



# FOCUS

## JULY 2019

### VOLUNTEER OF THE MONTH!



**Hoppi Robertson is the July Volunteer of the month.**

Hoppi worked for McDowell County Department of Social Services for 18 years. She has one son, Roby Robertson. Roby lives in Jonesborough TN with his wife Amanda and their daughter Makayla and twin grandsons Trey & Will Robertson. She has been the Lead Organizer for the Gilliani Volunteer Association for 25 years. She also works with the Community Resource Council for the Marion Minimum Security Prison and works with many different programs in our community.

Her family is really important to her, so she enjoys spending time with them. She travels back and forth from Old Fort to Jonesborough TN to help care for her son. He has been really sick since January. She enjoys volunteering in her spare time, she enjoys helping others.

Hoppi has been a Home Delivered Meals volunteer for 15 years. She became a HDM Driver because she wanted to be able to help others that are in need. She said, "The families that we deliver to would probably not have a hot meal or even see anyone with out the HDM program.

There are many things that have touched Hoppi over the years. There was this one time she went along with Nova Effler to

help deliver meals and came to this house where there was smoke coming from the windows. There was the lady that received the meals standing in the front yard crying and screaming. They found out that she had left her handbag in the house with all her important papers and her money. The fire department was right behind them as they pulled up in the yard. Shady from the fire dept went into the home and retrieved her handbag that had all her important things in it. When he came out of the house with the handbag the lady yelled Praise the Lord! She did not lose her house that day and she was able to get her handbag and money safely.

When asked what she would say to others who might be thinking about doing some volunteer work, Hoppi said "It is a blessing to be able to give back! My grandmother was a strong Christian lady she taught me to always give back. She would say if you give back your blessings would double once you do it. You will get attached to everyone they become just like family. If you want a blessing, I encourage you to volunteer!"

### Preparing for the Inevitable Workshops

Tina Tursi Holmes is a Funeral Service Licensee in NC, SC and NJ for over 30 years. Tina's goal is to offer consumers accurate information about end of life options and create a path to make funeral planning easier through a 3-session workshop.

#### The Workshops

Many choose not to think about death or making end of life plans. When the inevitable happens, we are forced to make decisions during heightened emotions, sadness and grief. Then we yield our ideas and thoughts to convenience. This 3-session workshop will provide the attendee with information on:

**Session #1 July 16 1:00-2:00**  
Lessons on how to plan a service, final disposition options including burial, cremation and newer options.

**Session #2 July 23 1:00-2:00** The cost involved in planning a funeral; the Funeral Rule; information on death certificates; writing an obituary; and why to pre-plan a funeral.

**Session #3 July 30 1:00-2:00** The NC laws and end of life issues; veteran benefits; organ, eye and tissue donation; whole body donation; and how to select a funeral home.

You can attend all or any individual workshops. If you are interested in attending the workshops, please pre-register by calling 828-659-0821 or in person at the reception desk at the McDowell Senior Center.

**Summer Time Dance**  
At McDowell Senior Center  
**Friday, July 19th, 2019**  
6:00 pm - 9:00pm  
Doors open at 5:30pm

**Live Music By:**  
**"The (REWIND) BAND"**  
FEATURING:  
Old & New Country, Classic Rock, Beach Music, & More

**Advance Tickets \$6.00 /\$12.00 Couple**  
**At the Door \$7.00 /\$14.00 Couple**  
This event is for adults of all ages.  
"Drinks will be provided, bring finger foods"  
For More Information Call 692-0832.

"Centers for Life Enrichment"



### Want to Improve Health in Your Community?

Do you want to improve the health in your community? If you have a spare room, you could help! As you may know, we have a shortage of healthcare providers across Western North Carolina, particularly in more rural counties like McDowell. The Mountain Area Health Education Center (MAHEC) in Asheville is working hard to train providers of all kinds to meet this need including family physicians, nurse practitioners, general surgeons, psychiatrists, behavioral health providers, and dentists just to name a few. We have found that the best way to recruit healthcare professionals for rural practice is to train them in the communities, like ours, that need them the most.

