



# FOCUS

## JULY 2022

### VOLUNTEERS OF THE MONTH

**Joann Hudson & Patsy Greer are the July Volunteers of the Month.**

Joanne Hudson and Patsy are sisters and have been dedicated to helping with our Home Delivered Meals program. They share the Hankins/North Cove route and continuously go above and beyond to help serve this community. Joanne is 73 years old. She enjoys helping a lot at her church in Glenwood. She likes watching game shows and spending time with her family in her spare time.

Joanne moved to North Carolina and decided to join our Home Delivered Meals program so that she could get out of the house and she wanted to be actively involved her community. She has been volunteering for almost 15 years! One thing that has touched Joann and Patsy is how great and thankful the people are. They encourage others to volunteer because you will gain a blessing like no other!

Thank you so much Joann and Patsy for all that you do for us! We really do appreciate you!



**Joann Hudson**

**“Centers for Life Enrichment”**

### McDowell Public Library Bookmobile

**Bringing the Library to You!**



Marion Senior Center

Parking Lot

2nd & 4th Fridays

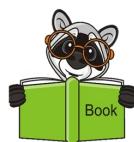
11:30am—1:00pm

A.C. Bud Hogan Community

Center Parking Lot

1st & 3rd Fridays

11:30am—1:00pm



**Open to Everyone!**



### 2022 McDowell Senior Games Results



**Betty Anderson**

Quilting (Hand Stitched), 2

**Randy Barts**

Pickleball Singles, 2

Pickleball Doubles, 1

Pickleball Mixed Doubles, 2



**Joe Borg**

Softball Throw, 1

Football Throw, 1

Bocce, 2

50 Meter Dash, 1

Standing Long Jump, 1

Running Long Jump, 1

Table Tennis Singles, 1

Cornhole, 2

Horseshoes, 1

Shuffleboard, 2

**Kathleen Borg**

Softball Throw, 3

Football Throw, 3

Standing Long Jump, 2

Running Long Jump, 3

Pickleball Singles, 1

Pickleball Doubles, 1

Continued.....

## 2022 McDowell Senior Games Results



### Kathleen Borg

Pickleball Mixed Doubles, 1  
 Table Tennis Singles, 2  
 Cornhole, 3  
 Horseshoes, 3  
 Shuffleboard, 1

### Dean Buff

Basketball Shooting, 1  
 200 Meter Dash, 3  
 Cornhole, 2  
 100 Meter Dash, 3  
 50 Meter Dash, 3  
 Shot Put, 2  
 Discus Throw, 1  
 Golf, 1  
 Badminton Singles, 1

### Anne Burnette

Shuffleboard, 1

### Johnny Burnette

Bowling Singles, 1  
 Bowling Doubles, 1  
 Bowling Mixed Doubles, 1  
 Horseshoes, 1  
 Shuffleboard, 3  
 Cornhole, 2

### Steve Burns

Table Tennis Singles, 2  
 Checkers, 1  
 Line Dancing Small Group, 1

### Gary Carter

Bowling Singles, 1  
 Bowling Doubles, 1  
 Bowling Mixed Doubles, 2

### Faye Conner

SilverStriders Fun Walk, 1  
 Bocce, 2  
 Table Tennis Singles, 1  
 Checkers, 2  
 Nustep, 3  
 Line Dancing Small Group, 1

### Ruby Foster

Oil, 2

### Marcia Freeman

Bowling Doubles, 1  
 Bowling Singles, 1  
 Bowling Mixed Doubles, 1

### Frances Greene

SilverStriders Fun Walk, 1  
 Softball Throw, 1  
 Football Throw, 1  
 Bocce, 1  
 Checkers, 1  
 Nustep, 1  
 Shuffleboard, 1  
 Badminton Doubles, 1  
 Croquet, 1  
 Bowling Singles, 1  
 Bowling Doubles, 1  
 Cornhole, 2

### Beth Hall

Softball Throw, 1  
 Pickleball Singles, 1  
 Pickleball Doubles, 1  
 Pickleball Mixed Doubles, 1  
 Table Tennis Singles, 1

