



FOCUS

JANUARY 2023

Free AARP Volunteer Tax Filing Program at the McDowell Senior Center

The McDowell Senior Center will be taking appointments for the AARP Tax Aide Program that begins February 1 and runs through April 5, 2023. **You may call 828-659-0821 to make an appointment beginning on December 14.**

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 process. You will be given a specific time frame and date which you will arrive at the Senior Center to drop off your tax materials from your vehicle. Pick up of your completed return will be the following week unless further paperwork is required from you.

You are required to pick up your appointment materials at the Senior Center PRIOR to your scheduled date and completely fill out the intake form.

Please understand that if your forms are not completed, we cannot accept your tax information for completion of your return.

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 2021 TAX RETURN

⇒DRIVER'S LICENSE OR OTHER FORM OF PHOTO ID FOR EACH ADULT LISTED ON THE RETURN (COPY OK)

⇒SOCIAL SECURITY CARDS FOR EVERY PERSON ON YOUR RETURN

ALSO any of the following which apply to you:

Social Security Statement for 2022(mailed to you in January)

ACA Form 1095 if you have insurance through Affordable Care Act

Wage Statements (W-2) if employed

Pension Forms (1099-R)- INCLUDING RMD (Required Minimum Distributions)

Interest and Dividend Statements

COD FORMS (CANCELLATION OF DEBT)

Any other forms associated with tax year 2022.

Broker Statements (the complete form packet) After March 16, 2023 – be advised that any BIT COIN transactions on your broker statements will prevent us from completing your tax return, due to AARP restricting our ability to process these.

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

Senior Center Christmas Meal



Make a Paper Snowflake Class with Rhonda

Friday January 6, 2023 at 10am.
Please Sign up at the front desk if interested.



THE BUZZ OF OLD FORT

Betty Whitson has asked for our prayers. Betty has a cancerous tumor on her bladder and is going to have treatments.

Carol McEntire desires everyone's prayers.

We have had a few people out sick this past month and we are happy that most of them are back with us.

We are still missing Robin Clark after her surgery and also others who are sick.

Our thoughts and prayers go out to Francis Jenkins for the loss of her brother.

Everyone enjoyed Bingo last Tuesday with our guest caller Theresa.

The Old Fort Community Chorus had our concerts last Friday the 16th at 7:00 and Saturday at 2:00. Carey Woody is a Bass singer in the group. People enjoyed the concerts.

We want to wish everyone a Happy New Year and hope it is filled with Joy!

By Carey Woody

Riddles:

1. I'm a rock group that has four members, all of whom are dead, one of which was assassinated. What am I?
2. I can be cracked, I can be made, I can be told, I can be played. What am I?
3. What do Eskimos get from sitting on the ice too long?
4. What do you get when you cross a snowman with a vampire?
5. How many seconds are there in January?
6. What can't be burned in a fire nor drowned in water?

Answers are on the back page.



Medicare Advantage Open Enrollment Period Begins in January

From January 1, 2023 – March 31, 2023, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. Your coverage will start the first day of the month after you ask to join the plan.

What can I do?

- If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).
- You can drop your Medicare Advantage Plan and return to Original Medicare. You'll also be able to join a separate Medicare drug plan.

What can't I do?

- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare drug plan if you're in Original Medicare.
- Switch from one Medicare drug plan to another if you're in Original Medicare

Note: You can only switch plans once during this period.

THE BUZZ OF MARION

Two of our Seniors spent a few days in the hospital during December. James Frady is in the hospital and Robin Jordan is back at home.

Juliette Lipe had some serious health issues. She is recovering and doing much better.

Dennis Fosler is seeing improvement in his hand and arm. He still can't walk and he is still in rehab.

Jim Tanner called Rick and Julie. They are well and enjoying the warmer weather in Florida.

Walter Crosby spent several days in rehab. He is back at home and doing better.

Our Variety Show was presented on December 16. It consisted of Christmas music with a couple of dance tunes thrown in. It was enjoyed by all. We even had people peeking around the door to see what was happening.

By Wilma Gladden



Guess the Definition

Acquiescent

1. Obedient
2. Shimmering
3. Greedy

Answer is on the back page.

