



FOCUS

APRIL 2021

Senior Center Partial Reopening April 1, 2021



The availability of Covid vaccines for the age 65+ population and the current active cases beginning to trend down in our county is helping the process to reopen our centers slowly. Our centers **will not** have on-sites meals or classes in our first phase of reopening. Anyone coming into our sites are required to wear masks at all times, even if you have already received your vaccine shots.

The A.C. Bud Hogan Community Center and the McDowell Senior Center will reopen our fitness equipment rooms at both sites starting on April 1, 2021. Only 2 people will be allowed to use these rooms for a specified 45-minute block, masks must be worn at all times even while exercising. The times the rooms will be available will be 8:15-9:00, 9:15-10:00, 10:15-11:00, 11:15-12:00, 12:15-1:00, 1:15-2:00, 2:15-3:00.

The computer lab at the McDowell Senior Center will be open for use in one-hour blocks for 2 people at a time using specified computers starting April 1, 2021. The available time

blocks will be from 8:30-9:30, 9:45-10:45, 11:00-12:00, 12:15-1:15, 1:30-2:30, 2:45-3:45.

Anyone using any equipment at the centers will be required to sanitize the equipment after use. The sanitizing supplies will be supplied in each room.

In addition, the lending library will be open at the McDowell Senior Center and can be used without a reservation. This will be first-come, first-served by one person or two persons if they reside in the same household.

If you would like to make a reservation for the use of the exercise rooms and computer labs at our centers, please call the McDowell Senior Center at 828-659-0821 or the A.C. Bud Hogan Community Center at 828-668-4867.

As of the writing of this article, our county has lost 77 lives due to the COVID virus. All but one of those deaths were in individuals over 50 years of age. In the same age group of age 50+, 1,880 McDowell residents have tested positive for COVID since March 2020.

On a positive note, over 10,000 McDowell residents have already received their first COVID vaccination and close to 7,000 residents have completed their vaccinations! We are thankful for the work of the McDowell

Emergency Services, the McDowell Health Department along with multiple other agencies and volunteers for the continued successful vaccination program in McDowell County.

Our centers want to continue the reopening process. Help us continue to prepare for more activities at our sites sooner by getting tested if you have COVID symptoms, isolating yourself if you have a suspected exposure or a positive test result, scheduling and completing your vaccine shots and following the three W's-wear a mask, wait six feet apart and wash your hands.

McDowell County is moving in the right direction with less active cases than in previous months, but it is the responsibility of everyone to keep our active cases low and help your senior centers continue to reopen.

"You're only here for a short visit. Don't hurry, don't worry. And be sure to smell the flowers along the way."

Walter Hagen



**2021
McDowell County
Senior Games
Registration Open
March 12th-April 30th
"Help Spread The
Word"**



**This year's games
will be In-person
and some Virtual.
Our goal is to
keep you safe!**



Registration Fee:

**"Free" to all 2020
registered participants
for all others \$6.00**

To Register or for more
information contact
Brenda Monosso at the
McDowell Senior Center

bmonosso@mcdowellseniorcenter.org

(828)659-0832.

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.

Home Delivered Meals



Volunteer Drivers Needed

Would you like to make a difference
in our community?

If your answer was yes then I have a
great opportunity for you. McDowell
County has a Home Delivered Meal
Program and we are in need of
volunteers.

The Home Delivered Meal program
has several different areas that we
travel to. We go as far as Nebo and
North Cove and even have 2 routes in
Old Fort. Our Home Delivered Meal
Drivers will deliver at least one day a
week or more if you choose to help
out. The routes are approximately 1
to 1.5 hours. We reimburse 50 cents
a mile for each route. You can keep
the money you get or you can donate
your mileage back to the Home
Delivered Meals program.

Drivers are required to fill out an
application in person and we do
background checks before you can
start driving with us.

Once you are cleared to drive, we
will take you out to learn the route
before you deliver alone. This is a
great way to give back to the
homebound seniors. Also, drivers are
required to wear masks and gloves
during the Covid-19 pandemic. We
want to keep our volunteers and the
seniors we deliver to safe.

