteran's entrance into that period of service in the Armed Forces during which eligibility is established, OR

2. The veterans child who was born in North Carolina and has been a resident of North Carolina continuously since birth. For more information, go to the NCDMVA website at <https://scholarships.milvets.nc.gov/>.



JANUARY IS GLAUCOMA AWARENESS MONTH

Glaucoma is a leading cause of vision loss and blindness in the United States. It often has no symptoms and if it's not detected and treated, people can lose their sight.

Prevent vision loss by finding and treating problems early.

Medicare covers a glaucoma test once every 12 months for people at high risk for the disease. You're at high risk if you have diabetes, are African Americans age 50 and older, everyone over age 60, and anyone with a family history of glaucoma. The Medicare Part B deductible and coinsurance apply.

Ask a SHIP counselor for more information.

1201 Mail Service Center • Raleigh, NC
27699-1201 • 1-855-408-1212 •
www.ncshipp.com



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.

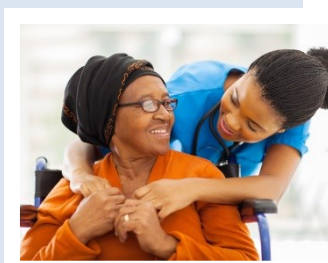
Visit <https://communityactionopportunities.org/weatherization/> for more information. You can obtain an application from CAO's website or pick up safely at the McDowell County Senior Center.

2022 VAYA HEALTH TRAININGS

McDowell Senior Center 100 Spaulding Rd., Marion, NC 28752

**Held the 2nd Wednesday of each month
9:30am-11:30am**

Vaya Health's Geriatric Team serves Alexander, Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Catawba, Cherokee, Clay, Graham, Haywood, Henderson, Iredell, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin and Yancey counties.



Date	Topic 1 (9:30am-10:30am)	Topic 2 (10:30am-11:30am)
January 12	I'm Covered Up: What You Need to Know About Hoarding	OCD: Supporting People with Obsessions and Compulsions in an Adaptive Way
February 9	Depression: From Surviving to Thriving	Anti-Depressant Medications
March 9	Enhancing Mental Health with Alternative Treatments Part 1	Enhancing Mental Health with Alternative Treatments Part 2
April 13	Bipolar: Extreme MOOD Variation: Is there Stability?	Keeping the Balance: Mood Stabilizing Medications
May 11	PTSD: Invisible Scars	Crisis Prevention: Keeping Your Cool Under Pressure
June 8	Anxiety: Calming the Anxious Mind	Coping with Anxiety: Medications and More
July 13	Dementia and Psychosis Behavior: What You Need to Know	Overcoming Communication Barriers in Dementia
August 10	Commonly Misused Medications: Understanding Medication Effects on the Aging Brain	Substance Use, Misuse, and the Opioid Crisis
September 14	Person(RE)ality: Why Mine is Different	Suicide Indicators, Response, & Prevention
October 12	Schizophrenia: Psychosis: Can this be Real?	The Many Faces of Antipsychotic Medications
November 9	A Rainbow of Mental Health: An Introduction Part 1	A Rainbow of Mental Health: An Introduction Part 2
December 14	Neurocognitive Disorder: Living with Dementia	It's a Brain Thing: The Study of Dementia Medications

Access to services:
1-800-849-6127

Hearing impaired?
Call NC Relay 711

www.vayahealth.com

Hosted by the McDowell Senior Center in partnership with the Vaya Health Geriatric & Adult Mental Health Specialty Team. All Vaya Health trainings are free and accredited through the NC Division of Health Service Regulation who awards 1 contact hour for each hour of training.





Looking For New Riders!

The McDowell County Transit Department makes daily trips Monday-Friday to both the McDowell Senior Center in Marion and the A.C. Bud Hogan Community Center in Old Fort.

If you are interested in transportation to one of our centers, please contact Senior Center Director Weyland Prebor at 828-659-0823 or by email at wprebor@mcdowellseniorcenter.org.

There is no cost to participate in this program, contributions or donations for the program are accepted at both senior sites.



Guess the Definition

Glamping:

1. the activity of hunting at night using lamps, especially for rabbits.
2. the activity of camping with some of the comforts and luxuries of home
3. make (someone) feel excited and full of energy.

Answer is on the back page.

THE BUZZZ OF MARION

Dorothy McCall has been struggling with some health issues over the past few months. She is feeling better at this time and we are happy that things have improved for her

Walter Crosby fell and received a cut on his head the first part of December. He received six stitches. After the fall he spent two nights at Grace Hospital. While he was there they did additional testing. We need to remember him and his family in prayer.

Joyce Edwards and her family had their annual Christmas Eve breakfast at Bethel Baptist Church. There was a good turn out and the food was wonderful. They spent time socializing with family members and getting caught up with what had been going on in each other's lives over the past year.

