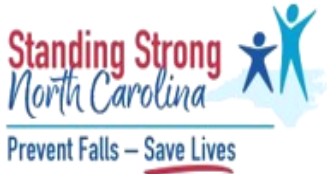




# FOCUS

## AUGUST 2025



### This September, join the STEPtember Challenge!

Join the NC Falls Prevention Coalition for STEPtember, a statewide walking and step challenge to celebrate healthy living and Falls Prevention Awareness month.

Let's TEAM UP here in McDowell to prevent falls!

STEPS are just that—every step you take throughout the day.

Whether you're walking to the mailbox, taking the dog out, shopping, doing household chores, or attending an exercise class, all these steps count.

We encourage participants to wear a pedometer or fitness tracker from the moment they get up until they go to bed, so every step is counted and celebrated.

Who can participate? Anyone



#### Join a STEPtember Kick-Off Info Session

**Location:** McDowell Senior Center, 100 Spaulding Road, Marion NC 28752

**Date:** Tuesday, August 19, 2025

**Times:** 9:30 AM or 5:30 PM

**Can't make it to a session?**

Stop by the McDowell Senior Center starting August 19<sup>th</sup> to sign up and pick up your STEPtember Walking Info Packet!

All walking calendars must be turned in by October 2<sup>nd</sup> to be entered into the prize drawings.

Winners will be announced at the STEPtember Award Celebration On October 7, 2025 at 5:30 PM at the McDowell Senior Center. (You do not need to be present to win.)

At the Kick-Off Sessions, You Can:

- Learn Simple ways to count your steps
- Discover how different activities contribute to your step total
- Meet others and maybe find a walking buddy!

For More Information  
Contact Brenda Monosso  
@ 828-659-0832

**LET'S Get Moving to stay Standing Strong NC!**

### Chair Volleyball

Get ready to serve up some fun  
and friendly competition



Come join the Senior Center's  
staff and play Chair Volleyball

**Friday, August  
15<sup>th</sup>  
@ 1:00pm**

For more information contact Brenda Monosso @ (828)659-0832

### McDowell Parkinson's Support Group (MPSG)

On Monday August 11, 2025 from 1-3pm Danielle Williams from Foothill's Region C Area Agency on Aging will present on assistance for Family Caregivers of those with Parkinson's Disease.

All adults with Parkinson's or Parkinsonism and their caregivers are welcome.

Please join us at the McDowell Senior Center. To help maintain your quality of life.

Senior Center Mission: To Enhance the Quality of life for McDowell County's Senior Citizens

## THE BUZZZ OF MARION

We are so glad that Jerry Green has been able to join us again, he has been out due to foot surgery. Mary Davis was able to be back with us, but Charles is still down in his back.

Betty McElrath is doing much better after suffering with a stroke. She has a caregiver helping her out at home.

Teresa Gentry will be starting a craft class on August 15th from 9:30 to 11:30. If you are interested in attending please sign up at the front desk, classes are limited to 12 participants. If you need to bring supplies they will be listed on the sign up sheet. Additional classes will be held on the third Friday of each month at the same time.

By Teresa Gentry and Cathy Laws

### Riddles:

1. Where do baseball players go for new uniforms?
2. What is considered one of the most remarkable inventions?
3. What kind of tree do you carry in your hand?
4. What has a bottom at the top?
5. What gets smaller every time it takes a bath?
6. I add 5 to 9 and get 2. The answer is correct, so what am I?

*Answers are on the back page.*

### Guess the Definition

#### variegated

1. secure
2. misled
3. multicolored

*Answer is on the back page.*



The McDowell Senior Center Dementia Support Group at the McDowell Senior Center will meet on Thursday, August 21 from 1:00-2:30 in the front conference room at the McDowell Senior Center. Future meetings will be held at the same time on the third Thursday of each month.

In August, the group will learn about the my ALZ Journey. An app for your phone or tablet that is a free tool to help early stage individuals and their care partners navigate their journey with dementia.

These meetings are for the caregivers, families, and friends of individuals with dementia.

