



FOCUS

DECEMBER 2019

VOLUNTEERS OF THE MONTH Jane and Lester Owensby are the December Volunteers of the Month



Lester & Jane Owensby have been married 49 years this December 6th. They have a son, daughter in law and a granddaughter. They have lived in Marion, N.C. all of their lives. They are very active in their church, East Marion United Methodist Church.

In their spare time they love to travel. Lester loves to work outside, gardening and growing veggies. They do a lot of canning in the summertime. They have taken their camper all the way to Las Vegas on a five week trip. They had a great time.

They were coming to the Senior Center to have lunch and were asked if they would like to volunteer to deliver Home Delivered Meals. They decided to try it in March of 2017 and they enjoy doing it and love talking with all the people and helping them in any way they can.

The Owensbys deliver meals to 16 people and they said they are all wonderful people. There is one lady they deliver to that is 99 years old, she lives alone and is blind and in a wheelchair and does her own house cleaning. She loves the people who visit her so much. She never complains of anything and is so thankful for everything.

They said they will never forget her and her kindness to other people.

They said, "If you are thinking of volunteering, you will receive enjoyment from meeting all the lovely people you encounter on the routes. We sure enjoy the work we do!"



Free AARP Volunteer Tax Filing Program Begins February 4th at the McDowell Senior Center

The McDowell Senior Center will begin taking appointments December 16, 2019 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.

Christmas

Dance Party



FREE ADMISSION

December 13th, 2019

3:00pm-5:00pm

At

McDowell Senior Center

**Music By "DJ
elf"**



There will be dancing, fun games and light refreshments provided.

MCDOWELL SENIOR CENTER CHRISTMAS GETAWAY FEATURING THE AWARD WINNING SMOKY MOUNTAIN OPRY THURSDAY/DECEMBER 12th, 2019



The McDowell Senior Center invites you to a one day getaway as we travel to Pigeon Forge Tennessee to see the spectacular matinee at the Smokey Mountain Opry. This is a multi-million dollar production that includes favorite Christmas Songs, A Nativity, talented musicians and dancers all celebrating the spirit of the season.

Tour Highlights Include:

Roundtrip Deluxe Motorcoach
Transportation aboard a modern motorcoach, a professional driver

and services of a professional tour director.

We plan to depart from the New Wal-Mart @ 8am heading west to our destination in Pigeon Forge just in time for some shopping as time permits.

We will enjoy a delicious lunch at 12:15pm at the famous Applewood Barn Grill (Included in your tour). Following lunch we will head to the Smoky Mountain Opry for our reserved seats @ the 3:00pm Matinee Performance.

Following our show, we will drive through Pigeon Forge and thru Patriot Park for an enchanted view of the Christmas Lights.

We will head to Gatlinburg to view their Christmas lights before departing the Smokies.

We will have a brief rest and fast food meal stop en route back to North Carolina, having made great friends and wonderful Christmas Memories.

Should arrive back approx. 8:30pm.

Cost of Tour: \$99.00 Per Person which includes Roundtrip Transportation, Lunch, Reserved Seating at the Smoky Mountain Opry, Christmas Light Display and Christmas Shopping as Time Permits.

For more information or reservations

Contact: Brenda Monosso @ 828.659.0832

New Manna Christian School

Will be performing a

Christmas Program

On December 4th at 10:00am

In the Senior Center Dining Room

Come enjoy some

Christmas cheer!



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 starting December 2, 2019.

PLEASE COME!

Quote:

