



FOCUS

MAY 2021



Senior Center Classes and Activities Returning June 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. Starting in June, we are returning to having classes and activities at both of our locations. Our centers **will not** have on-sites meals during our second 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. If you are unable to wear a mask in our facilities, we ask you to wait to rejoin us until it is deemed safe to attend without a mask. We will continue to provide updates in our future newsletters.

For everyone's safety, we will be adding a self-service temperature check at both centers in the reception areas. Everyone entering our buildings will be required to stop at these check-in areas before using the facilities. Also, we are adding additional hand sanitizer stations throughout the centers.

We are currently working on a class and activity schedule and it will be included in our June newsletter.

Our exercise rooms and the McDowell Senior Center computer lab are open now to limited capacity by making a reservation. For the McDowell Senior Center Exercise Room and the Computer Lab you can call 828-659-0821 to make a reservation. For the A.C. Bud Hogan Community Center Exercise Room in Old Fort, please call 828-668-4867 to make your reservation.

In addition, the lending library is 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. The McDowell County Public Library has been kind to recently donate books to our library. Please come and check them out!

Our centers want to continue the reopening process. As of the writing of this article, over 14,000 McDowell residents have had at least one vaccine shot and over 10,000 have completed their shots. The Governor's office is currently working on lifting additional restrictions in the coming months if the state reaches 2/3 of the adult population receiving at least one vaccine dose.

Help us continue to prepare for more activities and less restrictions 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, and most important-scheduling and completing your vaccine shots.

McDowell County Vaccine Hotline is Scheduling Covid-19 Vaccine Appointments call (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 & 4pm. Earlier appointments times are encouraged.

VETERAN'S CORNER



With the passage of HR 6935, part of the 2021 National Defense Authorization Act (NDAA), the following was added:

Additional diseases associated with exposure to certain herbicide agents for which there is a presumption of service connection for veterans who served in the Republic of Vietnam.

Section 1116(a)(2) of title 38, United States Code, is amended by adding at the end the following new subparagraphs:

- (I) Parkinsonism
- (J) Bladder cancer
- (K) Hypothyroidism

If you are a Vietnam era Veteran and you have been diagnosed with one of the above diseases, please contact the Senior Center and make an appointment with the Veterans Service Officer.

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.



Medicare Advantage Plans for People with End-Stage Renal Disease

Beginning in 2021, people with End-Stage Renal Disease (ESRD) can enroll in Medicare Advantage Plans. Medicare Advantage Plans must cover the same services as Original Medicare but may have different costs and restrictions.

However, Medicare Advantage Plans cannot set cost-sharing for either outpatient dialysis or immunosuppressant drugs higher than would be the beneficiary responsibility under Original Medicare.

If you have ESRD and are interested in enrolling in a Medicare Advantage Plan, it is important to consider provider networks and costs as you evaluate plans. Visit Medicare Interactive to learn more about MA Plans and ESRD.

Medicare Advantage Plans, sometime referred to as Part C, contract with the federal government and are paid a fixed amount per person to provide Medicare benefits. Plans must provide all Part A and Part B services offered by Original Medicare, but can do so with different rules, costs, and restrictions that can affect how and when you receive care.

Joke:

A weasel walks into a bar. The bartender says, "Wow, I've never served a weasel before. What can I get for you?"
"Pop", goes the weasel.

Old Fort News and Updates

It is so good to see the Covid19 cases going down in our county and we are hoping to be getting closer to normal soon at the center. We have had seven new people to sign up with us recently and we are excited to have them joining us for the drive-thru lunch. It never gets old to see all of your smiling faces as you are driving up for the meals.

We are missing Jeanette Grindstaff while she is still getting some rehab from her fall and it is heart breaking to report that Mary and Graham Kendall's daughter has passed away. Please remember them and their family during these difficult times. Also, we miss a lot of you that have not been able to get out and see us and those of you that have not been well.

We want to thank our faithful volunteers that have been able to stick with us during the pandemic. Your dedication to us and the community that we serve has been remarkable. We can't thank you enough.

Riddles:

1. What is always in front of you but can't be seen?
2. What can you keep after giving to someone?
3. I shave every day, but my beard stays the same. What am I?
4. I have branches, but no fruit, trunk or leaves. What am I?
5. The more of this there is, the less you see. What is it?
6. I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?
7. What goes up and down but doesn't move?

Answers are on the back page.

MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH

Do you feel like your mind is constantly racing? It's like a train running through a million thoughts, thinking about the past, the future, or all the things that went wrong or could go wrong. As people struggling with anxiety or trauma, instead of staying grounded on the platform, we run and launch ourselves on the anxiety train and our minds go somewhere else.