The Dementia Support Group provides a safe, empathetic space for individuals affected by dementia to find guidance, comfort, and connection. If you would like to attend, you can just show up at the meeting or you can RSVP by calling Weyland Prebor at 828-659-0823.



A new exercise class called Bingocize will be starting soon at the McDowell Senior Center. The class will be on Tuesdays and Thursdays at 1:00pm starting Tuesday, August 5. The class will continue for 10 weeks. Bingocize® combines exercise and health information with the familiar game of Bingo, which is a great and fun way to get moving and socializing. Bingocizers play a Bingo game that includes exercises, educational health and wellness information, led safely by a Bingocize® facilitator. Bingocizers rest while numbers are called for the Bingo game and winners receive a prize at the end. Each session usually lasts 45-60 minutes. Class size is limited to 20 people and the program will take place in the dining room at the McDowell Senior Center. If you would like to sign up for the class, call Activities Coordinator Brenda Monosso at 828-659-0832.

## THE BUZZZ OF OLD FORT

We have had several in the hospital this past month and we are praying for their recovery. Remember, Terry Wilson, Roann Bishop, Bill Bengel, and Bobby Hughes.

Also remember these that have been sick and/or having tests: Cathy Herron, Carolyn Smith, Jim Taylor, Rhonda Hulse, David Setzer's daughter and Jean Davis's son.

Our hearts go out to the family of Mary Jane Walker. She will be missed and our thoughts and prayers go out Kathy and the family.

The AC Bud Hogan Community Center has some great instructors and our classes are a lot of fun. Come and attend if you have been thinking about trying one. We will make you feel welcome.


We are hoping to see some of you that haven't been here in a while. We miss you!

By Cheryl Woody & Carey Woody



McDowell County Senior Center is looking for a few volunteers that can help with clerical work. Hours would be 12pm-4pm Monday through Friday and possibly some morning hours. Experience with basic clerical knowledge would be great but we are willing to train. We would appreciate any help. Please stop by the Senior Center in Marion and see Jennifer, or call 828-659-0826 or email [jtaylorivy@mcowellseniorcenter.org](mailto:jtaylorivy@mcowellseniorcenter.org) for more information.

**AUGUST 2025**  
**MCDOWELL COUNTY SENIOR CENTER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A rainbow is a promise of:</b> <b>sunshine after rain</b> <b>calm after storms</b> <b>joy after sadness</b> <b>peace after pain</b> <b>love after loss.</b>				<sup>1</sup> 10:30-11:30 Chair Exercise
<sup>4</sup> 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	<sup>5</sup> 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 <u><b>Evening Classes</b></u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance 1:00 BINGOcize	<sup>6</sup> 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	<sup>7</sup> 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00 BINGOcize	<sup>8</sup> 10:30-11:30 Chair Exercise
<sup>11</sup> 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Parkinson's Support Group	<sup>12</sup> 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 1:00 BINGOcize <u><b>Evening Classes</b></u> 5:15-7:00 TAPS Care Group 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	<sup>13</sup> 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering <u>1:30-2:30 Vaya Health</u>	<sup>14</sup> 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00 BINGOcize	<sup>15</sup> 9:30-11:30 Craft Class 10:30-11:30 Chair Exercise
<sup>18</sup> 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	<sup>19</sup> 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 1:00 BINGOcize <u><b>Evening Classes</b></u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	<sup>20</sup> 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing	<sup>21</sup> 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00-2:30 Dementia Support Group 1:00 BINGOcize <b>Happy Senior            Citizens Day!</b>	<sup>22</sup> 10:30-11:30 Chair Exercise
<sup>25</sup> 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing	<sup>26</sup> 9:30-10:30 J.A.M. 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class 1:00 BINGOcize <u><b>Evening Classes</b></u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	<sup>27</sup> 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing	<sup>28</sup> 9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise 1:00 BINGOcize	<sup>29</sup> 10:00-11:30 Variety Hour 10:30-11:30 Chair Exercise



# Webinar Schedule 2025 Eastern Region

## To Register:

Go to [Vayahealth.com/Calendar](https://vayahealth.com/Calendar)  
Click on desired class to register.

