



FOCUS

JULY 2021

Senior Center Dining Rooms Reopen on July 1!

The McDowell Senior Center in Marion and the A.C. Bud Hogan Community Center in Old Fort will reopen the dining rooms at both sites starting in July. The lunchtime meals will be provided in our dining rooms at regular capacity. The meals are provided to adults aged 60 and older. There is not a cost for registered participants, but we do accept voluntary contributions at both locations. A money box is provided at each site to take your donations.

McDowell Senior Center dining room- 11:30am beverage service, 12:00pm meal service. For reservations call 828-659-0831.

A.C. Bud Hogan Community Center dining room- 11:00am beverage service, 11:30am meal service. For reservations call 828-668-4867

If you have not participated in our senior lunch program since June 2020 or you are new and would like to come to the lunches in Marion, call 828-659-0821 or for Old Fort call 828-668-4867 to get an appointment to fill out the required paperwork to participate in the meals program.

Masks are not required in our dining rooms, but we encourage for your own safety, especially for those that have not been vaccinated for COVID-19 to consider wearing a mask when not actively eating & drinking.



New Exercise Equipment at the Senior Centers

As of June 1, 2021, our exercise rooms at both the McDowell Senior Center in Marion and the A.C. Bud Hogan Community Center in Old Fort have reopened to regular capacity without reservations needed. Both of our exercise rooms have added additional new equipment for your use. This new equipment would not have been possible without help from our community partners.

The Community Foundation of Western North Carolina donated \$2,682.00 towards the purchase of two new Body-Solid T-50 Treadmills. One of each of these new treadmills are located at each our exercise rooms. These are great machines that start at a slow speed of 1/10 of a mile per hour that you can adjust up to a speed that you prefer.

The Dogwood Health Trust donated \$14,330.00 towards the purchase of five new T-4 Nu-Step recumbent exercise machines. Three of the Nu-Steps are located at the McDowell

Senior Center and the other two new machines at are the A.C. Bud Hogan Community Center. These machines offer a low impact total body workout that can benefit users of almost any fitness ability.

In addition, both sites also offer exercise bikes and other strengthening machines for your use. Both exercise rooms are available for adults of all ages to use during our regular business hours. There are no fees or costs to use the exercise rooms.

If you are new and have not used our exercise rooms before, please stop by the reception desk at either site and fill out a combination emergency contact form and liability waiver before using the exercise rooms.

Also, before beginning any new fitness routine, it is recommended that you talk with your health provider to make sure you follow their guidelines to improving your fitness health.

Summer Time Dance

At McDowell Senior Center

Friday, July 30th, 2021

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

Day of & 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 659-0832.



Home Repair Partnership

What is the Home Repair Partnership?

The Home Repair Partnership is a home repair program funded by Gateway Wellness Foundation and executed by McDowell County churches and other volunteers. HRP assists low-income homeowners with urgent home repairs. It provides materials, labor, and repairs.

How Do I Apply?

Interested applicants can download the application at:

www.gatewaywellnessfoundation.org
or pick the application up at the McDowell Senior Center, complete the Home Repair Application Sheet and mail it or drop it off at:

Gateway Wellness Foundation
135 S. Main Street
Marion, NC
28752

Applicants can also apply online. Once the application is received, someone from the Home Repair Partnership will contact you to set up an interview, to assess the need and eligibility. Due to the high demand for this program, there may be a waiting list.

What Types of Home Repairs Can I Get?

The Home Repair Partnership helps homeowners who make less than 50% of the area median income and are affected by age, disability, or family circumstances. Types of projects that we work on include but are not limited to:

- Wheelchair ramps and home accessibility
- Roof repair or replacement
- Floor and wall repair/replacement
- Bathroom modifications
- And much more

How Do You Get The Materials

Needed?

Gateway Wellness Foundation, in conjunction with state funding and local donations, is able to provide any needed professional labor and all materials to help local families. If your family needs help but would like to contribute a small monthly repayment towards cost of materials, that money goes directly towards helping other local, struggling families. However, this is not a requirement of the program.

