



FOCUS

OCTOBER 2019

VOLUNTEER OF THE MONTH Betty Prebor is the October Volunteer of the Month



Betty was born in a small community called Almond, near Bryson City. Most of that area was covered by Fontana Lake. Her father handled the explosions during the building of Fontana Dam and lake. Sometimes he would take Betty and her older brother out to explosive sites where he would tell them they could set off the explosions. Betty said "Now, as an adult, I realize why the explosions didn't always happen when we first pushed the charger and he would say "I'd better check on that wiring." Then we would push again and he would yell, "Push harder!" And of course rocks and dirt would fly down the hill. My brother and I were so excited about getting to blow up the country side." Fontana Dam and lake were being rushed to completion to power Oak Ridge, Tennessee. An Oak Ridge facility supplied the U-235 material used in the atomic bomb that destroyed Hiroshima, Japan, in World War II.

None of that area of North Carolina had electricity at that time.

Betty moved to Brevard, NC when she started first grade.

Her family was so excited about having lights on their Christmas tree. But as Christmas came, so did a huge snow storm and their power was out till after New Years. So their tree stayed up for a long time.

Betty attended Pisgah Forest Elementary School through seventh grade. Eighth grade at Brevard Junior High and graduated from Brevard High School.

She graduated from Berea College in Kentucky. Taught elementary school in Lakeland, Florida. She married and moved to Gainesville, Florida where her husband was a student at University of Florida. Both her sons, Layne and Weyland were born there.

They moved to Morganton, NC in 1976. Betty taught at Western Correctional Center (a maximum prison) for young men.

They moved to Nebo in 1992. Weyland and Betty had started hiking the Appalachian Trail when he came home for a visit.

Weyland got a job at the McDowell Senior Center and he loved it. He would come home and tell Betty about the wonderful meals. Finally he talked her in to coming for lunch. She was so impressed that she found herself coming every day for lunch, since she does not cook.

Betty volunteered to help serve lunch and it was always fun, even cake day. She has also helped at the front desk, with drumming class and art class.

She really enjoys the Senior Center, especially the people she meets. Betty said "It is so much fun being retired."

**2019
ANNUAL SENIOR
HEALTH & RESOURCE
FAIR
Tuesday October 8th
9:00 am-12:00 pm
At McDowell Senior Center
100 Spaulding Road
Marion NC 28752**

For Senior Citizens 55 years and older.

There will be over 30 exhibitors present!

Bag Lunch

SHIP
NC DEPARTMENT OF
INSURANCE

PUBLIC LIBRARY

Blood Pressure Checks

Door Prizes

Flu Shots

Hearing Screening

Veteran Services

Unwanted Medication Take-Back
McDowell County
Drug Enforcement will be collecting unwanted medication

"Centers for Life Enrichment"

Senior Christmas Special

"Spectacular Holiday Getaway to Myrtle Beach, S.C."

November 11-13, 2019



Tour Highlights Include:

- Roundtrip motorcoach transportation (late model deluxe motorcoach)
- Two nights oceanfront accommodations at the beautiful Bay Watch Resort
*Roundtrip baggage handling
- Two full hot American breakfasts
- One "all you can eat" seafood dinner at the award-winning **Giant Crab Calabash Seafood Buffet**
- Reserved seat admission to the Christmas Spectacular Show at the Alabama Theatre... rated the number one show in Myrtle Beach year after year... this show rivals anything you'll see in New York!
- Reserved seat admission to Legends in Concert Christmas show! Sing along with "Elvis, Dolly, and the Blues Brothers" ...you never know who might step on stage next!!
- Reserved admission to Myrtle Beach "Fantasea" Holiday Show... featuring the best local talent with lots of fun activities including a free gift for everyone & drawing for great prizes.
- A little shopping at Tanger Outlets.