You can help address the healthcare shortage in our region by providing short-term housing for health science students doing their clinical rotations through MAHEC. As a private housing provider, you can decline a housing request at any time, and you will not be asked to provide long-term housing. Stays range from one to eight weeks depending on the rotation, and students provide their own food and meals. A detached garage apartment or finished basement make ideal student quarters, but a private bedroom and bathroom can work too. Students will need access to cooking facilities and basic kitchen supplies. You will receive modest weekly compensation for each student's stay.

If you would like to learn more, please contact Bryan McClure at [Bryan.McClure@mahec.net](mailto:Bryan.McClure@mahec.net) or (828) 767-0066 or Jasmine Phillips at [Jasmine.phillips@mahec.net](mailto:Jasmine.phillips@mahec.net) or (828) 407-2599.

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### CHAMP

The McDowell Senior Center hosts the Community Health And Mobility Partnership (CHAMP) program one Friday per month March through November. The next day for CHAMP is **Friday, July 12th**. CHAMP is a free all-inclusive falls risk assessment provided by volunteers, health science students, and their college/university faculty. The program uses Center for Disease Control evidence based

assessments to identify participants risk for falls. If the participant is determined by participating volunteers to be at risk for falls, the supervising faculty will complete reports to be sent to the participant's primary care provider. If exercises are an appropriate intervention, Physical Therapy students will issue appropriate exercises from the Otago Exercise Program, a home based exercise program that research shows can reduce the risk for falls. The program is free to any participant who calls to schedule an appointment. If you would like to confirm that you are not at risk for falls, or if someone you know should be assessed, please contact the McDowell Senior Center at 659-0821 to schedule your appointment.

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### Legalize Your Documents FREE Notary Service for any Senior 55 years and up Thursday, July 18th *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 insures 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 **July 18th from 1:00 –2:00 at the Senior Center.**

### Friends of Neighbors Senior Telephone Assurance Program for McDowell & Burke Counties



**Friends of Neighbors Telephone Assurance Program** - Through this program, volunteers make regular telephone calls to homebound elderly and disabled persons to check on their well-being and give people an opportunity to socialize. Relationships grow and can last for a lifetime. The Volunteer Center of McDowell organizes the efforts of many volunteers across McDowell & Burke Counties. Friends of Neighbors main purpose is to alleviate some of the concerns facing those who live alone and help them to remain independent.

#### How to Get Involved

- ◆ Become a member and receive telephone calls through Friends of Neighbors.
- ◆ Become a volunteer and place calls to Friends of Neighbors members.
- ◆ Refer an elderly friend, neighbor or relative to Friends of Neighbors.





#### Program Benefits

- For Members** – Seniors who are at least 60 years of age who live alone:
- ❖ Opportunity to socialize by telephone with someone who cares
  - ❖ Allows individuals to keep in contact with their community
  - ❖ Helps decrease the feelings of loneliness and isolation

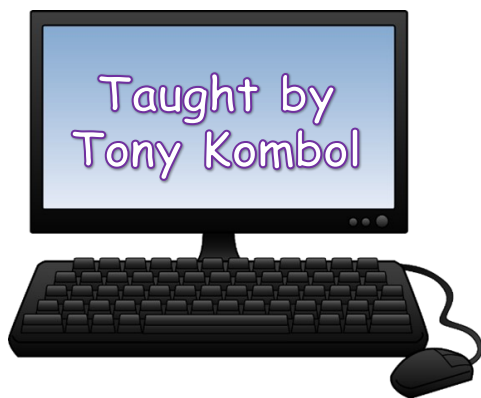
**For Volunteers** – Responsible to make calls to members at times agreed upon with members.

For more information or to sign up, please call 828-659-0826 or email Jessica at [volctr@mcdowellgov.com](mailto:volctr@mcdowellgov.com).