Cliff and Dolly Harris' little Pomeranian dog passed away in December. Cliff would roll it around in a baby stroller. It had been their baby for 10 years.

Wilma Gladden

What you tell yourself every day will either lift you up or tear you down.

Bricks Available



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 for someone, or as a memorial to a loved one who has passed away. If you would like to know more, call Weyland Prebor, 659-0823. The proceeds go to the Building Renovation Fund.

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.

Condolences

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

- Donna Morris 12-14-2021
- Geneva Robinson 12-17-2021
- Stanton Bloom 12-21-2021
- Jerry Knighton 12-26-2021



Riddles:

1. What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see?
2. What runs around the whole yard without moving?
3. Only one color, but not one size, Stuck at the bottom, yet easily flies. Present in sun, but not in rain, Doing no harm, and feeling no pain. What is it?
4. You cannot keep me until you have given me. What am I?
5. What is easy to get into but hard to get out of?
6. What two words, added together, contain the most letters?

Answers are on the back page.

JANUARY 2022

Congregate Meals should be picked up between 11:30 am-12:00

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sante' Fe Chicken Glazed Carrots Baby Bakers Biscuit	4 Baked Sliced Turkey w/Gravy Broccoli Florets Rice Roll Fruit Cocktail	5 Country Style Steak w/Gravy Green Beans Creamed Potatoes Biscuit Fresh Fruit	6 Breaded Pork Loin Steamed Cabbage Black-eyed Peas Cornbread Cake	7 Breaded Chicken Breast Fillet w/Bun Lettuce, Sliced Tomatoes, & Sliced Pickles Dices Seasoned Potatoes Cold Sliced Peaches
10 Baked Parmesan Chicken Peas Noodles Garlic Biscuit Pudding	11 Pinto Beans Turnip Greens Diced Potatoes Corn Bread Fruit Cocktail	12 Chicken Tenders Tossed Salad 5-Way Vegetables Roll Jell-o	13 Meatloaf Fried Okra Cream Potatoes Roll Cake	14 Beer Batter Fish Cole Slaw Baby Bakers Hushpuppies Cookie
17 CLOSED MARTIN LUTHER KING JR. DAY 	18 Baked Spaghetti Tossed Salad Butter Peas Garlic Biscuit Pudding	19 BBQ Chicken Fried Okra Dilled Potatoes Roll Jell-o	20 Beef Stew W/Vegetables Corn bread Apple Crisp	21 Ham Green Beans Juice Yams Roll Cookie
24 Chicken Stew W/ Vegetables Harvard Beets Rice Biscuit Pears	25 Hamburger Steak w/Peppers & Onions Green Beans Creamed Potatoes Roll Fruit Cup	26 Italian Chicken Mixed Vegetables Buttered Noodles Roll Jell-o	27 Baked Macaroni & Cheese Broccoli Hot Stewed Tomatoes Corn Bread Cake	28 BBQ Pork Cole Slaw Juice Baked Beans Hushpuppies Cookie
31 Sloppy Joe w/Bun Peas Potato Wedges Brownie	<i>"May you dream of lovely things and wake to find them real." ~JJ Heller</i>		Menu items are subject to change due to availability <small>*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free</small>	<u>Dining Room Notice</u> In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat. Thank you.

JANUARY 2022
McDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30-10:30 3 Advanced Line Dance 10:30-11:30 Chair Exercise</p>	<p>10:30-11:30 Bible Study 4 10:30-11:30 Chair Exercise 1:00-3:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p>9:00-12:00 Quilting 5 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing</p>	<p>6 9:00-10:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise</p>	<p>7 9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise</p>
<p>9:30-10:30 10 Advanced Line Dance 10:30-11:30 Chair Exercise</p>	<p>10:30-11:30 Bible Study 11 10:30 Chair Exercise 1:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p>9:00-12:00 Quilting 12 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing 9:30 I'm Covered Up: What You Need to Know About Hoarding 10:30 OCD: Supporting People with Obsessions and Compulsions in an Adaptive Way</p>	<p>13 9:00-10:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise</p>	<p>14 9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise</p>
<p>17 CLOSED MARTIN LUTHER KING JR. DAY </p>	<p>10:30-11:30 Bible Study 18 10:30-11:30 Chair Exercise 1:00-3:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p>	<p>9:00-12:00 19 Quilting 10:30-11:30 Chair Exercise 1:00-3:45 Card</p>	<p>20 9:00-10:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise</p>	<p>21 9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise</p>
<p>24 9:30-10:30 Advanced Line Dance 10:30-11:30 Chair Exercise</p>	<p>25 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance <u>5:30 Alzheimer's/Dementia Caregiver Support meeting</u></p>	<p>26 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing</p>	<p>27 9:00-10:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise</p>	<p>28 9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise</p>
<p>31 9:30-10:30 Advanced Line Dance 10:30-11:30 Chair Exercise</p>	<p>Happy Winter</p> 		<p>I'm a little snowman, Short and fat. Here is my scarf, And here is my hat. When it's cold and snowy, I will stay. But when it gets hot I melt away!</p>	