### Michael Harrison

Bocce, 1  
 Golf, 1

### Jean Honeycutt

Watercolor, 2  
 Poem, 1  
 Comedy/Drama Solo, 2

### Marc Houser

Bowling Singles, 1  
 Bowling Doubles, 1

### Tamara Houser

Photography-Digital, 1



### Timothy Ivy

Coloring, 1  
 SilverStriders Fun Walk, 1  
 Basketball Shooting, 1  
 Softball Throw, 1  
 Football Throw, 1  
 Bocce, 1  
 Croquet, 2  
 Cornhole, 1  
 Horseshoes, 3  
 Shuffleboard, 2

### Joyce Jacobs

Checkers, 3  
 Dance Solo, 1  
 Line Dancing Small Group, 1

## 2022 McDowell Senior Games Results



### **Cathy Laws**

Softball Throw, 1  
 Football Throw, 1  
 Bocce, 1  
 Basketball Shooting, 1  
 Table Tennis Singles, 1  
 Checkers, 1  
 Cornhole, 1  
 Horseshoes, 1  
 Shuffleboard, 1  
 Nustep, 1  
 Croquet, 1  
 Bowling Singles, 1  
 Bowling Doubles, 1  
 Billiards, 1  
 Bowling Mixed Doubles, 1

### **Ruth Laws**

Bocce, 1  
 Checkers, 1  
 Nustep, 1  
 Croquet, 1  
 Bowling Singles, 1  
 Bowling Doubles, 1  
 Bowling Mixed Doubles, 1  
 Cornhole, 1  
 Horseshoes, 1  
 Shuffleboard, 2

### **Jerry Ledford**

Softball Throw, 1  
 Football Throw, 1  
 Cornhole, 3

### **Marie Ledford**

Cornhole, 3

### **George Lipe**

Billiards, 1

### **Dale Lloyd**

Sculpture, 1

### **Paul Llyod**

Golf, 1

### **Lora Loftin**

Photography-Digital, 3

### **Gerald Lyons**

Bowling Singles, 1  
 Bowling Doubles, 2  
 Bowling Mixed Doubles, 1

### **Bobby Martin**

Golf, 1  
 Bowling Singles, 1  
 Bowling Doubles, 1  
 Bowling Mixed Doubles, 1

### **Sharyn Matson**

Comedy/Drama Solo, 1

### **Diane Meyer**

Photography-Digital, 2

### **Linda Moore**

Acrylics, 1  
 Oil, 3  
 Watercolor, 1  
 Pastels, 1

### **David Myers**

Chess, 1  
 Pickleball Singles, 1  
 Table Tennis Singles, 1  
 Checkers, 1  
 Croquet, 1  
 Cornhole, 3  
 Horseshoes, 2  
 Shuffleboard, 1

### **John Nuttal**

50 Yd. Freestyle, 1  
 50 Yd. Breaststroke, 1  
 100 Yd. Freestyle, 1  
 100 Yd. Breaststroke, 1  
 500 Yd. Freestyle, 1  
 Pickleball Singles, 1  
 Pickleball Doubles, 2  
 Pickleball Mixed Doubles, 1  
 Table Tennis Singles, 1  
 Checkers, 1

### **Judy Patton**

SilverStriders Fun Walk, 1  
 Basketball Shooting, 1  
 Softball Throw, 2  
 Football Throw, 1  
 Bocce, 3  
 1500 Meter Power Walking, 2

### **Croquet, 1**

Cornhole, 1  
 Horseshoes, 2  
 Shuffleboard, 3  
 Discus Throw, 1  
 Pickleball Singles, 2  
 Pickleball Doubles, 1  
 Pickleball Mixed Doubles, 2  
 Table Tennis Singles, 1  
 Badminton Doubles, 1