**Give me, Jessica Lowery, a call
today at (828) 659-0821 or email
me at volctr@mcdowellgov.com.**

Now is the time to step in and help
those in need.

BRICKS AVAILABLE



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
might want your own name put on a
brick which will be placed at the front
of the Old Fort A. C. Bud Hogan
Community Center for everyone to see
for a \$100.00 donation. Call Cheryl
Woody at 668-4867 for more
information.

Bricks are also available at the Marion
Senior Center entrance walkway for a
\$100.00 donation If you would like to
know more, speak with Weyland
Prebor, 659-0823. All proceeds go to
the Building Renovation Fund.

Riddles:

1. In her work each day, a courageous
young woman often encounters
cobras, vipers, stingrays,
barracudas, eagles, cougars,
impalas, rams, spiders, beetles, and
on rare occasions, a panther. This
woman has no fear of any of these
as she walks around in the midst of
them, never carrying a gun or a
whip, and without being protected
from them by iron bars or safety
barriers of any kind. What is the
occupation of this brave, young
woman, and why does she have no
fear when performing her job?
2. What flowers can be found
between the nose and the chin?
3. What exists when one person has it
but ceases to exist when another
person gets it?
4. What has seven holes in it and is
shaped like a ball? Hint: It is a
body part.

Answers are on the back page.

**Now Scheduling Covid-19 Vaccine
Appointments for
McDowell County Residents**

**Vaccine Hotline (828)803-4552 or
request an Appointment at:
mcdowellem.com**

**McDowell Transit is able to transport
anyone in McDowell County for free to
receive both doses of the Covid-19 vaccine.**



**Please call 828-559-0744 and select option 2
to leave a voicemail message and reserve your spot.**

Please leave your name, date of birth, physical address, phone
number, the name and address of your destination, and the time
and date of your appointment.

All Transit appointments must be scheduled at least three
business days in advance.

**Appointments may be scheduled
M-F between 8:30am and 4pm.
Earlier appointments times are encouraged.**

Medicare Savings Programs 2021

(Available to Medicare recipients to help meet rising medical care cost)

1-855-408-1212 - www.ncshiip.com

Requirements

Applicant must be eligible for Medicare Part A. Income and resources/assets must fit into the program's guidelines.

Resources/Assets

Resources/Assets not over \$9,470 for one person or not over \$14,960 per married couple.

These amounts include a \$1,500 per person burial fund allowance. Resources not counted include:

- Home property and furnishings
- One essential vehicle of any value
- Burial assets

How to Apply

How: Contact your county Department of Social Services to apply and for more information. **Who:** Persons who are eligible for Medicare Part A and meet the income/resource requirements.

When: Anytime. However, you **MUST** apply for the program – it is not automatic. You do not need to be hospitalized or have medical bills to apply. You cannot receive benefits until you apply **and** are determined eligible.

The chart below outlines the programs' income limits and the benefits effective April 1, 2021

Medicare Qualified Beneficiary (MQB-Q or QMB) \$1,073/month (single) \$1,452/month (married couple) Income limit is based on 100 percent of the Federal Poverty Level for all states except Alaska and Hawaii.	<ul style="list-style-type: none">• Payment for Medicare Premiums• Coverage for all Medicare deductibles (Part A & B)• Coverage for all Medicare coinsurance (Part A & B) <p>Note: MQB's coverage is similar to basic Medicare supplement policy. However, QMB does not pay for prescription drugs.</p>
Medicare Qualified Beneficiary B Class (MQB-B or SLMB) \$1,288/month (single) \$1,742/month (married couple) Income limit based on 120 percent of the Federal Poverty Level for all states except Alaska and Hawaii	<ul style="list-style-type: none">• Payment for the Medicare Part B Premiums.
Qualifying Individuals (MQB-E or QI-1) \$1,449/month (single) \$1,960/month (married couple) QI-1 recipients have incomes of at least 120 percent of the Federal Poverty Level but less than 135 percent of the Federal Poverty Level.	<ul style="list-style-type: none">• Payment for the Medicare Part B premiums• Funding for QI-1 is limited <p>Once funding is exhausted, no one else will be eligible for the program that year. All applicants must re-apply for this program each calendar year.</p>

April is National Parkinson's Awareness Month



10 Early Signs of Parkinson's Disease

It can be hard to tell if you or a loved one has Parkinson's disease (PD). Below are 10 signs that you might have the disease. No single one of these signs means that you should worry, but if you have more than one sign you should consider making an appointment to talk to your doctor.