**For Home Delivered Meals Cancellations call 659-0821**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Roast Beef w/ 1 Gravy Zucchini & Tomato Au Gratin Baby Bakers w/Parmesan Cheese Roll Banana	2 Chicken Tenders Carrot-raisin Salad Lima Beans Biscuit Cantaloupe	3 Ham Broccoli w/Cheese Sauce Cut Yams Roll Blueberry Congealed Salad (D.B. Blueberry Congealed Salad)	4 <b>Closed</b> <b>Independence Day</b> <b>Holiday</b> 	5 Oven-Fried Fish Cole Slaw Scalloped Potatoes Hushpuppies Peach Cobbler (HDM & D.B.-Hot Baked Peaches)
8 Fruit Salad w/Cottage Cheese (Pears, Peaches, Pineapple, Grapes & Strawberries) on Leaf Lettuce Rainbow Rotini Pasta Salad Salad Crackers Sugar Free Fruit Dip	9 Baked Spaghetti Cole Slaw Cheese Toast (HDM-Texas Toast) Hot Spiced Applesauce	10 Turkey, Ham & Swiss Cheese Sand- wich Sliced Tomatoes, Let- tuce, & Sweet Pickles Corn Chips Hamburger Bun Ambrosia Fruit Salad	11 Chicken Pot Pie w/ Mixed Vege- tables Harvard Beets Biscuit Lemon Cake w/Lemon Icing	12 Taco Salad w/Taco Meat & Shredded Cheddar Cheese Diced Tomatoes & Shredded Lettuce Refried Beans Nacho Chips Apple Turnovers (DB- NSA Apple Pie)
15 Diced Chicken Teri- yaki w/Broccoli Sweet Carrots Fried Rice Fortune Cookie	16 Chef Salad w/Turkey, Ham, Cheese, Lettuce, Egg, Cucumber, Onion & Tomato Pickled Beets Macaroni Salad Salad Crackers Peanut Butter Bar	17 Beef-a-Roni Green beans Summer Slaw Cornbread Cookie (D.B.-S.F. Cookie)	18 Pork Loin & Cornbread Stuffing w/Gravy Cabbage Baked Sliced Apples Applesauce Cake	19 Sloppy Joe Steamed Squash w/Onion Copper Pennies Dilled Potatoes Hamburger Bun Pudding (D.B.-S.F. Pudding)
22 Cold Ham & Cheese Sandwich 3-Bean Salad Cold Potato Salad Hamburger Bun Fresh Fruit Salad(DB- S.F. Fruit Salad)	23 Lemon-Pepper Chicken Orange Juice Broccoli, Grape & Green Onion Salad Rice Pilaf w/veggies Roll Oatmeal-raisin Cookie (D.B.-S.F. Cookie)	24 Macaroni & Cheese Okra & Tomatoes Spinach Cornbread Watermelon	25 Country Style Steak w/Gravy Green Beans Fruit Cocktail Mashed Potatoes Biscuit Cake w/Icing	26 Hot Dog w/Chili Corn Baked Beans Hot Dog Bun Hot Peaches (HDM- Cold Peaches)(DB- S.F. Peaches)
29 Roast Beef w/ Gravy Zucchini & Tomato Au Gratin Baby Bakers w/Parmesan Cheese Roll Banana	30 Chicken Tenders Carrot-raisin Salad Lima Beans Biscuit Cantaloupe	31 Ham Broccoli w/Cheese Sauce Cut Yams Roll Blueberry Congealed Salad (D.B. Blueberry Congealed Salad)	<u>Nutrition Site Beverages</u> Whole Milk  Skim Milk Buttermilk  Chocolate Milk Lemonade Tea Coffee 	<b><u>Dining Room Notice</u></b> <b>In order to be sure you</b> <b>will be served lunch,</b> <b>please register by</b> <b>12:00 pm the day be-</b> <b>fore you want to eat.</b> <b>Thank you.</b>
			*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free	





## Free 6-Weeks Computer Class

Starting Monday, July 29<sup>th</sup>  
from 1-2:30 pm

This will be a 6 weeks Session  
Session Topics:

- ❖ Introduction to Computers
- ❖ How does Computer work
- ❖ World Wide Web
- ❖ Email
- ❖ Office Software
- ❖ Other e.g. Basic video editing, games, maintaining your computer

**You Must Sign-up at the Front Desk  
(Class limited to 6 participants).**



McDowell Senior Center in Partnership with Vaya Health's Geriatric and Adult Mental Health Specialty Team is offering FREE training opportunities provided through the N.C. Division of Health Service Regulation (DHSR).