Complete Tour Price Per Person:

\$269 Double \$261 Triple
\$257 Quad \$369 Single

Tour requires a \$50.00 deposit to hold reservations with

**Deadline for final payment will be
October 31st**

We will depart from Walmart parking lot in Marion at 7:00 a.m. on Nov. 11th.

For More Information Contact Brenda Monosso@McDowell Senior Center
659-0832.

CHAMP



The McDowell Senior Center hosts the Community Health And Mobility Partnership (CHAMP) program one Friday per month March through November. The next day for CHAMP is **Friday, October 11th** .

CHAMP is a free all-inclusive falls risk assessment provided by volunteers, health science students, and their college/university faculty.

The program uses Center for Disease Control evidence based assessments to identify participants risk for falls. If the participant is determined by participating volunteers to be at risk for falls, the supervising faculty will complete reports to be sent to the participant's primary care provider.

If exercises are an appropriate intervention, Physical Therapy students will issue appropriate exercises from the Otago Exercise Program, a home based exercise program that research shows can reduce the risk for falls.

The program is free to any participant who calls to schedule an appointment. If you would like to confirm that you are not at risk for falls, or if someone you know should be assessed, please contact the McDowell Senior Center at 659-0821 to schedule your appointment.

You're invited to participate in *Reading Across Time: An Intergenerational Story Hour*

Do you remember certain books from your own childhood, or reading particular stories to your children or grandchildren? Do you want to continue engaging with the magic of children's literature? We invite you to share your experiences related to children's books with us: a group of Warren Wilson College students.

We are all members of a social work course entitled "Human Behavior and the Social Environment: The Lifecourse." This course focuses on various theories of human development, with attention to the strengths and opportunities intergenerational contact provides.

One of our goals in this course is to collaborate with you to create a children's literature event at Verner Center for Early Learning in Swannanoa. Verner is five-star preschool serving ages 6 weeks to 5 years. The center is excited to host this event, which will provide an important opportunity for interaction between multiple generations.

In order to prepare for this event, we will be visiting the McDowell County Senior Center on the following days & times:

Wednesday, October 23, from
1:45-3pm
Wednesday, November 13, from
1:45-3pm
Monday, November 25th
1:45-3pm



During our first visit, we want to meet as many people as possible who are interested in this project. We would love to hear your ideas about how to make this event a success. For the next two visits we would like to spend time interviewing you about your experiences with children's literature. Getting to know you and more about the impact of children's literature on your life will help make our event special.

The final event, *Reading Across Time: An Intergenerational Story Hour*, will take place **December 4, 2019 at 3pm** at Verner Center for Early Learning, 2586 Riceville Road, Asheville, NC 28805. Transportation is available for those who need it.

If you would like to participate in this event or have questions, please contact us by email at Intergenerationalstoryhour@gmail.com or by phone at 828-771-3021.

We are looking forward to getting to know all of you!