JANUARY 2023

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Closed</p> 	<p>3</p> <p>Pork Loin Steamed Cabbage Black-Eyed Peas Cornbread Spiced Applesauce</p>	<p>4</p> <p>Pinto Beans Turnip Greens Diced Potatoes Cornbread Diced Peaches</p>	<p>5</p> <p>Sloppy Joes w/Turkey Meat & Bun Green Beans Fritos Cookie</p>	<p>6</p> <p>Chicken Tenders Tossed Salad Baked Potato (HDM-Potato Wedges) Biscuit Fig Bar</p>
<p>9</p> <p>Jambalaya w/Smoked Sausage Stewed Okra & Tomatoes Hush Puppies Cold Pears</p>	<p>10</p> <p>Macaroni & Cheese Cold Country Tomatoes Peas & Carrots Garlic Knot Brownie</p>	<p>11</p> <p>Ham Green Beans Oven Baked Sweet Potato Fries Roll Fresh Orange</p>	<p>12</p> <p>Italian Chicken Broccoli Florets Noodles Cheese Biscuits Iced Cake</p>	<p>13</p> <p>Meatloaf Lima Beans Creamed Potatoes Corn Bread Pineapple Chunks</p>
<p>16</p> <p>Closed</p> 	<p>17</p> <p>Turkey Meat Chili w/Beans Corn Hush Puppies Fresh Fruit</p>	<p>18</p> <p>Oven Fried Chicken Breast Okra & Tomatoes Sweet Potato Roll Fruit Cup</p>	<p>19</p> <p>Baked BBQ Pork w/Bun Cole Slaw Fresh Pears Potato Wedge Cinnamon Crisper Cookies</p>	<p>20</p> <p>Vegetable Beef Soup Tossed Salad Crackers Fruit Crisp</p>
<p>23</p> <p>Santa Fe Chicken Fillet w/Salsa & Monterey Jack Cheese Glazed Carrots Fruit Cup Baby Bakers Biscuit</p>	<p>24</p> <p>Roast Beef w/Gravy Steam Cabbage Cream Potatoes Roll Fruit Cocktail</p>	<p>25</p> <p>Bake Ziti w/Turkey Meat Tossed Salad Butter Peas Garlic Knots Pineapple Upside Down Cake</p>	<p>26</p> <p>Sour Cream Pork California Blend Vegetables Noodles Roll Cookie</p>	<p>27</p> <p>Breaded Chicken Breast Fillet Lettuce, Tomato & Pickles Potato Chunks Bun Hot Sliced Apples</p>
<p>30</p> <p>Chicken Stew Harvard Beets Rice Biscuit Cold Pears</p>	<p>31</p> <p>Meatballs w/Mushroom Gravy Green Beans Butter Noodles Garlic Knots Cake</p>	<p><u>Dining Room Notice</u></p> <p>In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat.</p> <p>Thank you.</p>	<p>Menu items are subject to change due to availability</p> <p>*HDM-Home Delivered Meals</p>	<p><u>Nutrition Site Beverages</u></p> <p> Whole Milk Skim Milk</p> <p> Tea Coffee</p> <p></p>

JANUARY 2023
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed 2 	3 9:30-10:30 J.A.M Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	4 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 1:00-3:45 Card Playing	5 9:00-10:00 "Plastic Canvas" Class 9:30-10:30 J.A.M Exercise 10:30-11:30 Chair Exercise	6 9:30-10:30 Crochet class 10:30-11:30 Chair Exercise
9 9:30-10:30 Advanced Line Dance 10:30-11:30 Chair Exercise	10 9:30-10:30 J.A.M Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	11 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 1:00-3:45 Card Playing 1:30-2:30 Enriching Mental Health with Complimentary Treatments Part 1 Part 2 @ 2:30-3:30	12 9:00-10:00 "Plastic Canvas" Class 9:30-10:30 J.A.M Exercise 10:30-11:30 Chair Exercise	13 9:30-10:30 Crochet class 10:30-11:30 Chair Exercise
16 CLOSED 	17 9:30-10:30 J.A.M Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	18 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 1:00-3:45 Card Playing	19 9:00-10:00 "Plastic Canvas" Class 9:30-10:30 J.A.M Exercise 10:30-11:30 Chair Exercise	20 9:30-10:30 Crochet Class 10:30-11:30 Chair Exercise
23 9:30-10:30 Advanced Line Dance 10:30-11:30 Chair Exercise	24 9:30-10:30 J.A.M Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	25 9:00-12:00 Quilting 10:30 BINGO 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 1:00-3:45 Card Playing	26 9:00-10:00 "Plastic Canvas" Class 9:30-10:30 J.A.M Exercise 10:30-11:30 Chair Exercise	27 9:30-10:30 Crochet class 10:30-11:30 Chair Exercise
30 9:30-10:30 Advanced Line Dance 10:30-11:30 Chair Exercise	31 9:30-10:30 J.A.M Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	 <p style="text-align: center;"><i>When Winters Here</i></p> <p style="text-align: center;"><i>I think the months of winter are the finest of the year. Snowy days, blowy days-aren't you glad they're here? Sleds go coasting down the hills. Snowmen stand and stare. And Snow is everywhere. Snowy days, snowy days come when winters here. Whitest days are the brightest days of the whole long year.</i></p> <p style="text-align: right;"><i>- Eleanor Hammond</i></p>		