### **200 Meter Dash, 1**

100 Meter Dash, 1  
 50 Meter Dash, 2  
 Standing Long Jump, 1  
 Running Long Jump, 2  
 Shot Put, 1

### **Charlotte Pike**

SilverStriders Fun Walk, 1  
 Softball Throw, 1  
 Football Throw, 1

## 2022 McDowell Senior Games Results

<b>Charlotte Pike</b>	1500 Meter Power Walking, 1 50 Meter Dash, 1 Running Long Jump, 1 Horseshoes, 1 Shuffleboard, 2 Pickleball Singles, 3 Pickleball Doubles, 1 Nustep, 2 Badminton Doubles, 1 Croquet, 2 Cornhole, 2	Bowling Mixed Doubles, 1 Bowling Doubles, 1 Bowling Mixed Doubles, 1 Bowling Singles, 1	Shuffleboard, 2
<b>Clifford Poteat</b>	Woodworking, 1 Softball Throw, 1 Football Throw, 1 Bocce, 2 Cornhole, 1	<b>Sarita Styles</b> Bowling Doubles, 1 Bowling Mixed Doubles, 1 Bowling Singles, 1	<b>John Wells</b> Pickleball Singles, 1 Pickleball Doubles, 1 Pickleball Mixed Doubles, 1
<b>Gladys Poteat</b>	Crocheting, 1 Plastic Canvas, 1 Bocce, 1	<b>James Tanner</b> Billiards, 2	<b>Opal Woody</b> Quilting (Machine Stitched), 2 Small Quilting, 1
<b>Betty Prebor</b>	Oil, 1 Watercolor, 3 Life Experiences, 1 Standing Long Jump, 1 Running Long Jump, 1 Shot Put, 1 Discus Throw, 1 Corn Hole, 1 Horseshoes, 1	<b>James Taylor</b> Basketball Shooting, 2 Softball Throw, 2 Football Throw, 2 Bocce, 1 1500 Meter Power Walking, 1 200 Meter Dash, 1 Shuffleboard, 1 Table Tennis Singles, 1 Checkers, 2 Nustep, 1 Croquet, 1 Cornhole, 1 Horseshoes, 1 100 Meter Dash, 2 50 Meter Dash, 2 Standing Long Jump, 1 Running Long Jump, 2 Shot Put, 3 Discus Throw, 3	<b>Diane Ylitalo</b> Softball Throw, 1 Bocce, 1 Shot Put, 1 Discus Throw, 1 Nustep, 1 Croquet, 2 Horseshoes, 2 Shuffleboard, 3
<b>Larry Ramsey</b>	Golf, 2	<b>Victoria Searcy</b> Acrylics, 3	<b>Jim Young</b> Football Throw, 1 1500 Meter Power Walking, 2 200 Meter Dash, 2 100 Meter Dash, 1 50 Meter Dash, 1 Standing Long Jump, 2 Running Long Jump, 1 Shot Put, 1 Discus Throw, 2
<b>Jewell Randolph</b>	SilverStriders Fun Walk, 1 Softball Throw, 2 Football Throw, 2 Bocce, 1 Standing Long Jump, 1 Shot Put, 1 Cornhole, 1 Horseshoes, 1 Shuffleboard, 1 Discus Throw, 1 Table Tennis Singles, 1 Badminton Doubles, 1 Croquet, 1 Bowling Singles, 1 Bowling Doubles, 1	<b>John Sigmon</b> SilverStriders Fun Walk, 1 Basketball Shooting, 1 Softball Throw, 1 Football Throw, 1 Bocce, 1 Standing Long Jump, 1 Cornhole, 1 Horseshoes, 1 100 Meter Dash, 2 50 Meter Dash, 2 Standing Long Jump, 1 Running Long Jump, 2 Shot Put, 3 Discus Throw, 3	<b>Eddie Toney</b> SilverStriders Fun Walk, 1 Checkers, 1 Nustep, 1
<b>Nellie Randolph</b>	Quilting (Hand Stitched), 1	<b>Richard Tuttell</b> Short Story, 1 Vocal Solo, 1	<b>Patrick Young</b> Billiards, 1 Chess, 1
<b>Janet Reese</b>	Softball Throw, 1 Football Throw, 2 Bocce, 2	<b>Brenda Sills</b> Checkers, 1 Nustep, 2 Cornhole, 2 Horseshoes, 1 Shuffleboard, 1	<b>Eugene Venton</b> Bocce, 1 Croquet, 1 Cornhole, 1 Horseshoes, 2 Shuffleboard, 1
<b>Sandra Smith</b>	Acrylics, 2	<b>Yonna Venton</b> Crocheting, 2 Bocce, 3 Croquet, 1 Cornhole, 1	
<b>Floyd Styles</b>	Bowling Singles, 2 Bowling Doubles, 2		

# Summer Time Dance



McDowell Senior Center

Friday, July 15th, 2022

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

**\$7.00 per person**

This event is for adults of all ages.

**“Drinks will be provided, bring finger foods.”**

For More Information

Call Brenda Monosso @ (828)692-0832

## VALife insurance program coming January 2023 for Veterans with service connection

In January 2023, VA will launch a new [life insurance](#) program called Veterans Affairs Life Insurance (VALife), which provides guaranteed acceptance whole life insurance coverage to Veterans age 80 and under, with any level of service-connected disability. Some Veterans age 81 and older may also be eligible.