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Nutrition Site Beverages</u></p> <p>Whole Milk Skim Milk Buttermilk Chocolate Milk Lemonade Tea Coffee</p> 	<p>1</p> <p>Baked Spaghetti Cole Slaw Cheese Toast (HDM-Texas Toast) Hot Spiced Applesauce</p>	<p>2</p> <p>Turkey, Ham & Swiss Cheese Sandwich Sliced Tomatoes, Lettuce, & Sweet Pickles Corn Chips Hamburger Bun Ambrosia Fruit Salad</p>	<p>3</p> <p>Chicken Pot Pie w/ Mixed Vegetables Harvard Beets Biscuit Lemon Cake w/Lemon Icing</p>	<p>4</p> <p>Taco Salad w/Taco Meat & Shredded Cheddar Cheese Diced Tomatoes & Shredded Lettuce Refried Beans Nacho Chips</p>
<p>*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free</p>				
<p>7</p> <p>Oven-Fried Fish Cole Slaw Fruit Juice Scalloped Potatoes Corn Bread Cookie (D.B.-S.F. Cookie)</p>	<p>8</p> <p>(No Home Delivered Meals)</p> <p>Bag Lunch for Health Fair Participants</p>	<p>9</p> <p>(No Home Delivered Meals)</p> <p>Closed No Meals Served</p>	<p>10</p> <p>Bar-B-Que Pork Cole Slaw Fruit Juice Baked Beans Bun Iced Cake</p>	<p>11</p> <p>Taco Salad w/Taco Meat & Shredded Cheddar Cheese Diced Tomatoes & Shredded Lettuce Spanish Rice Nacho Chips Fruit Cocktail (D.B. S.F. Fruit Cocktail)</p>
<p>14</p> <p>CLOSED</p> 	<p>15</p> <p>Baked Breaded Chicken Breast Fillet Lettuce & Sliced Tomato Potato Soup (HDM-Tater Tots) Bun Cold Sliced Peaches</p>	<p>16</p> <p>Pinto Beans w/Chopped Onions Turnip Greens Potato Wedges Corn Bread Baked Sliced Apples (HDM-Applesauce)</p>	<p>17</p> <p>Baked Chicken Breast w/Mushroom Gravy Vegetable Medley Cornbread Dressing Roll Cranberry Congealed Salad (D.B.-S.F. Cranberry Congealed Salad)</p>	<p>18</p> <p>Chili with Beans Tossed Salad Whole Kernel Corn Corn Bread Fruit Cup with Apple, Grapes & Pineapple</p>
<p>21</p> <p>Sante Fe Chicken Fillet with Salsa & Monterey Jack Cheese Glazed Carrots Fruit Cocktail Dilled Potatoes Biscuit Cookie</p>	<p>22</p> <p>Baked Spaghetti Cucumber, Onion & Tomato Salad Buttered Peas Bread Stick (HDM-Texas Toast) Pears (D.B. Pears)</p>	<p>23</p> <p>Hot Dog w/Chili & Onion Cole Slaw Baked Potato Wedges Hot Dog Bun Fruit Crisp (DB-S.F. Fruit Crisp)</p>	<p>24</p> <p>Stew Beef with Gravy over Rice Green Beans Carrots Roll Strawberry Shortcake</p>	<p>25</p> <p>Baked Macaroni & Cheese Cold Country Tomatoes Steamed Cabbage Cornbread Peanut Butter Bar</p>
<p>28</p> <p>Country Style Steak w/ Gravy Green Beans Cole Slaw Creamed Potatoes Biscuit Pudding (D.B. Vanilla Pudding with Splenda)</p>	<p>29</p> <p>Lemon-Pepper Chicken Fried Squash Buttered Noodles Roll Jello with 1/2 cup fruit (D.B.-S.F. Jello w/fruit)</p>	<p>30</p> <p>Baked Ham Lima Beans Assorted Juice Cut Yams Biscuit or Roll Cookie</p>	<p>31</p> <p>Chicken Pie Peas & Carrots Pickled Beets Biscuit Iced Cake</p>	<p><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.</p>

McDowell Legacy Program: Richard Laney

After more than 30 years working in McDowell County Schools and being a part of the many county wide athletics programs, it's time to really learn who Richard Laney is.

Did you know that Richard Laney grew up only about 10 or so miles from where the Hunger Games were filmed on the Henry River? Or that the closest mountain to him as a child was not Mount Mitchell or Grandfather Mountain, but Baker's Mountain.

Maybe you already know that Richard is a PK. If you don't know what PK stands for, you really need to come see this debut showing of the Richard Laney Legacy Interview.

The McDowell Legacy Program was begun several years ago, when folks from the McDowell Senior Center realized that recording an interview with key citizens in McDowell County can help preserve the rich history of our local communities. The McDowell Legacy Program was recorded by Theresa Strickland, Public Information Technician for McDowell County, with Van McKinney, from WBRM as the interviewer, at the First Baptist Church of Marion on August 29, 2018. Yes, it's been more than a year since the interview was recorded, but quality programming takes time.