## For More Information:

Email: [jeffrey.dula-brown@vayahealth.com](mailto:jeffrey.dula-brown@vayahealth.com)  
Or call: 828-225-2785 ext. 3346

Date	Time	Topic
August 8, 2025	10:00am-11:00am	Personality Disorders: Reaction to Interaction Part 1
August 8, 2025	11:15am-12:15pm	Personality Disorders: Reaction to Interaction Part 2
August 19, 2025	1:30pm-2:30pm	Personality Disorders: Reaction to Interaction Part 1
August 19, 2025	2:45pm-3:45pm	Personality Disorders: Reaction to Interaction Part 2
September 12, 2025	10:00am-11:00am	Understanding Schizophrenia and Psychosis
September 12, 2025	11:15am-12:15pm	Suicide and Aging...Conversations for Life!
September 16, 2025	1:30pm-2:30pm	Understanding Schizophrenia and Psychosis
September 16, 2025	2:45pm-3:45pm	Suicide and Aging...Conversations for Life!

# Vaya Health Trainings 2025 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](https://vayahealth.com/Calendar) or  
call the McDowell Senior Center at **828-659-0821**

**Vaya Health's Geriatric Team serves:** Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Cherokee, Clay, Graham, Harnett, Haywood, Henderson, Jackson, Johnston, Macon, Madison, McDowell, Mecklenburg, Mitchell, Polk, Rowan, Swain, Transylvania, Wake, Watauga, Wilkes, and Yancey counties.

Date	Time	Date	Time
Aug. 13	(1:30pm-2:30pm)	Sept.10	(1:30pm-2:30pm)
<b>Personality Disorders: Reaction to Interaction</b> Supporting an older adult with a personality disorder can be challenging. This training looks at specific personality disorders, what to expect, and treatment options. Also shared are tips used to make interactions smoother and more effective.		<b>Suicide and Aging...Conversations for Life!</b> Conversations about suicide are not always comfortable; however, having the dialogue opens the door for help! This course focuses on warning signs, adaptive responses, and prevention methods for aging individuals at risk of suicide.	

*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.*

## North Carolina Senior Farmers' Market Nutrition Program Coming to McDowell County!



The **NC Seniors Farmers' Market Nutrition Program (SFMNP)** provides eligible lower-income older adults with free vouchers to purchase fresh fruits, vegetables, honey, and fresh cut herbs at SFMNP certified farmers' markets. The program is designed to improve the nutrition of older adults and increase business for local farmers and farmers' markets. Participant eligibility requirements:

1. 60 years of age or older
2. McDowell County resident
3. Household maximum income of **\$2,413** or less per month for a one-person household; **\$3,261** or less per month for a two-person household (a couple that resides in the same household and meets the eligibility requirements may each get a voucher booklet)

Eligible persons will receive a \$50.00 booklet of ten \$5.00 vouchers that can be used at the Marion Tailgate Market located at 67 West Henderson Street, Marion, NC, 28752 and at other participating farmers markets in other counties. The Marion Tailgate Market operates every Saturday from 9:00am-1:00pm in August, 10:00am-2:00pm in September. You can redeem the vouchers at the Marion Tailgate Market through September 27. After that date, the vouchers will expire and cannot be used.

You are limited to only using the vouchers for fresh fruits and vegetables, honey and fresh cut herbs from participating vendors at the farmers market.

We ask that you make an appointment for the voucher sign-up date using this information listed below. The appointments should take 15 minutes or less to complete the paperwork to receive your vouchers. You will need to bring a photo ID to verify your age and residency.

**The McDowell Senior Center located at 100 Spaulding Road, Marion, NC on Thursday, August 7, from 10:00AM-2:00PM**

Call 828-659-0821 to schedule your appointment at this location or visit the reception desk at the McDowell Senior Center to sign up.

After August 7, any remaining voucher booklets will be distributed to eligible individuals by a waiting list in the order they are received. If you are unable to come to one of the sign-up events, you can be added to the waiting list by calling the McDowell Senior Center at 828-659-0821.

This opportunity is made possible through the partnerships of the North Carolina Senior Farmers' Market Nutrition Program, the Foothills Food Hub, and the McDowell Senior Center.