Tremor

Have you noticed a slight shaking or tremor in your finger, thumb, hand or chin? A tremor while at rest is a common early sign of Parkinson's disease.

What is normal?

Shaking can be normal after lots of exercise, if you are stressed or if you have been injured. Shaking could also be caused by a medicine you take.

Small Handwriting

Has your handwriting gotten much smaller than it was in the past? You may notice the way you write words on a page has changed, such as letter sizes are smaller and the words are crowded together. A change in handwriting may be a sign of Parkinson's disease called micrographia.

What is normal?

Sometimes writing can change as you get older, if you have stiff hands or fingers or poor vision.

Loss of Smell

Have you noticed you no longer smell certain foods very well? If you seem to have more trouble smelling foods like bananas, dill pickles or licorice, you should ask your doctor about Parkinson's.

What is normal?

Your sense of smell can be changed by a cold, flu or a stuffy nose, but it should come back when you are better.

Trouble Sleeping

Do you thrash around in bed or act out dreams when you are deeply asleep? Sometimes, your spouse will notice or will want to move to another bed. Sudden

movements during sleep may be a sign of Parkinson's disease.

What is normal?

It is normal for everyone to have a night when they 'toss and turn' instead of sleeping. Similarly, quick jerks of the body when initiation sleep or when in lighter sleep are common and often normal.

Trouble Moving or Walking

Do you feel stiff in your body, arms or legs? Have others noticed that your arms don't swing like they used to when you walk? Sometimes stiffness goes away as you move. If it does not, it can be a sign of Parkinson's disease. An early sign might be stiffness or pain in your shoulder or hips. People sometimes say their feet seem "stuck to the floor."

What is normal?

If you have injured your arm or shoulder, you may not be able to use it as well until it is healed, or another illness like arthritis might cause the same symptom.

Constipation

Do you have trouble moving your bowels without straining every day? Straining to move your bowels can be an early sign of Parkinson's disease and you should talk to your doctor.

What is normal?

If you do not have enough water or fiber in your diet, it can cause problems in the bathroom. Also, some medicines, especially those used for pain, will cause constipation. If there is no other reason such as diet or medicine that would cause you to have trouble moving your bowels, you should speak with your doctor.

A Soft or Low Voice

Have other people told you that your voice is very soft or that you sound hoarse? If there has been a change in your voice you should see your doctor about whether it could be Parkinson's disease. Sometimes you might think other people are losing their hearing, when really you are speaking more softly.

What is normal?

A chest cold or other virus can cause your voice to sound different, but you should go back to sounding the same when you get over your cough or cold.

Masked Face

Have you been told that you have a serious, depressed or mad look on your face, even when you are not in a bad mood? This is often called facial masking. If so, you should ask your doctor about Parkinson's disease.

What is normal?

Some medicines can cause you to have the same type of serious or staring look, but you would go back to the way you were after you stopped the medication.

Dizziness or Fainting

Do you notice that you often feel dizzy when you stand up out of a chair? Feeling dizzy or fainting can be a sign of low blood pressure and can be linked to Parkinson's disease (PD).

What is normal?

Everyone has had a time when they stood up and felt dizzy, but if it happens on a regular basis you should see your doctor.

Stooping or Hunching Over

Are you not standing up as straight as you used to? If you or your family or friends notice that you seem to be stooping, leaning or slouching when you stand, it could be a sign of Parkinson's disease (PD).

What is normal?



If you have pain from an injury or if you are sick, it might cause you to stand crookedly. Also, a problem with your bones can make you hunch over.

What can you do if you have PD?

- Work with your doctor to create a plan to stay healthy. This might include the following:
 - A referral to a neurologist, a doctor who specializes in the brain
 - Care from an occupational therapist, physical therapist or speech therapist
 - Meeting with a medical social worker to talk about how Parkinson's will affect your life
 - Start a regular exercise program to delay further symptoms. Talk with family and friends who can provide you with the support you need.