All trainings will be held at the McDowell County Senior Center, 100 Spaulding Road, Marion, the 2nd Wednesday of each month from 9:30am-11:30-am

**July 10<sup>th</sup>**

**9:30 –10:30** A Rainbow of Mental Health: An Introduction

**10:30-11:30** Overcoming Communication Barriers with Mental Health

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



North Carolina | District 29A  
**GUARDIAN AD LITEM**  
A CHILD'S ADVOCATE IN COURT  
MCDOWELL AND RUTHERFORD

## Could you be the Voice for a Child?

Since January 1st, 36 children have entered the Guardian ad Litem program in McDowell County, with a total of 108 children currently involved in the program. This means that 108 kids are alleged to have been abused/neglected and are now involved with the Department of Social Services and in the court system. Through no fault of their own, these kids are typically removed from their homes and placed in foster care or a kinship placement. Imagine how scary and overwhelming this could be for a child. The wonderful GAL volunteers work with these children and let them tell their side of the story. They listen to them and fight for what they want and what would be best for them.

There are many parties in a Department of Social Services abuse/neglect case: The judge, parents/ caretakers, parents' attorneys, DSS attorneys, GAL attorneys, investigative/in-home/foster care social workers – it's easy to see how the kids get lost in the system. That's where the role of the Guardian ad Litem comes in: to advocate and ensure the voice of the child is heard in court, that their wishes for permanency and best interest are made known to all parties.

The goal for the GAL program across the state of NC is to have a caring, supportive volunteer available to work with every child that needs advocacy. With so many kids in the GAL program across the state, often there are not enough volunteers available to represent children's best interests in court.

Could you be the voice for a child? There is no experience necessary, and we provide all training and support. Being a GAL is a challenging and demanding role, but also incredibly rewarding as you literally ensure the child's voice is heard in court throughout the life of the case.

Our next training begins July 22, 2019

– visit [www.volunteerforgal.org](http://www.volunteerforgal.org) to complete a volunteer application, or call the office at 828-655-4121 for more information.  
Michele Rink, GAL Supervisor,  
McDowell County.



## FREE MEDICARE SEMINAR

**July 9th (RSVP)  
1:00 pm-3:00 pm**

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

The Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance.

SHIIP will be conducting a free seminar entitled Medicare 101 on July 9th starting at 1:00 pm. The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session.

**Space is limited so participants would need to register in advance.**

**To register call 828-659-0825.**

**JULY 2019**  
**McDOWELL COUNTY SENIOR CENTER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzle Fun 1 8:30-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	9:30 J.A.M. Exercise 2 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00 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	9:00am – 12:00pm 3 <u>Congressional Representative on site</u> 9:00 Quilting 9:30-10:30 Tai Chi 10:00-11:00 Blood Pressure Checks 10:45 Chair Exercise 1:00 Cards & Games 1:00 Drum Circle	Closed 4 <b>Independence Day Holiday</b> 	9:30 Crochet class 5 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
Puzzle Fun 8 8:30-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	9:30 J.A.M. Exercise 9 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00 Mah Jong 1:00—3:00 Art Class <b>1:00 Medicare 101</b> <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club	9:00 Quilting 10 9:30-10:30 Tai Chi <b>9:30 –10:30</b> A Rainbow of Mental Health: An Introduction <b>10:30-11:30</b> Overcoming Communication Barriers with Mental Health 10:45 Chair Exercise 1:00 Cards & Games 1:00 Drum Circle	9:00-10:00 “Plastic Canvas” Class 11 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 12 9:30 Crochet class 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
Puzzle Fun 15 8:30-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	9:30 J.A.M. Exercise 16 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club	9:00 Quilting 17 9:30-10:30 Tai Chi 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle	9:00-10:00 “Plastic Canvas” Class 18 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games <b>1:00-2:00 Notary Service</b>	9:30 Crochet class 19 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games 1:00-3:00 Memory Café
Puzzle Fun 22 8:30-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	9:30 J.A.M. Exercise 23 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club	9:00 Quilting 24 9:30-10:30 Tai Chi 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle	9:00-10:00 “Plastic Canvas” Class 25 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 26 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games
Puzzle Fun 29 8:30-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games	9:30 J.A.M. Exercise 30 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 6:00-7:00 Alzheimer’s/Dementia <u>Caregiver Support meeting</u> 5:30-7:45 Chess Club	9:00 Quilting 31 9:30-10:30 Tai Chi 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle		

