



FOCUS

MARCH 2020

McDowell Champ Program



CHAMP program, a free Falls Prevention Program, will begin its 11th year in McDowell County. Community Health and Mobility Partnership (CHAMP) program is to improve the health of older adults by decreasing their risk of falling by screening for depression, cognition issues, fear of falling, and physical activity level. Blood pressure is taken in multiple positions. CHAMP participant's medications are reviewed for possible interactions, so if you sign up, please plan to bring your medications or a complete list of your medications with dosage.

Exercise intervention maybe provided if the CHAMP participant is an appropriate client. The CHAMP partners included university/college health science students and faculty, local senior centers or wellness center, and local health care providers' agencies and organizations.

CHAMP is based on contextual learning with an inter-professional community service learning model. CHAMP participant's results are faxed to their primary care providers annually or when participant's status changes.

If you would like to sign up, McDowell CHAMP will begin **March 13, 2020**. Please call the McDowell Senior Center at **828-659-0821** or stop by the front deck at the McDowell Senior Center to sign up.

2020 McDowell County Senior Games

Kickoff Breakfast & Early Bird
Registration Day
Friday, March 6th
at Senior Center



Breakfast is FREE for seniors registering for Senior Games
Breakfast Served 8:30am – 9:30am "Only"

Adults who are turning 50 by December 31, 2020 and older

Participants must register by 3:00 pm on March 6th to get the early bird price of \$10.00

After March 6th registration fee will be \$12.00

New Participants to Senior Games: Half Price Registration Fee, (must see Brenda Monosso for this fee)

Please tell your friends, neighbors, and relatives. Our goal this year is to have 125 participants registered for McDowell County Senior Games.

Dead line to register for Senior Games April 3rd

To register for breakfast call Brenda Monosso at the McDowell Senior Center 659-0832 or Stop by Front Desk at the Senior Center.

2020 McDowell County Senior Games

Registration Deadline April 3rd Registration Fee \$12.00

New Participant Half Price

To Register contact Brenda Monosso at the McDowell Senior Center, 100 Spaulding Road Marion, NC 28752 (828)659-0832.



Salute to Vietnam War Veterans Event

The Greenlee chapter of the Daughters of the American Revolution and American Legion Post 56 will hold a Salute to Vietnam War Veterans event as part of the commemoration of the 50th anniversary of the Vietnam War.

It will be held on Vietnam Veterans Memorial Day, which is Sunday, March 29 at 2 pm at the McDowell Senior Center.

Organizers are seeking Vietnam War-Era Veterans. You may sign up for the certificate and pin by calling NSDAR representative Karleen Cowles, Chapter Veteran Service Chairperson at **828-652-1406** no later than Sunday, March 15 to be a part of the program.

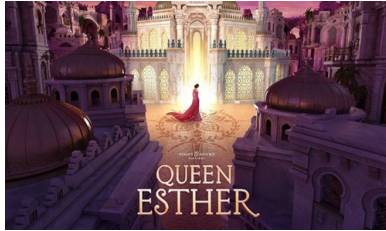
Surviving spouses and dependents of deceased Vietnam Veterans are urged to call and receive a certificate in honor of their loved one.



"Centers for Life Enrichment"

April 8-11, 2020

"For Such a Time as This"



We invite you to join McDowell Senior Center as we travel to Lancaster County, Pennsylvania "Home of the Amish" to see the most opulent production ever presented by Sight & Sound Theatres....

Queen Esther

A brand-new original stage production! Set in the opulent yet perilous Persian Empire, Queen Esther is a captivating tale of Beauty & Bravery. Experience one of the most riveting Bible stories as it comes to life with magnificent sets, special effects and live animals!



Tour Includes

- *Roundtrip deluxe motorcoach transportation
- * Three nights first class hotel accommodations with a hot breakfast each morning
- *Reserved seats - Queen Esther
- *Guided tour of the Amish Farmlands with stops at the Kitchen Kettle Craft Village & others places
- *Tour the Holocaust Museum in Washington



- *Fabulous Amish style meal at the Shady Maple Smorgasboard
- *Tour of Nemours Mansion in Brandywine

Valley, Pennsylvania (one of the most Magnificent Homes in America) 77 room French Chateau home with over 300 acres in Landscaped gardens with an 8000,000 gallon water fountain!

All these plus other sites as we travel.