From: www.parkinson.org

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Dining Room Notice</u></p> <p>In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat.</p> <p>Thank you.</p>	<p>Menu items are subject to change due to availability</p> <p><u>Nutrition Site Beverages</u></p> <p>Whole Milk </p> <p>*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free</p>	 <p>ON APRIL 4TH</p>	<p>1</p> <p>Breaded Chicken Breast Fillet Tater Tots Bun Peach Crisp (DB-SF Hot Peaches)</p>	<p>2</p> <p>Closed Good Friday Holiday</p>
<p>5</p> <p>Chicken Salad Lettuce Mixed Fruit Crackers Cookie</p>	<p>6</p> <p>Pork Loin Steamed Cabbage Black Eyed Peas Cornbread Jello (D.B.-Fresh Strawberries or Pineapple)</p>	<p>7</p> <p>Baked Spaghetti Green Beans Garlic Biscuit Pudding (D.B. SF Pudding)</p>	<p>8</p> <p>Ham Sandwich/Bun Lettuce & Tomato Macaroni Salad Fruit Cup (D.B.-S.F. Peaches)</p>	<p>9</p> <p>Left Over Day</p>
<p>12</p> <p>Chicken Pot Pie w/Mixed Vegetables Juice Rice Biscuit</p>	<p>13</p> <p>Taco Pie Black Beans/Corn Spanish Rice Tortilla Chips Brownie</p>	<p>14</p> <p>Chicken Tenders Tater Tots Roll Fruit Cobbler (D.B. -Hot Fruit)</p>	<p>15</p> <p>Turkey Burger/Bun Baked Beans Chips Jello (D.B. -SF Cranberry Congealed Salad)</p>	<p>16</p> <p>Left Over Day</p>
<p>19</p> <p>Chicken Marinara over Pasta Peas Roll Jello (D.B.- S.F. Jello)</p>	<p>20</p> <p>Meatloaf Green Beans Mashed Potatoes Fruit Cup (D.B. SF Pears w/Cottage Cheese)</p>	<p>21</p> <p>Chicken Teriyaki Broccoli Fried Rice Oatmeal Cookie</p>	<p>22</p> <p>Kielbasa w/Peppers & Onions Au Gratin Potatoes Roll Peach Cobbler</p>	<p>23</p> <p>Left Over Day</p>
<p>26</p> <p>Breaded Chicken Breast Fillet w/Bun Tater Tots Peach Crisp (D.B.-SF Tropical Fruit)</p>	<p>27</p> <p>Hamburger Steak w/Peppers & Onions Cut Yams Roll Jello (D.B.-SF Easy Fruit Salad)</p>	<p>28</p> <p>Italian Chicken Vegetable Medley Buttered Noodles Roll Banana (D.B.-Banana)</p>	<p>29</p> <p>Turkey Dog w/Chili & Bun Sweet Potato Tots Baked Beans Fruit Cup (D.B.-SF Hot Peaches)</p>	<p>30</p> <p>Left Over Day</p>



Registration Information

Please send email to registrar of selected webinar by the deadline indicated.

Please include attendee name, email address, webinar topic, webinar date & time, and agency affiliation if applicable.

For more information, please contact Terry Spencer at 828-759-2160 ext. 3332, or at terry.spencer@vayahealth.com.

Mark your calendars for Upcoming FREE April 2021 Webinars

Date	Time	Topic
April 9, 2021	10:00-11:00am	Bipolar: Extreme Mood Variation: Is there Stability? Register by April 6th to amy.penlev@vayahealth.com
April 9, 2021	11:15am-12:15pm	Keeping the Balance: Mood Stabilizing Medications Register by April 6th to amy.penlev@vayahealth.com
April 15, 2021	1:30-2:30pm	Bipolar: Extreme Mood Variation: Is there Stability? Register by April 12th to vickey.todd@vayahealth.com
April 15, 2021	2:45-3:45pm	Keeping the Balance: Mood Stabilizing Medications Register by April 12th to vickey.todd@vayahealth.com
April 21, 2021	10:00-11:00am	Bipolar: Extreme Mood Variation: Is there Stability? Register by April 16th to denee.shipman@vayahealth.com
April 21, 2021	11:15am-12:15pm	Keeping the Balance: Mood Stabilizing Medications Register by April 16th to denee.shipman@vayahealth.com
April 27, 2021	1:30-2:30pm	Bipolar: Extreme Mood Variation: Is there Stability? Register by April 22nd to mandy.matney@vayahealth.com
April 27, 2021	2:45-3:45pm	Keeping the Balance: Mood Stabilizing Medications Register by April 22nd to mandy.matney@vayahealth.com