OLD FORT NUTRITION SITE

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

Phone: 668-4867

July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman</p>	<p>2</p> <p>Puzzles 12:15 Card Fun &amp; Games with Rita Myers</p>	<p>3</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo <u>Blood Pressure Checks</u></p>	<p>4</p> <p><b>Closed Independence Day Holiday</b></p> 	<p>5</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
<p>8</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman</p>	<p>9</p> <p>Puzzles 12:15 Card Fun &amp; Games with Rita Myers</p>	<p>10</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo</p>	<p>11</p> <p>After Lunch- Card Making Class with Nanette Hankins  1:00 Computer Class (must see Cheryl to sign up)</p>	<p>12</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
<p>15</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman</p>	<p>16</p> <p>Puzzles 12:15 Card Fun &amp; Games with Rita Myers</p>	<p>17</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo</p>	<p>18</p> <p>1:00 Computer Class (must see Cheryl to sign up)</p>	<p>19</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
<p>22</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman</p>	<p>23</p> <p>Puzzles 12:15 Card Fun &amp; Games with Rita Myers</p>	<p>24</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo</p>	<p>25</p> <p>1:00 Computer Class (must see Cheryl to sign up)</p>	<p>26</p> <p>8:30—3:00 Fitness Equipment Exercises</p>
<p>29</p> <p>8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman</p>	<p>30</p> <p>Puzzles 12:15 Card Fun &amp; Games with Rita Myers</p>	<p>31</p> <p>Puzzles 10:00 Better Choices 10:30 Bingo</p>		



## THE BUZZ OF MARION

Our reporter for the Marion Buzz, Margie Boyd, is in rehab after a bad fall. We miss her and wish her a speedy recovery.

### **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, and Rutherford 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 (\$14,850 for one person, \$20,025 for a couple). Income for all family members is usually counted, and verification is required.

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.

### **Riddles:**

1. How many sides does a circle have?
2. In the back yard, there is a hollow stump, that contains six ears of corn. If a healthy squirrel carries out only three ears each day, how many days will it take to empty the stump?

*Answers are on the back page.*

The McDowell Senior Center  
Presents: *The Oak Ridge Boys*  
Friday August 30<sup>th</sup> at the  
Country Tonite Theatre in  
Pigeon Forge, TN



**Special Price .... \$99.00**

One of the Most distinctive and recognizable sounds in the music industry, the four-part harmonies and upbeat songs of the Oak Ridge Boys have spawned dozens of Country hits as well as number one Pop smash hits. Every time they step before an audience, they bring over 50 years of tradition to a stage show widely anywhere! We'll sing along with Duane, William, Joe & Richard on such great classic songs as "Elvira", "American Made" & "Bobbie Sue"!