Income Guidelines

| # of People Living in the Household | Maximum Allowable Income |
|-------------------------------------|--------------------------|
| 1 | \$24,500 |
| 2 | \$28,000 |
| 3 | \$31,500 |
| 4 | \$35,000 |
| 5 | \$37,800 |
| 6 | \$40,600 |
| 7 | \$43,400 |
| 8 | \$46,200 |

To be eligible for the Home Repair Partnership, applicants must.

- reside within McDowell County
- have owned and occupied the home for a minimum of 2 years prior to application
- be current on their property taxes and/or be current on a payment plan with the County for any past-due property taxes
- have a household income which does not exceed 50% of North Carolina's median income for household size
- have urgent repair needs that threaten the life or safety of occupants (accessibility needs, leaky roofs, unsafe electrical or plumbing issues, etc.)
- have a special need (i.e. be elderly,

handicapped, disabled, veteran, single mother, etc.)

What if the Homeowner Doesn't Live in McDowell County?

At this time, the Home Repair Partnership is only able to help residents in McDowell County, NC. To find other programs that might be able to help you, please call 211. They will be able to direct you to the closest home repair program that serves your geographic area.

What if Someone I Know Needs This Program?

If someone you know needs a home repair, please have them contact Gateway Wellness Foundation by phone or email. Our phone is [\(828\) 559-9273](tel:8285599273) and our email is a.anderson@gatewaywf.org.

Bricks Available



Bricks are available. For a \$100.00 donation you can have a brick engraved with your name, and placed in the front entrance walkway of the Senior Center. A brick would also be a nice gift for someone, or as a memorial to a loved one who has passed away. If you would like to know more, speak with Weyland Prebor, 659-0823. The proceeds go to the Building Renovation Fund.

Joke:

A poodle and a collie are walking together when the poodle suddenly unloads on his friend. "My life is a mess," he says. "My owner is mean, my girlfriend ran away with a schnauzer, and I'm as jittery as a cat."

"Why don't you go see a psychiatrist?" suggests the collie.

"I can't," says the poodle. "I'm not allowed on the couch."

**Alzheimer/Dementia Caregiver
Support Meeting
Tuesday July 27th
5:30pm**



“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 5:30pm. 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. Our Facebook page is McDowell Alzheimer's Caregiver Support Group.



Social Security Extra Help for Medicare Part D

The Social Security Administration is responsible for processing and approving eligibility for Extra Help for Medicare Part D. The qualifications are based on Federal Poverty Levels issued annually by the Department of Health and Human Services. Poverty levels are the same regardless of the age of the family members. The size of the individual’s family is key in determining the eligibility for Extra Help.

Family size is determined as follows:

- the individual who is applying for the subsidy,
- the spouse who is living in the household, and
- any relatives who are living with the individual, and who are dependent on the individual or the individual’s spouse for at least one-half of their financial support.

Individuals who live with others such as sister, child, or friends who are not responsible for 50% of the financial support are considered a one-person family.

The income/asset, family size, and federal poverty level is used to determine the individual’s level of Extra Help. Below is chart that shows the breakdown of levels.

| Countable Income | Premium Subsidy |
|---|---|
| Less than or equal to 135% of FPL and countable resources are less than or equal \$7,970 for an individual (\$11,960/couple) | 100% |
| Less than or equal to 135% of FPL and countable resources exceed \$7,970 for an individual (\$11,960/couple) but do not exceed \$13,290 for an individual (\$26,520 couple) | 100% premium subsidy (but less help with co-pays and deductibles) |
| Greater than 135% FPL, but not more than 140% | 75% |
| Greater than 140% FPL, but not more than 145% | 50% |
| Greater than 145% FPL, but less than 150% | 25% |
| 150% or more | None |

Games with Brenda

If you love to play and have fun then come join us.
We will play a different game each month.

July 28th




1:00 pm



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 can have your own name put on a brick which will be placed at the front of the **Old Fort** center for everyone to see for a \$100.00 donation . See Cheryl Woody or call 668-4867 for more information.