## McDowell Senior Center and McDowell EMS Offer Free In-Home Fall Prevention Program for Older Adults

The McDowell Senior Center is pleased to announce a partnership with the McDowell EMS Community Care Paramedic Program to offer a **free fall prevention program** aimed at helping adults **age 60 and over** remain safe, independent, and injury-free in their homes.

This vital initiative includes **in-home visits** conducted by trained EMS Community Care Paramedics using the **DwellSafe** program, a nationally recognized tool that assesses fall risk through a detailed evaluation of the home environment. The DwellSafe program's mission is to help older adults avoid preventable injuries that can lead to hospitalizations or transitions to assisted living or nursing facilities.

During each home visit, paramedics will guide residents through a **room-by-room assessment** using a combination of structured questions and video observations. If fall hazards are identified, **safety equipment** such as **grab bars, shower chairs, raised toilet seats, bed rails, and motion-activated lighting** may be provided **for free** based on funding available.

"Falls are one of the leading causes of injury among older adults," said Weyland Prebor, Director, for the McDowell Senior Center. "This program is an important step toward helping our seniors age safely in place."

This service is **available at no cost** to McDowell County residents aged 60 or older.

For more information or to schedule an in-home safety assessment, please fill out the referral form included in this month's newsletter and return the form to the McDowell Senior Center. If you have questions about the program, please call Weyland Prebor at 828-659-0823.



**DwellSafe**  
Stay safe. Stay Independent.  
Reduce fall risk at home.



# Free In-Home *Fall Prevention Program*

The McDowell EMS Community Care Paramedic Program will be visiting homes of adults ages 60 and older to do a free fall prevention screening using a new program called DwellSafe. The DwellSafe mission is to help older adults remain comfortable, independent, and free from injuries that often result in hospital visits or relocation to nursing homes and assisted living facilities. The fall prevention program uses questions and videos of rooms in your home to make a falls risk assessment that is specifically for you. Some homes may also receive free safety items for the home such as grab bars, motion lights, and shower chairs.

If you would like to participate, please fill out the following:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Please return completed forms to the McDowell Senior Center. If you have any questions, please call Weyland Prebor at 828-659-0823.

**Your safety is our priority**





We invite you to join  
McDowell Senior Center  
*On a Spectacular Fall  
Foliage Train Excursion*



Featuring the **Amtrak Cardinal** Oct. 23-24, 2025

**Special Price Only: \$419 Single, \$349 Double per person, \$339 Triple per person, \$329 Quad per person**

**Reservations strictly first come-first serve and require a \$50 deposit**

**Final Payment is due by September 19<sup>th</sup> - Cancellation penalties begin at that time.**

*Enjoy over 150 miles of spectacular fall foliage as we board the Amtrak Cardinal in Charleston, WV and follow the New River by way of Hinton, White Sulphur Springs and underneath the famous New River Gorge Bridge to Clifton Forge, Virginia.*

*This is some of the most rugged and beautiful country in the eastern United States and the best way to see it is by train as we relive the Golden Age of Travel!*

Includes roundtrip motorcoach transportation, one night hotel accommodations, breakfast at the hotel and a delicious lunch! Add to this lots of sightseeing stops.



Contact Brenda Monosso  
at (828)659-0832



**One Day Trip  
"Fabulous 50's & 60's"**

Slap on those blue suede shoes and shake, rattle, and roll on down to the Wohlfahrt Haus for a rollicking, rowdy musical revue featuring the classic music of the 50's and 60's. Come rock to the memorable hits of the oldies such as It's My Party, Splish Splash, Johnny B Goode, Surfin' USA and more! Bring the entire family and let the good times roll!



Wednesday August 20, 2025  
Day Trip to Wohlfahrt Haus  
Dinner Theater in Wytheville,  
VA **\$135.00** per person.  
Includes a delicious four  
course dinner and a wonderful  
show. Depart Walmart park-  
ing lot at 8:30am. **Seating is  
limited to "first come—first  
served."**

**Sign up by August 8, 2025**

For more information contact Brenda  
Monosso @ 828-659-0823



**The TAPS Online Community Brings Connection Between  
Care Group Meetings**

TAPS online sessions bring your TAPS community to you no matter where you are in grief or in the world. **Online groups** and **workshops** happen each month — offering opportunities for connection, education, and inspiration.