When this happens it's hard to sleep, to stay focused, or be around others. The following exercise is designed to help you calm down and retrain your body and mind to stay grounded in the moment. The exercise can be used when you catch your mind wandering or if you notice you're about to have an anxiety or panic attack.

It's pretty hard to have two different thoughts in your head at one time. The goal is to fill your brain with thoughts on the here and now—and stop allowing your brain to go to the other place. The more you practice, the faster you'll notice your body and brain responding well.

3 steps to keep your mind grounded

Hop off the train

Before you start, you must learn to catch yourself. It's hard to practice coping skills if you're on the anxiety train. Stop yourself from getting on—or get off the train if you're already on it. Sometimes we literally have to tell our minds, "Stop It!" After you do that, practice either of the two strategies below.

Stay grounded physically
Touch is a powerful force for keeping your mind in the here and now.

- An object can help with fidgeting and refocusing. If you find an object you like, keep in on hand and pull it out if you need it.

- Use your surroundings. If you're on a walk, touch a fence or a wall. If you're in the car, feel your seat or the door. If you're trying to sleep, feel the pillow on your face. How does it feel? Is it cold? Rough? Does it have patterns? Describe it in your mind or out loud. Describe it in a calm, rhythmic way. Talk through it until you feel your mind and your body calm down. Feel free to interrupt your thoughts with words of affirmation like, "I've got this" or "I'm going to be ok."

5 Senses

Use the following prompts to go through your environment in five senses.

- I see _____ (Example: "I see the wall.")
- I feel _____ (Example: "I feel my toes.")
- I hear _____ (Example: "I hear the cars.")
- I smell _____ (Example: "I smell the dog.")
- I taste _____ (Example: "I taste my drink.")

You can talk through each of five senses. You don't have to do them in order or do all five. You don't even need to make sense. As long as your mind is talking through any of the statements above and not on anxious thoughts, you're good.

Try to find a calm rhythmic pattern. Talk through it until you feel your mind and your body calm down. Feel free to interrupt your thoughts with words of affirmation like, "I've got this" or "I'm going to be ok."

This worksheet is an excerpt from Mental Health America's Back 2 School 2018

Quote:

"I may not have gone where I intended to go, but I think I have ended up where I needed to be."
— Douglas Adams

Condolences

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

Earlene Richardson 4-19-2021



Desperately in Need of Home Delivered Meals Volunteer Drivers

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 a great time to step in and help those in need.

MAKE YOUR VACCINE APPOINTMENT TODAY

Call the McDowell County
Vaccine Center at
(828) 803-4552 Monday-Friday
08:30a.m.-5:00p.m.



BOOK YOUR COVID VACCINE TODAY!

Are you homebound?

MCDOWELL EMS AND FOOTHILLS HEALTH DISTRICT ARE OFFERING MOBILE VACCINES. CALL THE VACCINE CENTER SO THAT OUR STAFF CAN SCHEDULE A TIME TO ADMINISTER YOUR VACCINE AT HOME.



Stressed? Need to talk?

Call 24/7

Fear and anxiety about COVID-19 can be overwhelming for adults, youth and children. Everyone has different stress responses that may include:

- Feeling alone
- Irritable or feeling out of sorts
- Head, stomach or body aches
- Changes in sleep or eating patterns
- Difficulty concentrating, forgetful
- Fear for your own health
- Worried about the health of your family or friends
- Increased use of alcohol, tobacco or other drugs
- Feeling stuck, no time for self-care
- Looking for ideas to stay calm and healthy

**HOPE  4 NC HELPLINE
1-855-587-3463**



NC Department of Health and Human Services • www.ncdhhs.gov •
NCDHHS is an equal opportunity employer and provider. • 7/20 •
CFDA#: 97.032 & 93.982




For Home Delivered Meals Cancellations call 659-0821


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Macaroni Casserole w/Cheese Peas Fruit Cobbler	4 Bar-B-Que Pork w/Bun Green Beans Hush Puppies Pudding	5 Baked Chicken Breast in Mushroom Sauce Vegetable Medley Rice Cookies (2)	6 Baked Sliced Ham Sliced Carrots Yams Jello	7 Tuna Salad W/2 Slices of Bread Leaf Lettuce Sliced Tomatoes Potato Salad Cold Fruit
10 Hamburger Steak w/Peppers & Onions California Mixed Vegetables Rice Pilaf Fig Bar	11 Breaded Pork Loin Steamed Cabbage Candied Yams Jello	12 Baked Chicken W/Italian Dressing Green Beans Buttered Noodles Roll Pudding	13 Taco Pie Black Beans Spanish Rice Tortilla Chips Cookie	14 Sliced Turkey/Bun Lettuce & Tomato Macaroni Salad Fruit Cup
17 Sloppy Joe W/Bun Green Beans Potato Chips Sliced Peaches	18 BBQ Chicken Vegetable Blend Fried Okra Jello	19 Meatloaf Baby Limas Creamed Potatoes Mixed Fruit Cup	20 Breaded Chicken Breast Fillet w/Bun Peas & Carrots Tater Tots Juice	21 Fish Sticks 5 Way Vegetables Hush Puppies Sugar Cookie
24 Chicken Tenders Broccoli Tater Tots Pudding	25 Country Style Steak w/ Gravy Green Beans Rice Fruit Cup	26 Oven Crisp Chicken Peas Buttered Parslied Potatoes Fresh Apple	27 Meatballs in Mushroom Gravy Okra & Tomatoes Whipped Potatoes Cookie	28 Chicken Salad W Bun Leaf Lettuce Macaroni Salad Mixed Fruit