*People will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel."*

— Maya Angelou

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>2</p> <p>Oven-Fried Fish Cole Slaw Fruit Juice Scalloped Potatoes Corn Bread Cookie (D.B.-S.F. Cookie)</p>	<p>3</p> <p>Baked Parmesan Chicken Breast Green Beans Copper Pennies Rice Biscuit Pudding (D.B.-Vanilla Pudding w/Splenda)</p>	<p>4</p> <p>Meatballs with Mushroom Gravy Tossed Salad Green Peas Medium Egg Noodles Garlic Toast Cherry Cheesecake</p>	<p>5</p> <p>Bar-B-Que Pork Cole Slaw Fruit Juice Baked Beans Bun Iced Cake</p>	<p>6</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>9</p> <p>Baked Pork Loin Steamed Cabbage Orange Juice Black-Eyed Peas Corn Bread Cookie</p>	<p>10</p> <p>Baked Breaded Chicken Breast Fillet Lettuce & Sliced Tomato Potato Soup (HDM-Tater Tots) Bun Cold Sliced Peaches(D.B. Sliced Peaches)</p>	<p>11</p> <p>Pinto Beans w/Chopped Onions Turnip Greens Potato Wedges Corn Bread Baked Sliced Apples (HDM & D.B. - Applesauce)</p>	<p>12</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>13</p> <p>Chili with Beans Tossed Salad Whole Kernel Corn Corn Bread Fruit Cup with Apple, Grapes & Pineapple</p>
<p>16</p> <p>Sante Fe Chicken Fillet with Salsa & Monterey Jack Cheese Glazed Carrots Fruit Cocktail Dilled Potatoes Biscuit Cookie</p>	<p>17</p> <p>Baked Spaghetti Cucumber, Onion & Tomato Salad Buttered Peas Bread Stick (HDM-Texas Toast) Pears (D.B. Pears)</p>	<p>18</p> <p>Hot Dog w/Chili & Onion Cole Slaw Baked Potato Wedges Hot Dog Bun Fruit Crisp (DB-S.F. Fruit Crisp)</p>	<p>19</p> <p>Stew Beef with Gravy over Rice Green Beans Carrots Roll Strawberry Shortcake</p>	<p>20</p> <p>Baked Macaroni & Cheese Cold Country Tomatoes Steamed Cabbage Cornbread Peanut Butter Bar</p>
<p>23</p> <p>Country Style Steak w/ Gravy Green Beans Cole Slaw Creamed Potatoes Biscuit Pudding (D.B. Vanilla Pudding with Splenda)</p>	<p>24</p> <p>CLOSED HOLIDAY</p> 	<p>25</p> <p>CLOSED HOLIDAY</p> 	<p>26</p> <p>CLOSED HOLIDAY</p> 	<p>27</p> <p>Pimento Cheese Sandwich/2 Slices Bread Beef Vegetable Stew Fruit Cobbler (HDM & D.B. -Hot Fruit)</p>
<p>30</p> <p>Oven-Fried Fish Cole Slaw Fruit Juice Scalloped Potatoes Corn Bread Cookie (D.B.-S.F. Cookie)</p>	<p>31</p> <p>Baked Parmesan Chicken Breast Green Beans Copper Pennies Rice Biscuit Pudding (D.B.-Vanilla Pudding w/Splenda)</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>Nutrition Site Beverages</p>  <p>Whole Milk Skim Milk Buttermilk Chocolate Milk Lemonade Tea Coffee</p>   
				<p>*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free</p>



2020 Medicare Parts A & B Premiums and Deductibles

On November 8, 2019, the Centers for Medicare & Medicaid Services (CMS) released the 2020 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs.

Medicare Part B Premiums/ Deductibles

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

Each year the Medicare premiums, deductibles, and copayment rates are adjusted according to the Social Security Act. For 2020, the Medicare Part B monthly premiums and the annual deductible are higher than the 2019 amounts. The standard monthly premium for Medicare Part B enrollees will be \$144.60 for 2020, an increase of \$9.10 from \$135.50 in 2019. The annual deductible for all Medicare Part B beneficiaries is \$198 in 2020, an increase of \$13 from the annual deductible of \$185 in 2019.

Medicare Part A Premiums/ Deductibles

Medicare Part A covers inpatient hospital, skilled nursing facility, and some home health care services. About 99 percent of Medicare beneficiaries do not have a Part A premium since they have at least 40 quarters of Medicare-covered employment.

The Medicare Part A inpatient hospital deductible that beneficiaries will pay when admitted to the hospital will be \$1,408 in 2020, an increase of \$44 from \$1,364 in 2019. The Part A inpatient hospital deductible covers beneficiaries' share of costs for the first 60 days of Medicare-covered inpatient hospital care in a benefit period. In 2020, beneficiaries must pay a coinsurance amount of \$352 per day for the 61st through 90th day of a hospitalization (\$341 in 2019) in a benefit period and \$704 per day for lifetime reserve days (\$682 in 2019). For beneficiaries in skilled nursing facilities, the daily coinsurance for days

21 through 100 of extended care services in a benefit period will be \$176.00 in 2020 (\$170.50 in 2019).

Part A Deductible and Coinsurance Amounts for Calendar Years 2019 and 2020 by Type of Cost Sharing		
	2019	2020
Inpatient hospital deductible	\$1,364	\$1,408
Daily coinsurance for 61 st -90 th Day	\$341	\$352
Daily coinsurance for lifetime reserve days	\$682	\$704
Skilled Nursing Facility coinsurance	\$170.50	\$176

Enrollees age 65 and over who have fewer than 40 quarters of coverage and certain persons with disabilities pay a monthly premium in order to voluntarily enroll in Medicare Part A. Individuals who had at least 30 quarters of coverage or were married to someone with at least 30 quarters of coverage may buy into Part A at a reduced monthly premium rate, which will be \$252 in 2020, a \$12 increase from 2019. Certain uninsured aged individuals who have less than 30 quarters of coverage and certain individuals with disabilities who have exhausted other entitlement will pay the full premium, which will be \$458 a month in 2020, a \$21 increase from 2019.