VOLUNTEERS OF THE MONTH



Congratulations to Mary Brown and Darlene Stewart, our January Volunteers of the month!

We appreciate all of the help that they give packing meals and preparing coolers for the home delivered meals program. Mary and Darlene also help serve lunch to our seniors in the dining room.

Mary is a hard worker, and loves to help others. Growing up Mary was always helping the elderly. She has dedicated most of her time to taking care of adults that need a family environment and a caring person in their life. She enjoys taking adults with developmental disabilities on trips and introducing them to all types of new things. Seeing the joy on their faces is worth all the ups and downs. Mary wanted to volunteer to show Darlene how to help others while living life to the fullest.

Darlene enjoys cleaning homes and talking to the elderly. Being with them makes her day brighter. She also enjoys drawing and painting pictures, she has painted five pictures.

Mary and Darlene have been volunteering with us for about a year, they love to see the smiles on the seniors' faces when serving their lunch. They would encourage you to volunteer as it is very rewarding to see the joy you bring to others.

Again we want to thank both of you for all that you do for the Senior Center and the community. You have been a tremendous help to us all. Your time and work are greatly appreciated!

VA Aid and Attendance benefits and Housebound allowance

VA Aid and Attendance or Housebound benefits provide monthly payments added to the amount of a monthly VA pension for qualified Veterans and survivors. If you need help with daily activities, or you're housebound, find out if you qualify.

Am I eligible for VA Aid and Attendance or Housebound benefits as a Veteran or survivor?

VA Aid and Attendance eligibility

You may be eligible for this benefit if you get a VA pension and you meet at least one of these requirements.

At least one of these must be true:

- You need another person to help you perform daily activities, like bathing, feeding, and dressing, **or**
- You have to stay in bed—or spend a large portion of the day in bed—because of illness, **or**
- You are a patient in a nursing home due to the loss of mental or physical abilities related to a disability, **or**
- Your eyesight is limited (even with glasses or contact lenses you have only 5/200 or less in both eyes; or concentric contraction of the visual field to 5 degrees or less)

Housebound benefits eligibility

You may be eligible for this benefit if you get a VA pension and you spend most of your time in your home because of a permanent disability (a disability that doesn't

go away).

Note: You can't get Aid and Attendance benefits and Housebound benefits at the same time.

How do I get this benefit?

You can apply for VA Aid and Attendance or Housebound benefits in one of these ways:

Send a completed VA form to your pension management center (PMC)

Fill out VA Form 21-2680 (Examination for Housebound Status or Permanent Need for Regular Aid and Attendance) and mail it to the PMC for your state. You can have your doctor fill out the examination information section.

[Get VA Form 21-2680 to download](#)

You can also include with your VA form:

- Other evidence, like a doctor's report, that shows you need Aid and Attendance or Housebound care
- Details about what you normally do during the day and how you get to places
- Details that help show what kind of illness, injury, or mental or physical disability affects your ability to do things, like take a bath, on your own

If you're in a nursing home, you'll also need to fill out a Request for Nursing Home Information in Connection with Claim for Aid and Attendance (VA Form 21-0779).

[Get VA Form 21-0779 to download](#)

Apply in person

Make an appointment to see our Veterans Service Officer, David Byrd, by calling 828-659-0821.

How long does it take VA to make a decision?

It depends. We process claims in the order we receive them, unless a claim requires priority processing.