Special Price (Per Person):

- \$469.00 Double,
- \$457.00 Triple,
- \$451.00 Quad,
- \$619.00 Single

Cancellation Fee May Apply

\$50.00 deposit down and total due by April 1st.

For More Information contact:
Brenda Monosso@ 828-659-0832.

Travel arrangements by Toney Tours LLC Bostic, NC 28018 .

The McDowell Senior Center
Presents...

Eastern Caribbean Cruise aboard
the



Cruise Line's "Sunshine"

October 24 – 31, 2020



We invite you to join us for a fabulous cruise to the exotic Eastern Caribbean:

Departing Charleston, SC and sailing to the following ports of call....

Princess Cays: shop, snorkel, go fishing, visit local villages and beautiful beaches...this is a new port of call and one you will love!

Grand Turk: Known for the finest beaches in the world! Visit the lighthouse, historical Cockburn Town, Her Majesties prison & the National Museum.

Nassau: Capitol of the Bahamas – experience British & Bahamian culture, visit downtown, walk

Queen's Staircase, Parliament Square, the Pirates Museum and the famous "Straw Market".

Complete Tour Price (per person)
Inside Stateroom: \$899.00 double
Oceanview Stateroom:
\$999.00 double

Balcony: \$1259.00 double
Price includes transportation and all port taxes.

Cruise requires a \$200.00 initial deposit by April 10, 2020

Second payment of \$200.00 by May 20, 2020

Remaining balance due by August 16, 2020

Passport Required

**CANCELLATION
PENALTIES Begin August 16,
2020**

For more information or reservations contact
Brenda Monosso @ the McDowell Senior Center (828)659-0832.

**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.

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Stew Harvard Beets Rice Biscuit Cold Pears	3 Oven-Fried Fish Cole Slaw Baked Apples Scalloped Potatoes Hush Puppies Cookie	4 Meatloaf Lima Beans Creamed Potatoes Biscuit Pineapple Chunks	5 Chicken Marinara Tossed Salad Cold Spiced Applesauce Noodles Texas Toast (HDM-Roll) Cake	6 Salmon Patties Peas Au Gratin Potatoes Corn Bread Cold Sliced Peaches
9 Tuna Casserole w/Noodles Peas & Carrots Medium Egg Noodles Biscuit Baked Sliced Apples	10 Pimento Cheese Sandwich Beef-Vegetable Soup 2 Slices Bread Crackers Fruit Cobbler (HDM-Cold Peaches)	11 Oven Fried Chicken Breast Green Beans Baby Bakers Texas Toast (HDM-Roll) Watergate Salad (DB-Banana)	12 Bar-B-Que Pork Cole Slaw Fresh Pears Potato Wedges (HDM-Potato Chunks) Bun Iced Cake	13 Hamburger Steak w/Peppers & Onions Tossed Salad Rice Pilaf Texas Toast (HDM-Roll) Strawberries & Bananas (DB-Banana)
16 Macaroni & Cheese Cold Country Tomatoes Steamed Cabbage Cornbread Baked Sliced Apples	17 Turkey Dogs w/Chili and Bun Cold Slaw Diced Pears French Fries Pudding	18 Grilled Chicken Breast Sandwich Lettuce & Sliced Tomato & Bun Potato Soup (HDM-Tater Tots) Fruit Cobbler	19 Great Northern Beans Turnip Greens Potato Wedges (HDM-Potato Chunks) Corn Bread Blueberry Congealed Salad	20 B.B.Q. Chicken Glazed Carrots Rice Biscuit Tropical Fruit Salad
23 Country Style Steak w/ Gravy California Blend Vegetables Mashed Potatoes Roll Iced Cake	24 Baked Spaghetti Tossed Salad Green Beans Garlic Toast (HDM-Roll) Strawberries & Pineapple Mallow (D.B. Pineapple Chunks)	25 Chicken & Dumplings Carrots Dill Chunked Potatoes Biscuit Fruit Cocktail	26 Beef Stroganoff Harvard Beets Buttered Egg Noodles Green Peas Roll Pudding	27 Chicken Tenders Cole Slaw Fruit Juice Corn Biscuit Cookie(1 Ea.)
30 Grilled Chicken Salad w/Grilled Chicken, Lettuce, Tomatoes, Egg, Cheese & Cucumber Broccoli Salad Wheat Crackers Tropical Fruit (D.B. – S.F. Tropical Fruit)	31 Hamburger Steak w/Peppers & Onions Fried Squash Cut Yams Roll Easy Fruit Salad (DB-S.F. Easy Fruit Salad)		<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.	<u>Nutrition Site Beverages</u> Whole Milk Skim Milk Buttermilk Chocolate Milk Lemonade Tea Coffee *DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free



Medicare covers a full range of preventive services to help keep you healthy. You'll pay nothing for many of them when you get them from a doctor or other health care provider who accepts assignment.