**Connect with your TAPS Online Community**

**Announcing** your new local TAPS Care Group. We invite you to join us for support, connection, healing, and growth on your grief journey in the company of other TAPS survivors at:

**McDowell County Senior Center**

**100 Spaulding Road  
Marion NC 28752**

**\*\*Announcing\*\*  
a NEW in-person  
TAPS CARE GROUP**

**The Group will be meeting on the second Tuesday of every month,  
starting August 12, 2025  
5:15 p.m. to 7:00 p.m.**

**This Care Group is facilitated by:  
Leslie and Joel Gordon, surviving parents of SrA Ian Rawley**

You can discover more opportunities to connect with your TAPS Family on our website at the **TAPS Event Calendar**.

Regardless of where you are in your grief or your relationship to the fallen, you are welcome with open arms.





# OLD FORT NUTRITION SITE

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

**Phone: 668-4867**

**AUGUST 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>4</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O'Neil</p>	<p>5</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun &amp; Games with Carol</p>	<p>6</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb</p>	<p>7</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>8</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>11</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O'Neil</p>	<p>12</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun &amp; Games with Carol</p>	<p>13</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb</p>	<p>14</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>15</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
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<p>25</p> <p>8:30-3:00 Puzzles 8:30-3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O'Neil</p>	<p>26</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun &amp; Games with Carol</p>	<p>27</p> <p>8:30—3:00 Puz- zles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb</p>	<p>28</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>29</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Dining Room Notice</u></b></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><b>Thank you.</b></p>	<p><u>Nutrition Site</u> <u>Beverages</u></p> <p>Whole / Skim Milk Tea Coffee</p> 	<p><b>Menu items are subject to change due to availability</b></p> <p>* Cong.- Congregate * H.D.M - Home Delivered Meals</p>		<p>1</p> <p>Chicken Salad Sandwich Lettuce &amp; Tomato Macaroni Salad Chips Cookie</p>
<p>4</p> <p>Kielbasa Sauerkraut 5-Way Vegetables Au-Gratin Potatoes Roll Chocolate Pudding</p>	<p>5</p> <p>Baked Chicken w/ Italian Dressing California Blend Diced Pears Buttered Noodles Garlic Knot Strawberry Mallow</p>	<p>6</p> <p>Baked Sliced Pork Steamed Cabbage Creamed Potatoes Cornbread Diced Peaches</p>	<p>7</p> <p>Cheese Manicotti w/Marinara Sauce Cesear Salad Juice Garlic Knot Tiramisu</p>	<p>8</p> <p>Ham &amp; Cheese Sandwich Lettuce &amp; Tomato Potato Salad Juice Mixed Fruit</p>
<p>11</p> <p>Salisbury Steak w/Gravy Green Beans Creamed Potatoes Biscuit Pineapple Tidbits</p>	<p>12</p> <p>BBQ Chicken Fried Okra Parslied Potatoes Cheese Biscuit Butterscotch Pudding</p>	<p>13</p> <p>Meatloaf Brussell Sprouts Orange Juice Creamed Potatoes Biscuit Yogurt</p>	<p>14</p> <p>Chili Cheeseburger Cole Slaw Onion Straws Apple Cobbler</p>	<p>15</p> <p>Turkey &amp; Swiss Cheese Sandwich Lettuce &amp; Tomato Potato Salad Fresh Orange</p>
<p>18</p> <p>Country Style Steak w/ Gravy Green Beans Creamed Potatoes Biscuit Diced Pears</p>	<p>19</p> <p>Teriyaki Pork Tips Broccoli Rice Egg Roll Tropical Fruit</p>	<p>20</p> <p>Baked Macaroni w/Hamburger Meat Cold Country Tomatoes Broccoli Spears Cornbread Mixed Fruit</p>	<p>21</p> <p>BBQ Pork Sandwich Cole Slaw Juice Baked Beans Cookie <i>Happy Senior Citizens Day!</i></p>	<p>22</p> <p>Chicken Tenders Tossed Salad Baby Lima Beans Biscuit Cherry Cobbler</p>
<p>25</p> <p>Hot Dog w/Chili Cole Slaw Diced Pears Tater Tots Fig Bar</p>	<p>26</p> <p>Orange Chicken Steamed Carrots Fried Rice Vegetable Egg Roll Fortune Cookie Juice</p>	<p>27</p> <p>Fish Fillet Sandwich Cole Slaw Fresh Apple Southwest Corn Cookie</p>	<p>28</p> <p>Grilled Chicken Green Peas Orange Juice Rice Pilaf Roll Peaches</p>	<p>29</p> <p>Philly Cheesesteak Sandwich Peppers &amp; Onions French Fries Mixed fruit</p>