### **Tour Includes:**

- ❖ *Roundtrip motorcoach transportation by late model deluxe coach.*
- ❖ *Special reserved seats for the Oak Ridge Boys Concert at Country Tonite Theatre.*
- ❖ *All you care to eat "family style" dinner at the famous Applewood Farmhouse Restaurant in Pigeon Forge, TN featuring those delicious apple fritters.*
- ❖ *Time to do a little shopping.*

**Concert Start Time: 8:00 pm**

**Tour will depart from Wal Mart in Marion at 10:00 am**

**and return a little after midnight**

For more information contact Brenda Monosso at 659-0832

## THE BUZZ OF OLD FORT

Summer has arrived and not too many things have happened this month, but as the saying goes, "We are holding our own in the Fort!"

Congratulation to our Fathers! All fathers names were placed in a basket for Father's Day. Three names were picked to receive gifts. They were James O'Neil, Bob Parks and Bill Bengé. We also want to thank our fathers for the example they exhibit us as a good father. Our youth do follow in the daily footsteps they see. These youth will be our adults tomorrow.

Mary Kendall fell and had to go for tests. She is recovering from the pain and bruises and thankfully she had no broken bones. Remember her in your prayers.

Roy & Anita Robertson's son-in-law, Stewart Allison passed away June 8th after a long illness. Our prayers continue for your family.

We were glad to have John & Inez Mann back with us after John spent several days in the hospital and in a nursing facility.

Lorine Parker has suffered a heart attack. She had major heart surgery and at last report was improving daily. Let's keep Lorine and her family in our prayers.

We have added two classes to our list of activities. One is Chair Exercise taught by Debra Vess and Robin Clark. The second one is Because we Know Him, taught by Rev. James O'Neil and assisted by his wife, Sheila. Both classes are well attended with a large number and a lot of enthusiasm.

Stay healthy and safe! I hope to be with you again next month.

By Sue T. Glovier

## JULY BIRTHDAYS



### MARION

James Frady 3  
Walter Poteat 4  
Jerold Jones 8  
Vera Washburn 8  
John Tillman 9  
Wanda Long 13  
Dollie Harris 14

Margie Carson 15  
Jerry Peters 16  
Helen Logan 25  
Bea Austin 26  
Joyce Hawkins 26  
John Conner 28  
Jerry Greene 29  
Pat Peters 29

### OLD FORT

Cecil Thompson 2  
Bob Parks 8  
Linda Caldwell 10  
Elva Jenkins 20  
Michael Clark 21  
Rhonda Hulse 25  
Meldeen Shuford 30

**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.mcdowellseniorcenter.org  
FAX: 828-652-8723



### **Alzheimer/Dementia Caregiver Support Meeting Tuesday July 30<sup>th</sup> 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](mailto:lellis0316@gmail.com).



“REMINDER” for Those Going on the...  
**Western Caribbean Cruise October 18  
– October 26, 2019**

**Remaining balance due by  
August 1st, 2019.**

**Passport Required by August 1st.**

**Cruise meeting on August 20<sup>th</sup>  
6:00pm at Senior Center**

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



### **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.



### **CORN BREAD SALAD**

1 package (8-1/2 ounces) corn bread/muffin mix  
1 egg beaten  
1/3 cup milk  
4 medium tomatoes, peeled & chopped  
1 medium green pepper, chopped  
1 medium onion, chopped  
1/2 pound bacon, cooked & crumbled  
1/2 cup chopped sweet pickles  
1 cup mayonnaise  
1/4 cup sweet pickle juice  
Shredded Parmesan Cheese

In a bowl, combine corn bread mix, egg, and milk; mix well. Spoon into a greased 8 inch square baking pan. Bake at 400 degrees for 15-20 minutes or until golden brown. Cool; cut into cubes and set aside.

In a bowl, combine tomatoes, green peppers, onion, bacon and pickles; toss gently. Combine the mayonnaise and pickle juice; mix well. Layer half of the corn bread, tomato mixture and mayonnaise mixture in a large glass bowl; repeat layers. Sprinkle with Parmesan cheese. Cover and chill for 2 hours.

Yields: 8-10 servings.

*Submitted by Gail Harris.*

**Riddle Answers:**  
1. Two. The inside and the outside.  
2. Six. Each day the squirrel will carry out the two ears on his head plus one ear of corn.