For Home Delivered Meals Cancellations call 659-0821

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>Dining Room Notice</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>Nutrition Site Beverages</p> <p>Whole Milk</p> <p>Skim Milk</p>  <p>*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free</p> |  | <p>1</p> <p>Turkey Dog w/Bun & Chili</p> <p>Baked Beans</p> <p>Chips</p> <p>Brownie</p> | <p>4</p> <p>Tuna Salad W/ 2 Slices of Bread & Leaf Lettuce</p> <p>Sliced Tomato</p> <p>Potato Salad</p> <p>Fresh Fruit</p> |
| <p>Closed 5</p> <p>Holiday</p>  | <p>6</p> <p>Chicken Tenders</p> <p>Mixed Vegetables</p> <p>Potato Wedges</p> <p>Biscuit</p> <p>Cake</p> | <p>7</p> <p>Kielbasa w/Sauerkraut</p> <p>Au Gratin Potatoes</p> <p>Roll</p> <p>S.F. Jell-o</p> | <p>8</p> <p>Seasoned Turkey Burger W/Bun & Cheese</p> <p>California Blend Vegetables</p> <p>Potato Rounds</p> <p>Juice</p> | <p>9</p> <p>Chicken Salad</p> <p>Lettuce Leaf</p> <p>Potato Salad</p> <p>Crackers</p> <p>Mixed Fruit in Light Syrup</p> |
| <p>12</p> <p>Chicken Marinara over Pasta</p> <p>Green Beans</p> <p>Roll</p> <p>Spiced Applesauce (D.B. Spiced Applesauce)</p> | <p>13</p> <p>Tuna Salad W/ Leaf Lettuce</p> <p>Broccoli Salad</p> <p>Juice</p> <p>Crackers</p> <p>Oatmeal Cookie (DB-Cookie)</p> | <p>14</p> <p>Baked Chicken Breast W/Mushroom Gravy</p> <p>Vegetable Medley</p> <p>Fruit Cup</p> <p>Rice Pilaf</p> <p>Roll</p> <p>SF Jell-o</p> | <p>15</p> <p>Turkey Dog W/Bun Chili</p> <p>Baked Beans</p> <p>Potato Chips</p> <p>Pudding (DB-Pudding)</p> | <p>16</p> <p>Ham & Cheese Sandwich W/2 Slices of Wheat Bread</p> <p>Lettuce & Tomato</p> <p>Macaroni Salad</p> <p>Fresh Fruit</p> |
| <p>19</p> <p>Beef-A-Roni</p> <p>Steamed Cabbage</p> <p>Cheese Biscuit</p> <p>Fresh Apple</p> | <p>20</p> <p>B.B.Q. Chicken</p> <p>Fried Squash</p> <p>Parslied Potatoes</p> <p>Biscuit</p> <p>Cantaloupe</p> | <p>21</p> <p>Taco Pie</p> <p>Black Beans</p> <p>Corn Salsa</p> <p>Spanish Rice</p> <p>Tortilla Chips</p> <p>Fruit Cobbler</p> | <p>22</p> <p>Ham</p> <p>Broccoli Spears</p> <p>Yams</p> <p>Roll</p> <p>Lemon Bars (D.B. Cookie)</p> | <p>23</p> <p>Chef Salad W/Turkey, Ham, Cheese, Egg, Tomato & Cucumber</p> <p>Pickled Beets</p> <p>Macaroni Salad</p> <p>Crackers</p> <p>Watermelon</p> |
| <p>26</p> <p>Diced Chicken Teriyaki</p> <p>Sweet Carrots</p> <p>Fried Rice</p> <p>Cookie (D.B. Cookie)</p> | <p>27</p> <p>Hamburger Steak W/Brown Gravy</p> <p>Green Beans</p> <p>Baby Baker Potatoes</p> <p>Biscuit</p> <p>Pudding (D.B.-Pudding)</p> | <p>28</p> <p>Meatloaf</p> <p>Peas & Carrots</p> <p>Au Gratin Potatoes</p> <p>Fresh Pear</p> | <p>29</p> <p>Chicken Pie W/Vegetables</p> <p>Juice</p> <p>Rice</p> <p>Biscuit</p> <p>Brownie</p> | <p>30</p> <p>Baked Spaghetti Salad W/Tomato & Cucumber</p> <p>Roll</p> <p>Peaches in Light Syrup</p> |



Sweepstakes Scams

Never pay money to claim a prize.