## NC Veterans Cemetery Program

A free burial plot is provided at a North Carolina State Veterans Cemetery for eligible North Carolina veterans and their legal spouse (and dependents under certain conditions). Veterans must be discharged under honorable conditions and meet certain residency requirements.

Only government furnished headstones will be authorized for use in State Veterans cemeteries. There is no charge for installing the headstones. Government headstones are ordered from the United States Department of Veterans Affairs after consulting with the surviving family members.

Eligibility:

### 1. A Qualified Veteran

- Any former member of the U.S. Armed Forces whose service on active duty, other than for training, was terminated under honorable conditions.
- A veteran who is entitled to retired pay for non-regular service (i.e., service in the Reserve Components or Army or Air National Guard) or a veteran who would have been entitled to retired pay for non-regular service, but for the fact that the person was under 60 years of age.

### 2. Dependent(s)

The spouse, widow or widower of a qualified veteran or a minor child who is unmarried and dependent on the qualified veteran at the time of death. For purposes of definition, a "minor child" includes a child under 21 years of age or under 23 years of age if pursuing a course of instruction at an educational institution approved by the United States Department of Veterans Affairs. In addition, an unmarried adult child of a qualified veteran who became permanently incapable

of self-support because of a physical or mental disability before attaining the age of 18 years is also eligible.

There is no charge for the gravesite or necessary interment services for a qualified veteran. There is however, a burial fee for an eligible spouse or family member.

Only government furnished headstones will be authorized for use in State Veterans cemeteries. There is no charge for installing the headstones. Government headstones are ordered from the United States Department of Veterans Affairs after consulting with the surviving family members.

Graveside services are not permitted. Committal services will be held in the chapel or at a committal shelter on the cemetery grounds. All services are 30 minutes long. Family members and other attendees are required to exit the cemetery when the service ends. Family members may return to the gravesite after the burial of the casket or urn is complete and the area is cleared of all equipment and materials.

Here are the phone numbers for the North Carolina Veterans Cemeteries:

Western Carolina Veterans Cemetery in Black Mountain 919-664-1195

Coastal Carolina Veterans Cemetery in Jacksonville NC 919-664-1110

Sandhills State Veterans Cemetery in Spring Lake NC 919-664-1175

Eastern Carolina State Veterans Cemetery in Goldsboro NC 919-664-1120



Let's Get Crafty  
with

"Teresa"

Come make a

Craft

with Teresa

No supplies  
needed



August 15<sup>th</sup>

9:30am-11:30am

Space is limited  
to the  
first 12 people  
to sign-up  
at Front Desk

For More  
Information See  
Brenda Monosso



**HAPPY**



**BIRTHDAY**

**MARION**

Charles Davis 2  
Charlotte McDaniel 4  
Clarence Holland 7  
Ruth Lane 8  
Norma Williams 19  
Dorothy McCall 20  
Jennifer Whittaker 20  
Amie Lindner 21  
Alma Lambert 22



**OLD FORT**

Harold Harless 7  
Joseph LeBlanc 10  
Archie Banner 12  
Tommy Johnson 13  
Inez Anderson 14  
Fuchsia Shuman 15  
Timothy McEntire 16  
Martha Jamison 26