OLD FORT NUTRITION SITE

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

Phone: 668-4867

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 2 	3 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Bruce Clifton	4 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	5 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	6 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
9 Puzzles 8:30-3:00 8:30—3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O’Neil	10 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Bruce Clifton	11 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	12 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb After Lunch– Card Making with Nanette	13 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
16 CLOSED 	17 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Bruce Clifton	18 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	19 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb 2:00 Book Club with Rita Silvers	20 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
23 Puzzles 8:30-3:00 8:30-3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O’Neil	24 Puzzles 8:30-3:00 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Bruce Clifton	25 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	26 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	27 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
30 Puzzles 8:30-3:00 8:30-3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O’Neil	31 Puzzles 8:30-3:00 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Bruce Clifton			❄️ Snow Kisses ❄️ If you go out when it’s snowing And look up in the sky, You’ll feel lots of icy kisses As the snowflakes flutter by. -Barbara Vance



Webinar Schedule 2023 Eastern Region

To Register:

Go to Vayahealth.com/Calendar
Click on desired class to register.

For More Information:

Email: jeffrey.dula-brown@vayahealth.com
Or call: 828-225-2785 ext. 3346

Date	Time	Topic
January 13, 2023	10:00am-11:00am	Enriching Mental Health with Complimentary Treatments Part 1
January 13, 2023	11:15am-12:15pm	Enriching Mental Health with Complimentary Treatments Part 2
January 24, 2023	1:30pm-2:30pm	Enriching Mental Health with Complimentary Treatments Part 1
January 24, 2023	2:45pm-3:45pm	Enriching Mental Health with Complimentary Treatments Part 2
February 10, 2023	10:00am-11:00am	Personality Disorder: Reaction to Interaction
February 10, 2023	11:15am-12:15pm	Facing the Emotional Challenges of Chronic Illness
February 28, 2023	1:30pm-2:30pm	Personality Disorder: Reaction to Interaction
February 28, 2023	2:45pm-3:45pm	Facing the Emotional Challenges of Chronic Illness

Vaya Health Trainings 2023 Eastern Region

Open to the Public



Location:

McDowell Senior Center
100 Spaulding Road, Marion, NC 28752
Held the 2nd Wednesday of each month

To Register:

Go to Vayahealth.com/Calendar or
call the McDowell Senior Center at **828-659-0821**

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, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin, and Yancey counties.

Date	Topic 1	Topic 2
Jan 11	Enriching Mental Health with Complimentary Treatments Part 1	Enriching Mental Health with Complimentary Treatments Part 2
Feb 8	Personality Disorder: Reaction to Interaction	Facing the Emotional Challenges of Chronic Illness
Mar 8	Hoarding Disorder: Hidden Secrets	Anxiety: Managing Nervous Energy

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 which awards one contact hour for each hour of training.

JANUARY BIRTHDAYS



MARION

Mary Burleson 3
 Donna Garretson 3
 Martha Burleson 11
 Carolyn Brewer 13
 Jerry Ledford 16
 Alma Mason 17
 Hermon Owensby 19
 Steven Roscoe 21

Nancy Buzby 23

OLD FORT

Nettie Stroud 1
 Merrill Davis 4
 Robin Bingham 5
 Hazel Small 6
 David Blackwelder 7
 Bobby Bell 9
 Susan Monroe 12

Florence Young 12

Carolyn Smith 13
 Betty Thomas 15
 Reba Lytle 16

**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:
 Wilma Gladden
 Old Fort Reporters:
 Carey Woody & Robin Clark

Editor:

Karen Burrell
 kburrell@mcdowellseniorcenter.org
 WEB:
 www.mcdowellcountyseniorcenter.org
 FAX: 828-652-8723

Let it snow!

BLIZZARD
 COAT
 COLD
 DECEMBER
 EARMUFFS
 FEBRUARY
 FIREPLACE
 FLURRIES
 FROZEN
 GLOVES
 HOT CHOCOLATE
 ICE
 ICE SKATES
 ICICLE
 JANUARY
 MITTENS
 SCARF
 SHOVEL
 SLED
 SLUSH
 SNOWBALL
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER



Scan this QR code with a scan reader on a phone or tablet to instantly get to the McDowell County Senior Center website.

If you are interested in becoming a Home Delivered Meals Volunteer or would like to volunteer for other opportunities in the county please call Jennifer at 828-659-0826.



Guess the Definition Answer
 1. Obedient

- Riddle Answers:**
1. Mt. Rushmore
 2. A joke
 3. Polaroids
 4. Frostbite
 5. Just one: January 2nd
 6. Ice