For more information on the 2020 Medicare Parts A and B premiums and deductibles (CMS-8071-N, CMS-8072-N, CMS-8073-N), please visit:

CMS-8071-N: <https://www.federalregister.gov/documents/2019/11/13/2019-24441/medicare-program-cy-2020-inpatient-hospital-deductible-and-hospital-and-extended-care-services>

CMS-8072-N: <https://www.federalregister.gov/documents/2019/11/13/2019-24439/medicare-program-cy-2020-part-a-premiums-for-the-uninsured-aged-and-for-certain-disabled-individuals>

CMS-8073-N: <https://www.federalregister.gov/documents/2019/11/13/2019-24440/medicare-program-medicare-part-b-monthly-actuarial-rates-premium-rates-and-annual-deductible>

Quote
No one can make you feel inferior without your consent.”
— *Eleanor Roosevelt*

December 1st to December 7th is National Hand Washing Awareness Week



Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

- Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse** your hands well under clean, running water.
- Dry** your hands using a clean towel or air dry them.

From cdc.gov

Condolences

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


Agnes Lanning 10-31-2019

Frank Hall 11-10-2019

William Ledford 11-10-2019

Doris Woods 11-11-2019

James “Jim” Cook 11-14-2019



DECEMBER 2019
MCDOWELL COUNTY SENIOR CENTER


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Puzzle Fun 9:30 Line Dance 10:30-11:30 Nutrition Program for Adults 10:45 Chair Exercise 1:00 Cards & Games <u>2:15pm to 3:45pm</u> <u>Mental Health Support Group</u></p>	<p>3</p> <p>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> 5:30 Beginner Line Dance 5:30-7:45 Chess Club 6:00—7:30 Art Class 6:30-7:45 Master Gardners</p>	<p>4</p> <p>9:00 Quilting 9:30-10:30 Tai Chi 10:00 New Manna <u>Christian School Program</u> 10:00-11:00 Blood Pressure Checks 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:00 –2:00 Tai Chi for Arthritis & Fall Prevention</p>	<p>5</p> <p>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</p>	<p>6</p> <p>9:30 Crochet class 9:30-10:30 Tai Chi 10:30 Let’s Get Crafty 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games</p>
<p>9</p> <p>Puzzle Fun 9:30 Line Dance 10:30-11:30 Nutrition Program for Adults 10:45 Chair Exercise 1:00 Cards & Games <u>2:15pm to 3:45pm</u> <u>Mental Health Support Group</u></p>	<p>10</p> <p>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</p>	<p>11</p> <p>9:00 Quilting 9:30-10:30 Tai Chi 9:30 Anxiety: Calming the Anxious Mind 10:30 Coping with Anxiety: Medications and More 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:00 –2:00 Tai Chi for Arthritis & Fall Prevention</p>	<p>12</p> <p><u>8:00 Trip to Pigeon forge Departs from Walmart</u> 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</p>	<p>13</p> <p>9:30 Crochet class 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games</p>
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OLD FORT NUTRITION SITE

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

Phone: 668-4867

DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p style="text-align: right;">3</p> <p>Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p style="text-align: right;">4</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo <u>Blood Pressure Checks</u> 12:30 Chair Exercise</p>	<p style="text-align: right;">5</p> <p>1:00 Computer Class (must see Cheryl to sign up)</p>	<p style="text-align: right;">6</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
<p style="text-align: right;">9</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p style="text-align: right;">10</p> <p>Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p style="text-align: right;">11</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise</p>	<p style="text-align: right;">12</p> <p>After Lunch- Card Making Class with Nanette Hankins 1:00 Computer Class (must see Cheryl to sign up)</p>	<p style="text-align: right;">13</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
<p style="text-align: right;">16</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p style="text-align: right;">17</p> <p>Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p style="text-align: right;">18</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise</p>	<p style="text-align: right;">19</p> <p>1:00 Computer Class (must see Cheryl to sign up)</p>	<p style="text-align: right;">20</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
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<p style="text-align: right;">30</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p style="text-align: right;">31</p> <p>Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>BRICKS AVAILABLE</p> <p>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 Old Fort center for everyone to see for a \$100.00 donation . See Cheryl Woody or call 668-4867 for more information.</p> <div style="text-align: right;">  </div>		

THE BUZZZ OF MARION

We send our deepest condolences to Jane Owensby and Judy Frady in the loss of their brother.

James Ramsey receives a quilt made for him by Opal Woody. Opal plans to recognize the veterans who come to eat at the Senior Center by making each of them a quilt. She has already given David Conner and Cliff Harris a quilt.



❄️ 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.



Riddles:

1. What do you get when you cross a vampire with a snowman?
2. Which of the following is not white? Igloo, a white dove, polar bears, milk, marshmallows, or snow?