Since BBB's 2018 in-depth investigative study, **Sweepstakes, Lottery and Prize Scams: A Better Business Bureau Study of How "Winners" Lose Millions Through an Evolving Fraud:**

- Complaints decreased by 16% to the Federal Trade Commission (FTC), the FBI's Internet Crime Complaint Center (IC3) and the Canadian Anti-Fraud Centre (CAFC).
- Financial losses reported dramatically increased in 2020 during the COVID-19 pandemic.
- FTC reports show an increase of more than 35% in reported dollar losses.

Victims

PEOPLE OVER
55+

represent 72% of fraud victims received by BBB Scam Tracker during the last three years.

91%
of victims
lost money

Source: BBB Scam Tracker™

Average loss for ages **18-54: \$259**

Average loss for ages **55+: \$978**

Is it fake?

- True lotteries or sweepstakes don't ask for money to cover fees/taxes. Lotteries do COST money to play
- Law enforcement officials do not call and award prizes
- Call the sweepstakes company directly to see if you won
- Do an internet search of the company, name, or phone number of the person who contacted you
- Talk to a trusted family member or your bank
- Ask yourself, did you enter any sweepstakes?

WIN! \$

How scammers reach out



Cold Calls



Emails



Social Media



Mail Notices



Text Messages

How the scam works

Scammers tell "winners" to pay taxes or fees before a prize can be awarded. In reality, the prize does not exist.

Payment methods

Wire transfer, bank deposit into a specified account, or even cash sent by mail.

Money Mules

Scammers sometimes launder their illegal profits by sending money to a new "winner" who transfers the money back.

Why it works

Scammers manipulate victims into believing money requests and other tasks are all that stand in the way of winning big and doing good for others.

Report scams on  Scam Tracker.

Kim's Crafts

July 8th

10:30-11:30am

Supplies will be furnished.



See Front Desk to Sign-Up for class

Join Us for **ZOOM Trivia**



Mondays

1:00 pm



Anyone can play.

Door Prize to Weekly Winner

Email the words **LETS PLAY!** to bmonosso@mcdowellseniorcenter.org

Or

wprebor@mcdowellseniorcenter.org
An email will be sent to you with the link the day of game.

Riddles:

1. What happens when frogs park illegally?
2. I have wings but can't fly alone. I have a tail but don't use it to show emotions. I have a body but don't wear clothes. What am I?
3. I have branches, but no fruit, trunk or leaves. What am I?
4. You buy it but never use it. You see it in your halls frequently, but you are fine with it. What am I?
5. If it cracks, it does not need replacement or repair. What is it?
6. It stalks the countryside with ears that can't hear. What is it?
7. I do not eat food but I enjoy a light meal everyday. What am I?

Answers are on the back page.

FARM ANIMAL WORD SEARCH

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| C | A | T | T | L | E | D | O | G | R | F | U |
| B | O | G | O | O | S | E | B | I | R | D | S |
| G | C | N | C | H | I | C | K | E | N | C | R |
| I | I | C | H | E | L | L | L | U | B | L | R |
| P | O | S | D | L | H | F | L | H | B | E | B |
| W | F | Y | A | E | O | S | O | A | T | E | I |
| G | Y | M | H | A | E | R | I | S | M | B | S |
| P | A | E | L | E | S | R | O | F | S | B | O |
| E | T | F | K | E | S | O | I | T | H | E | N |
| B | E | E | S | R | R | E | B | A | E | H | E |
| K | C | A | L | F | U | H | E | O | E | C | S |
| B | C | T | C | R | O | T | U | G | P | R | F |
| L | F | U | A | I | B | U | F | F | A | L | O |
| O | E | E | D | F | G | S | O | N | E | H | B |

COW
GOAT
PIG
BUFFALO
CHICKEN
SHEEP
LAMB
GOOSE
TURKEY
DUCK
HORSE
CATTLE
LLAMA
BISON
HEN
CALF
ROOSTER
BULL
FOAL
DOG
GEESE
FISH
DEER
BIRDS
BEES