OLD FORT NUTRITION SITE

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

Phone: 668-4867

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O’Neil	4 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises Puzzles 12:15-3:45 Card Fun & Games with Bruce Clifton	5 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb	6 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb	7 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
10 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O’Neil	11 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises Puzzles 12:15-3:45 Card Fun & Games with Bruce Clifton	12 Puzzles 8:30— 3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb	13 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb	14 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
17 CLOSED MARTIN LUTHER KING JR. DAY 	18 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises Puzzles 12:15-3:45 Card Fun & Games with Bruce Clifton	19 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb	20 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb	21 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
24 8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O’Neil	25 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises Puzzles 12:15-3:45 Card Fun & Games with Bruce	26 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb	27 Puzzles 8:30— 3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb	28 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
31 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O’Neil	 <p style="text-align: center;"><i>“Two things prevent us from happiness: living in the past and observing others.” —Unknown</i></p>			

JANUARY BIRTHDAYS



MARION

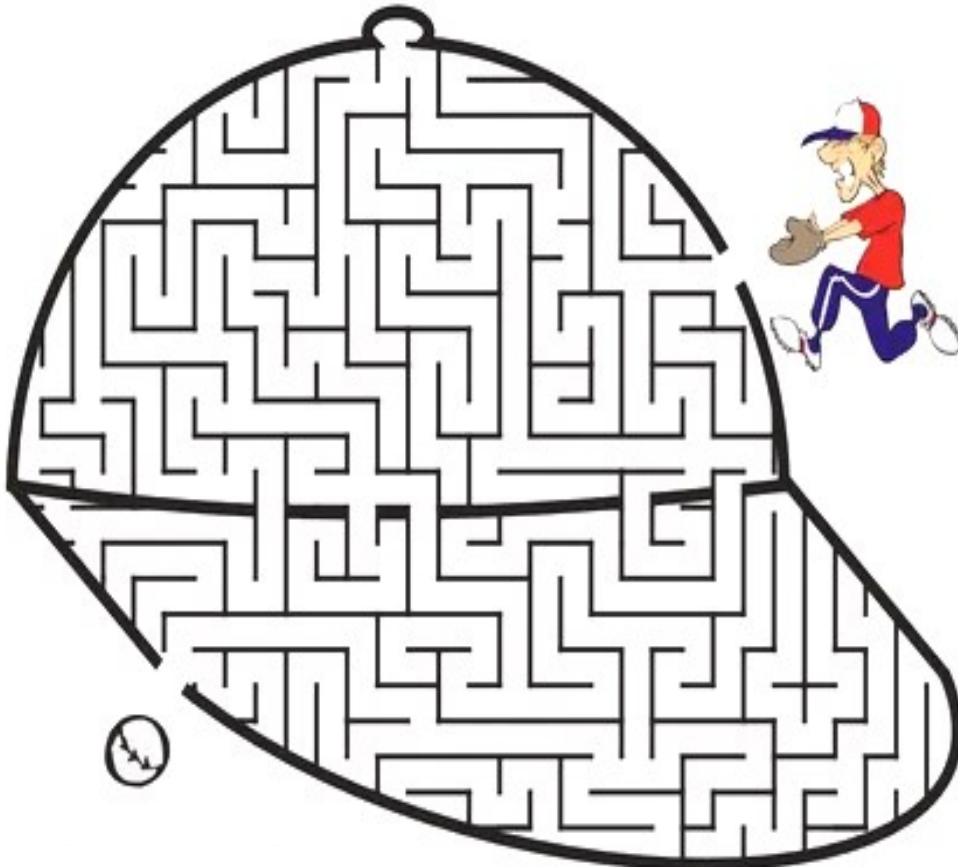
Donna Garretson 3
 Mary Nguyen 10
 Norman Moore 11
 Carolyn Brewer 13
 Chip James 14
 Jack Weant 14
 Jerry Ledford 16

Alma Mason 17
 Lester Owensby 19
 Teresa Rutherford 20
 Steven Roscoe 21
 Dot Norton 26

OLD FORT

Robin Bingham 5
 Bobby Bell 9
 David Blackwelder 7
 Florence Young 12
 Alex Little 14
 Reba Lytle 16
 Glenda Cable 25
 Ilene Buccaroni 28
 Betty Thomas 15

Help the baseball player through the cap shaped maze to find his baseball



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 Marion N.C. 28752

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- Riddle Answers:**
1. Die (Dice)
 2. A fence
 3. It's a shadow!
 4. Your word
 5. Trouble
 6. Post Office

Guess the Definition Answer

2. the activity of camping with some of the comforts and luxuries of home

**Home Delivered Meals
 Volunteer Drivers Needed
 Please contact the Senior
 Center at
 828-659-0821.**