Closed 31

MEMORIAL DAY
 REMEMBER AND HONOR




Please remember the true meaning of Memorial Day is to honor & remember those Americans who died defending freedom.



Menu items are subject to change due to availability

Nutrition Site Beverages

Whole Milk 
 Skim

*DB = Diabetic
 HDM = Home Delivered Meals
 S.F. = Sugar Free

Dining Room Notice

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.



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 May 2021 Webinars

Date	Time	Topic
May 7, 2021	10:00-11:00am	A Rainbow of Mental Health: An Introduction (Part 1) Register by May 4 th to jeffrey.dula-brown@vayahealth.com
May 7, 2021	11:15am-12:15pm	A Rainbow of Mental Health: An Introduction (Part 2) Register by May 4 th to jeffrey.dula-brown@vayahealth.com
May 13, 2021	1:30-2:30pm	A Rainbow of Mental Health: An Introduction (Part 1) Register by May 10 th to vickey.todd@vayahealth.com
May 13, 2021	2:45-3:45pm	A Rainbow of Mental Health: An Introduction (Part 2) Register by May 10 th to vickey.todd@vayahealth.com
May 19, 2021	10:00-11:00am	A Rainbow of Mental Health: An Introduction (Part 1) Register by May 14 th to dence.shipman@vayahealth.com
May 19, 2021	11:15am-12:15pm	A Rainbow of Mental Health: An Introduction (Part 2) Register by May 14 th to dence.shipman@vayahealth.com
May 25, 2021	1:30-2:30pm	A Rainbow of Mental Health: An Introduction (Part 1) Register by May 20 th to mandy.matney@vayahealth.com
May 25, 2021	2:45-3:45pm	A Rainbow of Mental Health: An Introduction (Part 2) Register by May 20 th to mandy.matney@vayahealth.com

MAY BIRTHDAYS



MARION

- Judy Frady 3
- Richard Hollifield 8
- Opal Woody 9
- Linda Bryant 10
- Paula McCurry 14
- Yonna Venton 15
- Harold Davis 18
- Glen Kauk 23
- James Ramsey 23
- David Wall 27
- Joanne Graham 31
- Henry Jones 31

OLD FORT

- Sharon Nodine 1
- Bonnie Lackey 7
- Evelyn Goniea 11
- William Benge 12
- Eunice Allison 17
- Wanda Boone 20
- Vestal Caldwell 25
- James Lowery 25
- Thelma Messer 27
- Audrey Lowery 30

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FOCUS

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- 1. The future
- 2. Your word
- 3. A barber
- 4. A bank
- 5. Darkness
- 6. Your breath
- 7. A staircase

Riddle Answers:

- 1. diamond, 2. pitcher, 3. shortstop,
- 4. homerun, 5. dugout, 6. infielder, 7. base,
- 8. mound, 9. catcher, 10. strike, 11. league,
- 12. knuckleball, 13. rundown, 14. outfield,
- 15. sacrifice, 16. stadium, 17. error,
- 18. pickoff, 19. backstop, 20. doubleheader

Word Scramble Answers:



Baseball Word Scramble



- 1. **aidnmod** _____
- 2. **ctrphie** _____
- 3. **ohstsrtop** _____
- 4. **omherun** _____
- 5. **ugduot** _____
- 6. **enidrfiel** _____
- 7. **sbae** _____
- 8. **doumn** _____
- 9. **hctearc** _____
- 10. **iteksr** _____
- 11. **laeeug** _____
- 12. **knucklllbea** _____
- 13. **rwnoudn** _____
- 14. **dltoufei** _____
- 15. **iafirsce** _____
- 16. **astudim** _____
- 17. **rrero** _____
- 18. **kiofpcf** _____
- 19. **opbackts** _____
- 20. **odulberedhae** _____

Quote:

“When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free.”

- Catherine Ponder