Preventive services include things like cardiovascular disease screenings, diabetes screenings, flu shots and glaucoma tests.

Congressional Representative Available at McDowell Senior Center

Congressman Mark Meadows' district offices provide a representative at the McDowell Senior Center. They will be here at the center Wednesday, April 1st, 2020 from 9:00am – 12:00pm . Please call 828-432-2699 to schedule an appointment.

If you can't get an answer from a federal agency in a timely manner, or if you feel you have been treated unfairly, this representative may be able to help resolve a problem or get you the information you need. While Meadows' office cannot guarantee you a favorable outcome; they will do their best to help you receive a fair and timely response. The Congressional offices and representatives can provide assistance with all federal agencies including the following:

- Department of Veterans Affairs
- Social Security
- Internal Revenue Service
- Medicare
- Military records, medals and awards
- HUD
- US Department of Education
- US Forest Service
- National Park Service
- Military Academy appointments
- US Customs and Immigration Services
- FDIC
- Passports
- SBA
- Bureau of Indian Affairs
- Visas (Department of State)

To schedule an appointment please call 828-432-2699.

Alzheimer/Dementia Caregiver Support Meeting Tuesday, March 31st 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.

March is National Nutrition Month A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

- Saturated fats and *trans* fats, added sugars, and sodium
- Consume less than 10 percent of calories per day from added sugars and from saturated fats
- Consume less than 2,300 milligrams (mg) per day of sodium

If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men.

Excerpt from health.gov



McDowell County Senior Games is looking for adults with talent to perform in the SilverArts Follies.

The Follies will be held on Thursday, April 23rd, at 6:30 pm.

The Follies are the Performing Arts division of McDowell Senior Games.

The sub-categories which you may enter are Comedy/Drama, Dance, Line Dance, Vocal, and Instrumental.

You can compete as a soloist, small group (2-4 performers), or large group (5 or more performers).

This is your time to shine! So, sign up today for Senior Games and enter the Follies.

Gold, silver and bronze medals will be given out to the top 3 in each subcategory and a trophy will be given to “The Best of Show” winner.

“The Best of Show” winner will be given an opportunity to compete in Raleigh at the 2020 NC Senior Games Follies, which is held in the fall of the year.

All persons entering Follies must be 50 years of age or better as of December 31st of 2020.

Senior Games Registration Deadline April 3, 2020

For More Information Contact:

Brenda Monosso @ McDowell Senior Center (828)659-0832.

Condolences

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

Clarence “Chuck” Walker 2-8-2020

James Vance 2-14-2020

Helen Allison 2-14-2020

Billie Randolph 2-23-2020



MARCH 2020
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzle Fun 2 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	9:30 J.A.M. Exercise 3 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00-2:00 Aging Mastery Program 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 6:30-7:45 Master Gardeners	9:00 Quilting 4 9:30-10:30 Exercise Class <u>10:00-11:00 Blood Pressure Checks</u> 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:00 –2:00 Tai Chi for Arthritis & Fall Prevention	9:00-10:00 “Plastic Canvas” Class 5 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games	8:30 Senior Games Kickoff Breakfast 6 9:30 Crochet class 9:30-10:30 Exercise Class 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
Puzzle Fun 9 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	9:30 J.A.M. Exercise 10 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00-2:00 Aging Mastery Program 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	9:00 Quilting 11 9:30-10:30 Exercise Class 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:00 –2:00 Tai Chi for Arthritis & Fall Prevention 1:30-3:30 Vaya Health-Enhancing Mental Health with Alternative Treatments & The Impact of Chronic Medical Illness on the Brain	9:00-10:00 “Plastic Canvas” Class 12 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	CHAMP 13 9:30 Crochet class 9:30-10:30 Exercise Class 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
Puzzle Fun 16 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	9:30 J.A.M. Exercise 17 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00-2:00 Aging Mastery Program 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	9:00 Quilting 18 9:30-10:30 Exercise Class 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:00 –2:00 Tai Chi for Arthritis & Fall Prevention	9:00-10:00 “Plastic Canvas” Class 19 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games 1:00 Notary Service by Appointment	9:30 Crochet class 20 9:30-10:30 Exercise Class 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
Puzzle Fun 23 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	9:30 J.A.M. Exercise 24 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00-2:00 Aging Mastery Program 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	9:00 Quilting 25 9:30-10:30 Exercise Class 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle 1:00 –2:00 Tai Chi for Arthritis & Fall Prevention	9:00-10:00 “Plastic Canvas” Class 26 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	9:30 Crochet class 27 9:30-10:30 Exercise Class 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
Puzzle Fun 30 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	9:30 J.A.M. Exercise 31 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00-2:00 Aging Mastery Program 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 <u>6:00-7:00 Alzheimer’s/Dementia Caregiver Support meeting</u>	Riddles: 1. Which word does not belong? Hat, What, Spat, That, or Chat? 2. Some are Precious, Some are Plain, Some Used for Building, Some Used for Pain. What am I? 3. What did the triangle say to the circle? <i>Answers are on the back page.</i>		