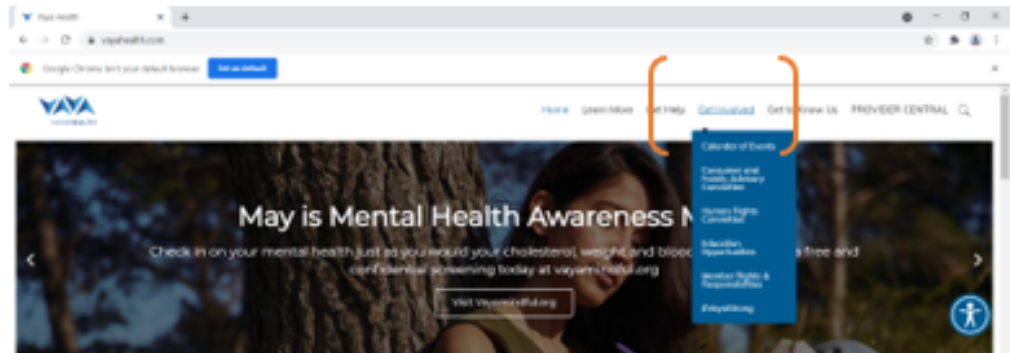


Geriatric and Adult Mental Health Specialty Team *Exciting news!*

Our webinar registration process is easier than ever!

Starting July 1, 2021...

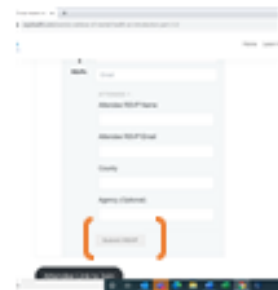
To register for a webinar presented by the Geriatric and Adult Mental Health Specialty Team, just visit our website at Vayahealth.com and access the training calendar by clicking on the **[Calendar of Events]** under the **[Get Involved]** tab.



Once the Calendar of Events opens...

Click on the **training** you want to register for, and a registration page will open. Click on the **[Going]** tab and enter your information in the registration pane.

Once you click on **[Submit RSVP]**, you will receive an email confirming your registration.



We look forward to you joining us soon!



**Geriatric and Adult Mental Health
Specialty Team**

Registration Information

Go to Vayahealth.com, Hover over Get Involved Tab,
Click on Calendar of Events,
Click on desired class to register.

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

| Date | Time | Topic |
|--------------------|-----------------|---|
| July 2, 2021 | 10:00-11:00am | Crisis Prevention: Keeping Your Cool Under Pressure |
| July 2, 2021 | 11:15am-12:15pm | Overcoming Communication Barriers |
| July 8, 2021 | 1:30-2:30pm | Crisis Prevention: Keeping Your Cool Under Pressure |
| July 8, 2021 | 2:45-3:45pm | Overcoming Communication Barriers |
| July 14, 2021 | 10:00-11:00am | Crisis Prevention: Keeping Your Cool Under Pressure |
| July 14, 2021 | 11:15am-12:15pm | Overcoming Communication Barriers |
| July 20, 2021 | 1:30-2:30pm | Crisis Prevention: Keeping Your Cool Under Pressure |
| July 20, 2021 | 2:45-3:45pm | Overcoming Communication Barriers |
| August 13, 2021 | 10:00-11:00am | Depression: Surviving to Thriving |
| August 13, 2021 | 11:15am-12:15pm | Anxiety: Calming the Anxious Mind |
| August 24, 2021 | 1:30-2:30pm | Depression: Surviving to Thriving |
| August 24, 2021 | 2:45-3:45pm | Anxiety: Calming the Anxious Mind |
| September 10, 2021 | 10:00-11:00am | Substance Use, Misuse, and the Opioid Crisis |
| September 10, 2021 | 11:15am-12:15pm | Suicide Indicators, Response, and Prevention |
| September 28, 2021 | 1:30-2:30pm | Substance Use, Misuse, and the Opioid Crisis |
| September 28, 2021 | 2:45-3:45pm | Suicide Indicators, Response, and Prevention |
| October 8, 2021 | 10:00-11:00am | Schizophrenia: Psychosis: Can this be real? |
| October 8, 2021 | 11:15am-12:15pm | The Many Faces of Antipsychotic Medications |
| October 26, 2021 | 1:30-2:30pm | Schizophrenia: Psychosis: Can this be real? |
| October 26, 2021 | 2:45-3:45pm | The Many Faces of Antipsychotic Medications |
| November 12, 2021 | 10:00-11:00am | Personality: Why Mine is Different |
| November 12, 2021 | 11:15am-12:15pm | Communication Barriers and Emotion |
| November 23, 2021 | 1:30-2:30pm | Personality: Why Mine is Different |
| November 23, 2021 | 2:45-3:45pm | Communication Barriers and Emotion |
| December 10, 2021 | 10:00-11:00am | Neurocognitive Disorder: Living with Dementia |
| December 10, 2021 | 11:15am-12:15pm | It's a Brain Thing: The Study of Dementia Medications |
| December 28, 2021 | 1:30-2:30pm | Neurocognitive Disorder: Living with Dementia |
| December 28, 2021 | 2:45-3:45pm | It's a Brain Thing: The Study of Dementia Medications |