Answers are on the back page.

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 December 6th

10:30-11:30am

Supplies will
be furnished.



For More
Information
See Brenda
Monosso.

THE BUZZZ OF OLD FORT

Time for parties! As usual our Halloween party was enjoyable. We had delicious refreshments. Eight of our participants were dressed for the occasion. (The rest of us went along for the ride). Those dressed for the festivities were given a gift. They were Douglas Allison, Donna Morris, Talina Holloway, Alvin Lunsford, Nettie Stroud and Mary Elkins. We would like to thank each person who was responsible for a good time!

Several newcomers have joined us. Lawana Keaton and Carol Lytle have joined us on Mondays and stay for the Bible Study after lunch. This study is taught by James Oneil. Joe Leblanc and Vicki Powers are enjoying the meal and are involved with the card games.

It is good to have Evelyn Chrisawn, Junior Allison, Jean Creekmore, Bob & Becky Smith, Mary Jane Walker, Jim Taylor and Bobby Bell back with us when their health and schedules permit.

Jeanette Grindstaff had eye surgery recently. She reported she got along fine and she is just glad it is over.

Walter & Betty Hensley, Eddy & Brenda Hu8ffman traveled to Chuckey, Tennessee on a recent Friday to view the pretty leaves. They had lunch at the famous Farmer's Daughter Restaurant.

The Hensleys had friends from Roan Mtn., Tennessee. Betty reports it was good to have Joyce Jarrett and Brenda Barnett visit with them, even for a short while.

Our prayers are with Mary and David Lanning on the passing of his mother, Agnes Lanning. We continue to remember your family in our daily devotions and prayers.

Margie Swann received word of the death of her sister, Doris Woods who was in Myrtle Beach, S.C. At Reflections Assisted Living Facility. Our prayers will continue for your family.

Barbara Gibson, Wanda Puckett & Cheryl Woody went on the Myrtle Beach trip with the Senior Center. They had a wonderful time going to all the shows and enjoying the beach and time together.

Until next month. Stay warm and I hope each of you remain in the best of health as you enjoy the holidays.

By Sue T. Glover

DECEMBER BIRTHDAYS



MARION

Ervin Allison 2
Faye Frady 3
Margaret Freeman 5
Jane Owensby 7
Evelyn West 8
Marilyn Foreman 9
Estelle Rhinehart 9
Robert Price 11
Howard Hollifield 15
Earl Jordan 16

Violet Sigmon 19
Bobby Kincaid 22
Juliette Lipe 24
Virgil McCurry 25
Teresa Schism 25
Ann Hart 26
Jo Neal 30
Omega Swift 30

OLD FORT

Donald Shuford 1

Bonnie Autrey 7
Ronald Lowery 8
Inez Mann 8
Vicki Powers 8
Charles Vess 8
Diane Ylitalo 17
Margie Swann 26
Bruce Clifton 27
Howard Anderson 29
Lorine Parker 30
Lou Jean Phillips 30
Nanette Hankins 31

DOUBLE CHOCOLATE KISS COOKIES



Soft chocolate cookies rolled in sugar and topped with a Hershey kiss.

Prep Time 20 minutes

Cook Time 9 minutes

Total Time 29 minutes

Yield: 42

Ingredients

1 cup butter, softened to room temperature
1 cup sugar
1 cup brown sugar
2 eggs
2 tsp vanilla
2 3/4 cups flour
1/2 cup cocoa

1 tsp baking soda
1/2 tsp salt
1/2 tsp baking powder
1 large bag Hershey kisses
1/2 cup sugar for rolling

Instructions

Cream butter and sugars in a large mixing bowl till fluffy. Beat in eggs and vanilla.

In a small bowl, whisk together the flour, cocoa, baking soda, baking powder, and salt. Stir into the wet ingredients just till combined.

Roll dough into tablespoon sized balls. Roll in sugar. Place onto lightly greased or silpat lined cookie sheets.

Bake at 350 for 9-10 minutes. Immediately place an unwrapped Hershey kiss in the middle of each cookie. Cool completely on cookie sheets, or move very carefully to cooling racks.

Nutrition Information: Serving Size: 1 Cookie

Amount Per Serving: Calories: 121 Total Fat: 5g Saturated Fat: 3g Trans Fat: 0g Unsaturated Fat: 1g Cholesterol: 21mg Sodium: 103mg Carbohydrates: 18g Fiber: 0g Sugar: 11g Protein: 1g

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Riddle Answers:
1. Frostbite
2. Polar bears, because their fur is colorless. Each fur strand is actually transparent and pigment reflects light.



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, NC 28752 the 2nd Wednesday of each month from **9:30am-11:30-am** **December 11th, 2019**

9:30 Anxiety: Calming the Anxious Mind

10:30 Coping with Anxiety: Medications and More

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