The debut viewing of the interview will be at First Baptist Church of Marion Fellowship Hall on Main Street, Marion, NC on Sunday afternoon October 20, 2019 at 2 p.m.

After the interview debut, folks can visit and enjoy light refreshments. So put Sunday **October 20, 2019 at 2 p.m.** on your calendar so you don't miss learning about Richard Laney's life and how McDowell County impacted his life and how he has contributed to so many local citizens' life.



Nutrition Program for Adults

Come learn lifelong habits to help you eat healthy and be physically active!

Start Date: Monday, October 7th

Time: 10:30 am-11:30 am

Call the McDowell Senior Center for more information or to sign up: 828-659-0821

Take Control

Program Benefits

- Sample healthy foods
- Recipes, water bottle, and spice jar for you to keep
- Information to help you control sodium, fat, and added sugar
- 8 engaging and interactive Sessions.

Take control now to prevent or manage chronic disease!



NC STATE EXTENSION

Alzheimer/Dementia Caregiver Support Meeting Tuesday October 29th 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.



The Volunteer Center will be having its annual blood drive on October 15, 2019 from 1-6pm at the Senior Center. (100 Spaulding Road Marion NC 28752.)

Please come out and support our blood drive. Anyone that donates blood will receive a \$10 Wal-Mart gift card. All blood donations will go to our local hospital to help those in need.

If you would like to donate blood please call Jessica @ (828)659-0826 or you can email me volctr@mcdowellgov.com

There is a sign-up sheet at the Front Desk in the Senior Center.



When Is the Open Enrollment Period?



The Open Enrollment Period – sometimes called the Annual Election Period or Annual Coordinated Enrollment Period – **runs each year from October 15 to December 7.**

During this time,


- Anyone with Medicare Parts A & B can switch to a Part C plan.
- Anyone with Medicare Part C can switch back to Parts A & B.
- Anyone who has or is signing up for Medicare Parts A or B can join, drop or switch a Part D prescription drug plan.
- Anyone with Medicare Part C can switch to a new Part C plan.

Your coverage will start January 1 of the following year.

<https://www.mymedicarematters.org/enrollment/when-can-i-enroll/>

McDowell County SHIP has trained counselors to assist you during open enrollment. We see people by APPOINTMENT ONLY! Please complete the enclosed Tool Finder and return it to the McDowell Senior Center, if you are interested in making an appointment.

OCTOBER 2019
MCDOWELL COUNTY SENIOR CENTER




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00-12:00 Flu Shots 1 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club	2 9:00 Quilting 9:00—12:00 Congressional Representative on site 9:30-10:30 Tai Chi 10:00-11:00 Blood Pressure Checks 10:45 Chair Exercise 1:00 Cards & Games 1:00 Drum Circle	3 9:00-10:00 “Plastic Canvas” Class 9:30 J.A.M. Exercise 10:00 Fun Bingo(Bring Prizes) 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games	4 9:30 Crochet class 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
7 Puzzle Fun 8:45-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games 1:00-2:30 Computer Class	8 9:00AM-12:00 PM 2019 ANNUAL SENIOR HEALTH & RESOURCE FAIR Flu Shots available, bring your Medicare Card or Advantage Card No classes all day	9 <u>Senior Center Closed</u> 9:30 <u>Depression: From Surviving to Thriving</u> 10:30 <u>Anti-Depressant Medications</u>	10 9:00-10:00 “Plastic Canvas” Class 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games 1:00-2:00 Notary Service	11 CHAMP 9:30 Crochet class 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
14 CLOSED  Shopping trip to Asheville leaves at 10:00 from center	15 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club	16 9:00 Quilting 9:30-10:30 Tai Chi 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle	17 9:00-10:00 “Plastic Canvas” Class 9:30 J.A.M. Exercise 10:00 Fun Bingo(Bring Prizes) 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games	18 9:30 Crochet class 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
21 Puzzle Fun 8:45-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	22 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club	23 9:00 Quilting 9:30-10:30 Tai Chi 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:45-3:00 Warren Wilson College students visit	24 9:00-10:00 “Plastic Canvas” Class 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games	25 9:30 Crochet class 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
28 Puzzle Fun 8:45-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	29 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club 6:00-7:00 Alzheimer’s /Dementia Caregiver Support meeting	30 9:00 Quilting 9:30-10:30 Tai Chi 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle	31 9:00-10:00 “Plastic Canvas” Class 9:30 J.A.M. Exercise 10:00 Fun Bingo(Bring Prizes) 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games 1:00-2:00 Notary Service	