VETERAN'S CORNER



North Carolina State Veteran's Benefits

The state of North Carolina provides several veteran benefits. Some of the benefits are: Housing Benefits, Financial Assistance, Employment, & Education Benefits, Veteran Housing Programs

North Carolina State Veterans Nursing Homes

The State of North Carolina is proud to offer four, full-service, State Veterans Homes. They are located adjacent to the VA Medical Center in Fayetteville, on the W.G. Hefner Medical Center campus in Salisbury, Kinston, and in Black Mountain. To be eligible for admission, a veteran must have served in the Armed Forces for other than training purposes, have received an honorable discharge, resided in North Carolina at least 24 months prior to the date of application, been referred by a licensed physician and be in need of skilled nursing care, and must be disabled by reason of age, disease, or other reasons determined through a physical exam.

Financial Assistance Benefits

Disability Pay, U. S. Government: All disability payments to veterans by reason of service in the Armed Forces are not reportable as income for income taxation purposes.

Education and Training Allowances:

U. S. Department of Veterans Affairs payments made to veterans enrolled in schools and training establishments under the GI Bill are exempt from income taxation.

Grants for Motor Vehicles: Grants by the U. S. Department of Veterans Affairs for motor vehicles for veterans who lost their sight or the use of their limbs are exempt from income taxation.

Grants for Specially Adapted Housing: Grants by the U. S. Department of Veterans Affairs to seriously disabled veterans for homes designed for wheelchair living are exempt from income taxation.

Retired Pay: The following is exempt

from income taxation: Any amount, not to exceed \$4,000 received by a taxpayer during any year as retired or retainer pay as a result of service in any of the Armed Forces of the United States..

Property Tax Relief

Certain Vehicles. A motor vehicle owned by a disabled veteran that is altered with special equipment to accommodate a service-connected disability. As used in this section, disabled veteran means a person as defined in 38 U.S.C. — 101(2) who is entitled to special automotive equipment for a service-connected disability.

Specially Adapted Housing.

Disabled veterans who receive U. S. Government assistance under Title 38, United States Code Annotated for the acquisition of specially adapted housing are eligible for an exclusion from ad valorem taxation on the first \$38,000 in assessed value of housing together with the necessary land therefore which is owned and used as a residence by the disabled veteran.

Employment Benefits

Employment Preference

Preference in State Government employment is granted to veterans, their surviving spouses or the spouses of disabled veterans, without regard to age, provided they are otherwise qualified. Military leave with reemployment rights is also granted State employees. The Employment Service Division of the Employment Security Commission assists in endeavoring to secure suitable employment for disabled veterans. Any person desiring information and assistance with matters related to employment and job placement should contact the nearest local employment office of the Employment Security Commission. Veterans Employment Representatives are available to render specialized service for veterans.

Education Benefits

Scholarships

A four-year scholarship program at approved schools in North Carolina has been established for the qualifying natural or adopted (before age 15) children of certain class categories of deceased,

disabled, combat or POW/MIA veterans
Other North Carolina State Veteran Benefits

Hunting and Fishing Licenses

All 50% or more disabled veterans may obtain a lifetime hunting-fishing license

- Afghanistan Veteran
- Congressional Medal of Honor
- Desert Storm Veteran
- Disabled Veteran
- Distinguished Flying Cross
- Gold Star Lapel Button
- Iraq Veteran
- Korean Conflict
- Partially Disabled Veteran
- Purple Heart Recipient Motorcycle
- Purple Heart Recipient
- Silver Star Disabled Veteran

upon the payment of a fee ranging from \$10 to \$100 depending on the type of license purchased.