APRIL BIRTHDAYS



MARION

- James Oneil 1
- Louis Crisp 2
- Judy Dewitt 2
- Carol Ritter 13
- Janet Adelgrin 14
- Helen Hoyle 17
- John Sigmon 26
- Jayne Bradley 27
- James Patton 28
- Irva Byrd 30
- Jane Laney 30

OLD FORT

- Mary Kendall 2
- Betty Hensley 6
- David Lanning 13
- Bulah Lavender 19
- Belinda Toney 19
- Jean Creekmore 27
- Glen Anderson 28
- Jeanette Hart 28

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

Phone: 828-659-0821
Weyland Prebor, Director

FOCUS

Marion Reporter:
Margie Boyd
Old Fort Reporter:
Sue Glover

Editor:
Barbara Gautney
bgautney@mcdowellseniorcenter.org
WEB:
www.mcdowellcountyseniorcenter.org
FAX: 828-652-8723

1. The young woman is a used-car saleswoman who encounters a wide variety of high and low end trade-ins at the dealership where she works. Incidentally, all of the models of the used cars listed in this puzzle are named after animals. The last one mentioned, the Watercar panther, is an amphibious automobile which started to be produced in 2013.
2. "Tulips – get it? "Two lips."
3. A Secret.
4. Your head.

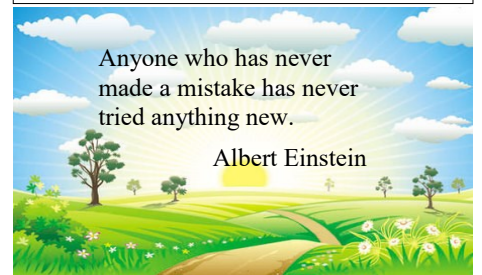
Riddle Answers:

- Respect Memories
- Confide Laughter
- Play Generous
- Helps Share
- Kindness Special
- Caring Trust
- Best Friends Listen
- Cooperate

Word Scramble Answers

Anyone who has never made a mistake has never tried anything new.

Albert Einstein



Condolences

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

Demaree Seagle 3-10-2021

Kitner "Kit" Alverson 3-12-2021



Old Fort News and Updates

We enjoy seeing each one of you as you pick up your lunch and are looking forward seeing some of you even more using the fitness room in April. There are still a few time slots available if you would like to make a reservation to use the fitness equipment. Just call 668-4867.

Jeanette Grindstaff is having some rehab and she desires everyone's prayers. Hopefully, they will allow visitors soon.

Also, Joe Stroud has had a complete knee replacement and is recovering at home with Nettie's assistance.

Mary and Graham Kendall's daughter is in the hospital with serious complications from the Covid and they want everyone to pray for her.

We know that a few of you have had some hospital visits, Jean Carroll, Bobbie Bell, Elizabeth Plemmons, Phillip Buchanan and Doris Farmer, Joyce Noblitt, and we hope that you are all on the mend.

We also miss a lot of you that are not coming for the drive-thru lunch right now and are looking forward to the day that the pandemic is over and we can all meet together again inside the building.

Friendship Word Scramble

Unscramble the letters to solve the puzzle!

1. EREPTS _____
2. FNOEIDC _____
3. LPAY _____
4. SPLHE _____
5. KNNISSDE _____
6. ARICGN _____
7. SBTE IDESFNR _____
8. OEARTEOPC _____
9. ESIEMMOR _____
10. TARLUGHE _____
11. EONSEUGR _____
12. ESHRA _____
13. ECISALP _____
14. URTST _____
15. LTNSI _____