OLD FORT NUTRITION SITE

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

Phone: 668-4867

MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>3</p> <p>Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>4</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise</p>	<p>5</p> <p>12:15 Chair Exercise</p>	<p>6</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
<p>9</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>10</p> <p>Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>11</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise</p>	<p>12</p> <p>After Lunch- Card Making Class with Nanette Hankins</p>	<p>13</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
<p>16</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>17</p> <p>Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>18</p> <p>Puzzles 10:00 Better Choices <u>Blood Pressure Checks</u> 10:30 Bingo 12:30 Chair Exercise</p>	<p>19</p> <p>12:15 Chair Exercise</p>	<p>20</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
<p>23</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>24</p> <p>Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>25</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise</p>	<p>26</p> <p>12:15 Chair Exercise</p>	<p>27</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
<p>30</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>31</p> <p>Puzzles 12:15 Card Fun & Games with Rita Myers</p>		<p>Quote:</p> <p><i>“Strive not to be a success, but rather to be of value.” – Albert Einstein</i></p>	

THE BUZZ OF MARION

Ron Brauer's son came from Afghanistan to visit.

Ida Lovell's sister-in-law who lives in Florida, passed away. Ida went to attend the funeral.

Jayne Bradley went to Georgia to visit her son and his family.

The Guardian Ad Litem Program is sorely in need of volunteers. The focus is helping the children of McDowell County who desperately need an advocate to represent them. If you volunteer you will be the "Voice of the Child". For more information see Jessica Lowery at the front desk.

Margie Boyd



On Valentine's Day Charles Wise asked Jane Burlison (Pictured above) to marry him and she said yes. The couple first meet at one of the Senior Center's Dances. When asked if they had a date in mind to get married, they said no not at this time. The Senior Center wishes you both joy & happiness.



HUGE THANK YOU TO
OUR DONORS!
OUR BLOOD DRIVE
WAS A SUCCESS!



Thanks to everyone that donated blood on February 11th. We had 25 folks to give! Two were turned away and 23 donations where good.

We will have another blood drive again soon. Hope to see you at the next event!



Saturday – March 28th

We invite you to join us for a tour that will enhance your faith and inspire your life. We'll travel to Fort Mill, South Carolina to **NarrowWay Productions** as they present one of their most attended productions...

The 4th Cross.

We'll enjoy a special lunch featuring boneless beef short ribs in white pepper sauce on a bed of couscous with dried cranberries, roasted vegetables Mediterranean herb bread brushed with olive oil, homemade bread pudding with cherry and sour cream sauce with sweet iced tea or water.

Our tour includes a visit to **Billy Graham Library & Museum** to include the boyhood home & gravesites of Billy Graham & his wife. Transportation will be by late model deluxe motorcoach.

Special Price Per Person:
Only \$69.00

Depart from Walmart @ 8:00am

This is a matinee performance, so we plan on arriving back in Marion at app. 6:30pm this evening.

For More Information or reservations contact Brenda Monosso @ (828)659-0832.

Golf Tournament

\$20.00

Date: May 4th

Time: 9:00 am

**Place: Marion
Lake Club**



**Sponsor by McDowell
Senior Games**

"Must be a McDowell Senior Games Register Participant"

To qualify for McDowell Senior Games, you must turn age 50 by 12-31-2020.