Auto License Plates

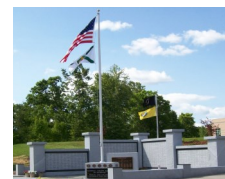
The following auto license plates are available to eligible persons, along with others

North Carolina State Veterans Cemeteries

The primary mission of the NCDVA Veterans Cemeteries is to provide a free burial plot to a North Carolina Veteran and their legal spouse and dependents under certain conditions. The veterans must be discharged under honorable conditions and meet certain residency requirements. There are four state veterans cemeteries: Black Mountain, Jacksonville, Spring Lake, and Goldsboro.

Visit the [North Carolina Department of Veterans Affairs](#) website for more information on any of these programs.

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.

JULY 2021
MCDOWELL COUNTY SENIOR CENTER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| <p>The greater your storm, the brighter your rainbow.</p> |  | | <p style="text-align: right;">1</p> <p>9:00-10:00 “Plastic Canvas” Class 10:30-11:30 Chair Exercise</p> | <p style="text-align: right;">2</p> <p>9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise</p> |
| <p>9:30-10:30 5 Advanced Line Dance 10:30-11:30 Chair Exercise 11:30—3:45 Duplicate Bridge 1:00 Zoom Trivia 2:00-3:45 Learn to Knit</p> | <p style="text-align: right;">6</p> <p>10:30-11:30 Bible Study 10:30 Chair Exercise 1:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p> | <p style="text-align: right;">7</p> <p>9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing</p> | <p style="text-align: right;">8</p> <p>9:00-10:00 “Plastic Canvas” Class 10:30-11:30 Chair Exercise 10:30-11:30 Kim’s Crafts</p> | <p style="text-align: right;">9</p> <p>9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise</p> |
| <p>9:30-10:30 12 Advanced Line Dance 10:30-11:30 Chair Exercise 11:30—3:45 Duplicate Bridge 1:00 Zoom Trivia 2:00-3:45 Learn to Knit</p> | <p style="text-align: right;">13</p> <p>10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p> | <p style="text-align: right;">14</p> <p>9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing</p> | <p style="text-align: right;">15</p> <p>9:00-10:00 “Plastic Canvas” Class 10:30-11:30 Chair Exercise</p> | <p style="text-align: right;">16</p> <p>9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise</p> |
| <p style="text-align: right;">19</p> <p>9:30-10:30 Advanced Line Dance 10:30-11:30 Chair Exercise 11:30—3:45 Duplicate Bridge 1:00 Zoom Trivia 2:00-3:45 Learn to Knit</p> | <p style="text-align: right;">20</p> <p>10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance</p> | <p style="text-align: right;">21</p> <p>9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing</p> | <p style="text-align: right;">22</p> <p>9:00-10:00 “Plastic Canvas” Class 10:30-11:30 Chair Exercise</p> | <p style="text-align: right;">23</p> <p>9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise</p> |
| <p>9:30-10:30 26 Advanced Line Dance 10:30-11:30 Chair Exercise 11:30—3:45 Duplicate Bridge 1:00 Zoom Trivia 2:00-3:45 Learn to Knit</p> | <p style="text-align: right;">27</p> <p>10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance <u>5:30Alzheimer’s/Dementia Caregiver Support meeting</u></p> | <p style="text-align: right;">28</p> <p>9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing 1:00 Games With Brenda</p> | <p style="text-align: right;">29</p> <p>9:00-10:00 “Plastic Canvas” Class 10:30-11:30 Chair Exercise</p> | <p style="text-align: right;">30</p> <p>9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise 6:00pm Summertime Dance</p> |