OLD FORT NUTRITION SITE

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

Phone: 668-4867

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>2 Puzzles 10:00 Better Choices 10:30 Bingo <u>Blood Pressure Checks</u> 12:30 Chair Exercise</p>	<p>3 9:00-11:00 Flu Shots 1:00 Computer Class (must see Cheryl to sign up)</p>	<p>4 8:30—3:00 Fitness Equipment Exercises</p>
<p>7 8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>8 Closed Will be at Marion Senior Center for Health & Resource Fair No Classes all day</p>	<p>9 Center Closed No Classes</p>	<p>10 After Lunch- Card Making Class with Nanette Hankins 1:00 Computer Class (must see Cheryl to sign up)</p>	<p>11 8:30—3:00 Fitness Equipment Exercises</p>
<p>14 Closed  COLUMBUS DAY</p>	<p>15 Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>16 Puzzles 10:00 Better Choices 10:30 Bingo 11:00 Advocacy Event 12:30 Chair Exercise</p>	<p>17 1:00 Computer Class (must see Cheryl to sign up)</p>	<p>18 8:30—3:00 Fitness Equipment Exercises</p>
<p>21 8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>22 Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>23 Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise</p>	<p>24 1:00 Computer Class (must see Cheryl to sign up)</p>	<p>25 8:30—3:00 Fitness Equipment Exercises</p>
<p>28 8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>29 Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>30 Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise</p>	<p>31 1:00 Computer Class (must see Cheryl to sign up)</p>	

THE BUZZZ OF MARION

We are glad to have Margie Boyd back with us.

We have been missing James Ramsey. Hope he will be back with us soon.

Barbara Gautney

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. 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?

Answers are on the back page.

HALLOWEEN DANCE

At
McDowell Senior Center

November
1, 2019

6:00 pm - 9:00 pm

Featuring Music By:
"The Rewind Band"

Advance Tickets - \$6.00 each
At the Door - \$7.00 each

Wear Your Costume

Drinks will be provided,
please bring finger foods.

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.

Lets Get Craft

October 11th

10:30-11:30am

Supplies will be furnished.

There is limited
Space must see
Front Desk to
Sign Up for class

For More
Information
See Brenda
Monosso.

Unwanted Medication Take-Back

McDowell County Drug Enforcement
*Will be collecting unwanted medication at the
Senior Health & Resource Fair*

October 8, 2019

9:00 am – 12:00 pm

At Senior Center

*Medicine take-back programs are the only
secure and environmentally sound way to
dispose of leftover and expired medicines.*

Why Take Back Your Meds?

It just makes sense.

Safe Disposal to Reduce Drug Abuse.

Prescription drug abuse is the fastest-growing drug problem in the country. The abuse of medicines by teens often results in medical emergencies or fatal overdoses. Most abusers of medicines, including teens, get the drugs from a friend or relative – not from a drug dealer.



A safe medicine take-back program gets potentially dangerous leftover drugs out of our homes.

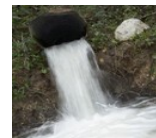


Safe Disposal to Reduce Accidental Poisonings.

Unwanted medicines left in the home endanger our children, seniors and pets. Poisonings from prescription and over-the-counter medicines are increasing. Getting rid of unwanted medicines at a take-back program is an important part of being safe in the home.

Safe Disposal to Reduce Medicines in the Environment.