Senior Games Registration Fee:
Early Bird March 6th \$10.00 after this date \$12.00

First time Senior Games Participants Registration Fee Half Price
Senior Games Registration Deadline
April 3rd

THE BUZZ OF OLD FORT

Evelyn Goniea really enjoyed a recent visit with her son and grandsons from Charlotte. Four year old Sam and six year old Henry were very happy with donuts at Mr. Bobs. Henry provided the highlight of the day when he proudly pulled his second loose "wiggly" tooth, while everyone was waiting on their lunch order to be prepared.

Donna Morris and Doug Allison visited Doug's daughter, Kim and grand daughter, Ava in Sanford, Florida. While there, they visited grandsons, Zachary and Andrew. They had a fun trip with lots of good food. They really enjoyed the trip and visit.

It is good to have Mary Jane Walker back with us after suffering a broken leg.

It is also good to have Joyce Noblitt back after a fall that ended with her collar bone broken.

Bonnie Autry had a fall and ended up in the hospital and had surgery for a broken hip. Understand the surgery was successful.

We were sad to hear that Chuck Walker had passed away. He was our oldest participant for daily lunches. Our prayers continue to be with his family.

Jeanette Grindstaff continues to improve daily. We look forward to her recovery so she can be back with us on a daily basis.

The skit presented to us "Not So Newly Weds" by our members, Alvin Lunsford and Talina Holloway, Bruce Clifton, Cora Johnson, Phillip Buchanan, Jean Buchanan, Charles Vess, Deb Vess, Michael Clark, Robin Clark and Carey Woody as the game show host, was fun for all. Everyone had some good laughs and a good time. Thanks to Cheryl Woody, our Site Manager for bringing group activities to us.

For those living alone, the fellowship at the center is as important to us as our meal. We need to stay active. Coming to the center on a daily basis is good to help provide us with a healthy mind and body. Thanks for all you do for Senior Citizens!

By Sue T. Glovier

MARCH BIRTHDAYS



MARION

Christine Austin 1
Dolly Noble 1
Sarah Hammett 5
Glenda Johnson 7
Mary Crowe 9
George Ziegler 9
Marilyn Collins 12
Harvey McElrath 12
James Richey 14
Edith Biddix 17

Nellie Randolph 20
Al Calvanico 20
Ronald Brauer 21
Billy Buchanan 22
Russell Davenport 21
Demaree Seagle 23
Edith Vance 23
Randy Hollifield 25
Fred Pennell 25
Linda Davenport 29

OLD FORT

Walter Hensley 1
Joel Byrd 2
Dennis Humphries 2
Jean Carroll 10
Robin Tvrdik 14
June Wilson 14
Ethel Brady 18
Sheila Oneil 26
Robin Clark 29
Terry Wilson 29

**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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www.mcdowellcountyseniorcenter.org
FAX: 828-652-8723



McDowell Senior Center
March 11, 2020
1:30 pm – 3:30 pm
Two Different Classes

Enhancing Mental Health with Alternative Treatments:

This course is designed for both care providers and recipients. It looks at alternative treatments and practice modalities and their impact on mental health. Many of the “outside of the box” interventions can be incorporated into the lives of people managing a mental illness and/or their caregivers to help create balance, stability and a reduction in stress and its maladaptive impacts. The approaches are also applicable to preventing or de-escalating crisis situations.

The Impact of Chronic Medical Illnesses on the Brain:

Chronic diseases can be challenging to manage. This course teaches ways to help the care recipient cope with the emotional and behavioral symptoms that sometimes accompany these medical conditions.

Registration: Jeffrey Dula

828-759-2160 Ext. 3346 or

jeffrey.dula@vayahealth.com

www.vayahealth.com



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:

March 19th
1:00 pm - 2:00 pm

Must have an Appointment,
call the Senior Center’s Front Desk for appointment @ 659-0821.

Riddle Answers:
1. Spat! all of the words have HAT in them except Spat.
2. A Stone.
3. You're pointless.



MCDOWELL TRANSIT

Scheduling your FREE transportation is simple!

Give McDowell Transit a call at 828-559-0744 at least 3 business days in advance.

For new riders: Please leave your name, date of birth, physical address, phone number, the name and address of your destination and date of your appointment.



Daylight Saving Time begins the second Sunday in March at 2. a.m. **In 2020, that date is Sunday, March 8th** in most areas of the U.S.