**MCDOWELL COUNTY  
SENIOR CENTER**

100 Spaulding Road  
Marion N.C. 28752

Phone: 828-659-0821

**Weyland Prebor, Director**

**FOCUS**

Marion Reporters:  
Teresa Gentry  
Cathy Laws

Old Fort Reporters:  
Cheryl Woody  
Carey Woody

Editor:

Karen Burrell

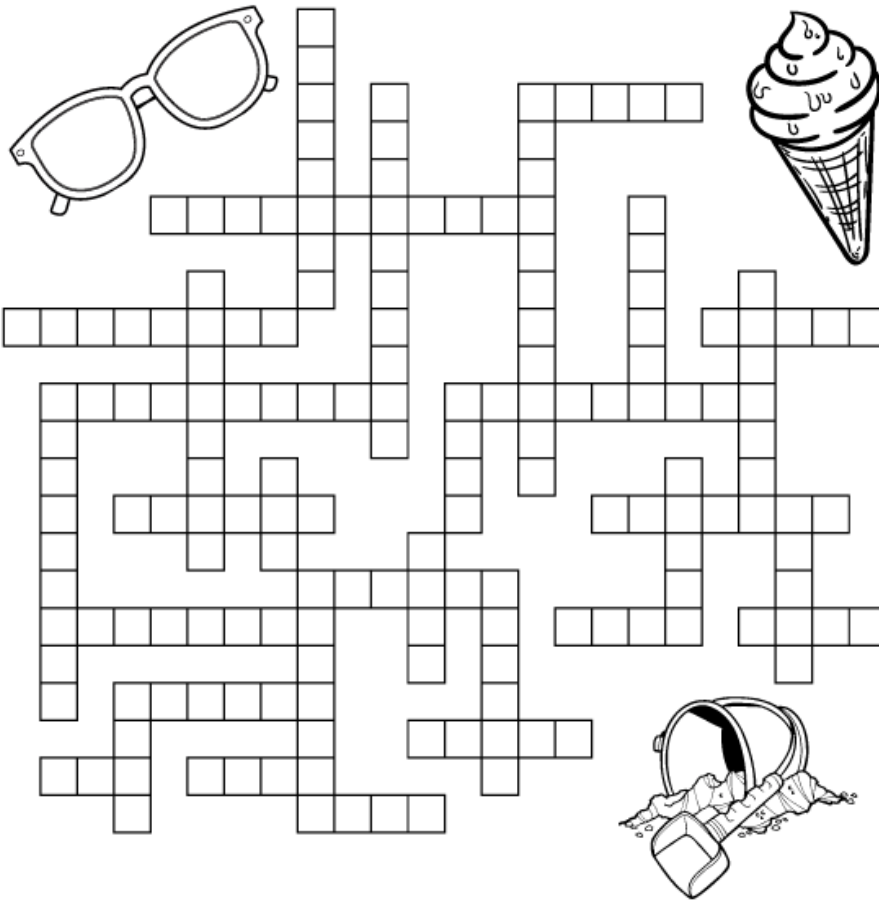
kburrell@mcdowellseniorcenter.org

WEB:

www.mcdowellcountyseniorcenter.org

FAX: 828-652-8723

**SUMMER FILL-IN PUZZLE**



<b>3 letters</b>	<b>4 letters</b>	<b>5 letters</b>	<b>6 letters</b>	<b>7 letters</b>	<b>8 letters</b>	<b>9 letters</b>	<b>10 letters</b>
fan	camp	beach	biking	berries	barbeque	flip flops	sandcastle
hot	fire	ocean	garden	flowers	ice cream	sprinkler	sunglasses
	hike	relax	meadow	outside	lemonade		
	pail	sunny	shovel		vacation		
	sand	towel	summer				
	swim						
	kite						
				<b>11 letters</b>			
				bathing suit			
				butterflies			



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

**Condolences**

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

Mary Walker 7-11-2025

Debra Bradley 7-19-2025



**Riddle Answers:**



1. New Jersey
2. A dry erase board.
3. A palm.
4. Your legs.
5. Soap
6. A clock, 9:00 plus five hours is 2:00.

**Guess the Definition Answer**

3. multicolored