OLD FORT NUTRITION SITE

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

Phone: 668-4867

JULY 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|--|--|---|---|---|
| Quote: Today is your day to dance lightly with life, sing wild songs of adventure, invite rainbows and butterflies out to play, soar your spirit, and unfurl your joy. - Jonathan Lockwood Huie | |  | | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 | |
| 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 | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises Puzzles 12:15-3:45 Card Fun & Games with Bruce Clifton | Puzzles 8:30— 3:00 8:30—3:00 Fitness Equipment Exercises 10:30-11:00 Bingo 12:15 Chair Exercise with Robin & Deb | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb | 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises | |
| 12 | 13 | 14 | 15 | 16 | |
| 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 | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises Puzzles 12:15-3:45 Card Fun & Games with Bruce Clifton | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:30-11:00 Bingo 12:15 Chair Exercise with Robin & Deb | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb | 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises | |
| 19 | 20 | 21 | 22 | 23 | |
| 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 | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises Puzzles 12:15-3:45 Card Fun & Games with Bruce Clifton | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:30-11:00 Bingo 12:15 Chair Exercise with Robin & Deb | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb | 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises | |
| 26 | 27 | 28 | 29 | 30 | |
| 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 | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises Puzzles 12:15-3:45 Card Fun & Games with Bruce Clifton | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:30-11:00 Bingo 12:15 Chair Exercise with Robin & Deb | Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Robin & Deb | 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises | |

**July is
Sarcoma Awareness Month**

Sarcoma is a type of cancer that can occur in various locations in your body.

Sarcoma is the general term for a broad group of cancers that begin in the bones and in the soft (also called connective) tissues (soft tissue sarcoma). Soft tissue sarcoma forms in the tissues that connect, support and surround other body structures. This includes muscle, fat, blood vessels, nerves, tendons and the lining of your joints. There are more than 70 types of sarcoma. Treatment for sarcoma varies depending on sarcoma type, location and other factors.

Signs and symptoms of sarcoma include:

- A lump that can be felt through the skin that may or may not be painful
- Bone pain
- A broken bone that happens unexpectedly, such as with a minor injury or no injury at all
- Abdominal pain
- Weight loss

If you have any of these symptoms, see your family doctor to do a physical exam to better understand your symptoms and look for other clues that will help with a diagnosis.

www.mayoclinic.org

**THE BUZZZ
OF OLD FORT**

We are excited to see everyone back inside the center on July 1st. It has been over a year and 3 months since we have had meals in the dining room. Thank you for sticking with us.

We want you to remember Dennis Humphries. He is home from the hospital and desires everyone's prayers. Jeanette is still having rehab and Philip Buchanan is home now after another hospital stay.

We will wait until July 8th to start our Weekly Bingo back and if anyone would like to donate prizes you are welcome to do so.

Again, I can't wait to see everyone on July 1st and be sure to call and sign up for lunch if you haven't been coming through the drive thru meal pick up.

Cheryl

JULY BIRTHDAYS



MARION

- James Frady 3
- Vera Washburn 8
- Jerold Jones 8
- John Tillman 9
- Wanda Long 13
- Dollie Harris 14
- Margie Carson 15

- Harold Poteat 18
- Betrice Austin 26
- Jerry Greene 29

OLD FORT

- Lillian Vess 1
- Cecil Thompson 2

- Robert Parks 8
- Linda Caldwell 10
- Philip Steppe 10
- Carey Woody 15
- Michael Clark 21
- Rhonda Hulse 25
- Carl Hensley 29
- Meldeen Shuford 30

APPLE DUMPLINGS RECIPE

Yeilds 10 servings

- 5 Ea. Baking Apples
- 1 Can Biscuit Dough
- 2 Cups Water
- 1 1/2 Cups Sugar
- 2 Tbsp. Corn Starch
- 1 Tbsp. Cinnamon
- 6 Tbsp. Margarine



Core and cut apples in wedges. Mix water, sugar, corn starch, cinnamon, and margarine; bring to a boil and set aside. Roll out biscuits to doubled in size, cut in half. Wrap each piece of dough around an apple wedge. Place in 9 x 13 baking dish, pour sauce over and bake in a 350° oven for 30 minutes. If this is not brown enough turn the oven up to 400° and continue to bake until brown.

**MCDOWELL COUNTY
SENIOR CENTER**
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Riddle Answers:

- 1. They get toad. 5. Ice.
- 2. A plane. 6. Corn.
- 3. A bank. 7. A plant.
- 4. A painting.