Large amounts of powerful medicines go unused or expire and the way we dispose of them makes a difference for our waters and our environment. For years, the advice was to flush our drugs or mix them with kitty litter and throw them in the garbage. Flushing drugs sends them directly into our waters, harming the environment. Drugs thrown in the garbage are available for others to take and use and can still get into the environment. Returning medicines to a take-back program is the only environmentally sound method for disposing of unused medicines.



*Keep our kids, families and
the environment safe.
Safely dispose of the
medicines you no longer need.*

OCTOBER BIRTHDAYS



MARION

Joyce Richey 2
 Gladys Hall 3
 Peggy Lewis 3
 Cynthia Cotter 4
 Betty Prebor 7
 Faye Greene 9
 Gary Kesecker 9
 Stanley Hammett 10
 Ann Owens 12

Doug Gouge 15
 Paul Mason 16
 Luther Hurley 18
 Rita Allison 20
 Geraldine Owenby 21
 Charles Foreman 22
 Edith Goforth 23
 Robert Hawkins 25

Bob Washburn 28
 Coy Fender 29
 Peggy Fender 31

OLD FORT

David Setzer 7
 Charlene Gouge 14
 Jesse Dupree 18
 Mary Walker 18
 Elizabeth Plemmons 25

**MCDOWELL COUNTY
 SENIOR CENTER**
 Certified Center of Excellence
 100 Spaulding Road
 Marion N.C. 28752

Phone: 828-659-0821
Weyland Prebor, Director

FOCUS

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Legalize Your Documents

FREE Notary Service for any Senior 55 years and up.

Do you need the services of a Notary Public?

Documents need to be notarized to deter fraud and to ensure proper execution. It is the responsibility of the notary public to ensure that the signers have appeared before them and have produced proper identification. The Notary Public officiates at the signing and ensures that the documents are signed correctly. The notary makes sure that the signers are entering into agreements knowingly and willingly.

Some documents that may need to be notarized by a Licensed Notary Public:
 Wills

Advanced Health Directive Forms
 Power of Attorney
 Motor Vehicle Bill of Sale
 Vehicle Certificate of Ownership/Title Application

Alan Mainer a Licensed Notary Public will be offering his Notary Public services free of charge on:

**October 10th & 31st
 1:00 pm - 2:00 pm**

Must have an Appointment,

call the Senior Center's Front Desk for appointment @ 659-0821.

GET YOUR FLU SHOT

Marion

October 1st

McDowell Senior Center
 9:00 am – 12:00 pm

Old Fort

October 3rd

Bud Hogan Community Center
 9:00 am – 11:00 am

McDowell Senior Heath Fair

October 8th

McDowell Senior Center
 9:00 am – 12:00 pm

**Free to Participants with
 Medicare Part B**

**Will also take any Medicare
 Advantage Plans
 (Must Have Medicare Card or
 Advantage Card)**

*For More Information, Contact Brenda
 Monosso @ 659-0832*



Riddle Answers:
 1. Age
 2. It's a Shadow!



McDowell Senior Center in Partnership with Vaya Health's Geriatric and Adult Mental Health Specialty Team is offering FREE training opportunities provided through the N.C. Division of Health Service Regulation (DHSR). All trainings will be held at the McDowell County Senior Center, 100 Spaulding Road, Marion, the 2nd Wednesday of each month from 9:30am-11:30-am

**October 9th
 9:30 Depression: From
 Surviving to Thriving**

**10:30 Anti-Depressant
 Medications**

Access to services: 1-800-849-6127.



Shopping Trip

Goodwill in Asheville, NC & Lunch at the Moose Café
Monday – October 14th, 2019

Depart Time from Senior Center 10:00am

Free Transportation

You will need money for shopping and lunch

The Senior Center will need paperwork on all new participants and updated paperwork on all other participants.

Seating is limited to 8 participants To Sign-Up See Brenda Monosso Deadline to Sign-Up October 10th