### What is Guaranteed Acceptance Whole Life Insurance?

Guaranteed acceptance is a whole life policy that does not require a medical exam or ask health questions. It also does not have a limited two year window to sign up. Whole life insurance provides coverage for the entire life of the individual policyholder, provided that premiums are always paid. Premium rates are locked in for the life of the policy, and unlike term policies will not increase as the policyholder ages.

### What benefits does it offer?

Created by [Public Law 116-315](#), the new program meets the needs of service-connected Veterans who may not have previously qualified for life insurance with VA. VALife offers guaranteed acceptance whole life insurance coverage that lasts for an individual's entire life and provides the following benefits:

- All service-connected Veterans age 80 and under with 0-100% VA disability ratings are eligible.
- Fully automated online enrollment with instant approvals.
- Coverage comes in increments of \$10,000, up to a maximum of \$40,000, and premiums are competitive – or better – than what's available in the private sector. There is a two-year waiting period for full face value coverage to take effect.
- No medical requirements for enrollment.
- Cash value that builds over the life of the policy after the first two years of enrollment.
- Rates are best the earlier you sign up. Once locked in, premiums will never increase.

### Who is eligible?

All Veterans age 80 or younger with a VA disability rating of 0-100% are eligible for VALife, with no time limit to apply.

Veterans who are 81 or older may apply for VALife within two years of receiving a new service-connected disability rating if:

- They applied for VA disability compensation before age 81, and;
- They received a new service-connected disability rating after turning 81.

### How does this impact other VA Life Insurance programs?

VALife opens life insurance coverage to more service-connected Veterans than ever before. In contrast to Service-Disabled Veterans Life Insurance (S-DVI), VALife has no medical requirements and there is no two year time limit to apply if a Veteran is age 80 or under.

Veterans who currently hold an S-DVI policy can either keep their current coverage or apply for VALife when the application goes live. Veterans can keep their S-DVI policy until the full coverage of VALife begins two years after enrollment as long as the application is received between Jan. 1, 2023, and Dec. 31, 2025

S-DVI will close to new enrollment after Dec. 31. Veterans interested in S-DVI should apply by this date, even if they are interested in applying for VALife in the new year. Applying for S-DVI now allows eligible Veterans to have life insurance coverage while waiting the two-year period for their VALife coverage to become available.

### How can you apply for both?

The application for VALife will go live on Jan. 1, 2023. Stay tuned for more information on VALife and the application process. Once the program is open, the application will be available online at <https://www.benefits.va.gov/insurance/VALife.asp>.

If you are interested in applying for S-DVI before VALife opens, or would like to learn more about the coverage, please visit the S-DVI webpage here: <https://www.va.gov/life-insurance/options-eligibility/s-dvi/>.

### Where can I learn more?

To learn more about VALife and whether it's the right choice for you and your family, please visit the webpage <https://www.benefits.va.gov/insurance/VALife.asp>.

If you would like to receive email updates about VALife, please visit the webpage <https://public.govdelivery.com/accounts/USVAVALI/Subscriber/new>.

### Senior Games Pictures



### Guess the Definition

#### Pandiculation

1. The act of stretching and yawning.
2. To make an object round in shape.
3. The study of a panda's eating habits.

*Answer is on the back page.*

**Marion Nutrition Site**

For Reservations &amp;

Cancellations Call: 659-0831**MENU****JULY 2022****Old Fort Nutrition Site**

For Reservations &amp;

Cancellations Call: 668-4867**For Home Delivered Meals Cancellations call 659-0821**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Dining Room Notice</b> <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>	<u>Nutrition Site</u> <u>Beverages</u> Whole Milk  Skim Milk  Tea  Coffee 	<b>Menu items are subject to change due to availability</b> <small>*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free</small>		1 Turkey Burger/Bun Cole Slaw, Chili, Onions Potato Chips Baked Beans Fresh Fruit
4 Closed 	5 Macaroni & Cheese Cold Country Tomato Broccoli Cornbread Jell-O	6 BBQ Pork Cole Slaw Corn Hushpuppies Pudding	7 Breaded Chicken Fillet Sandwich/Bun Lettuce & Tomato Tater Tots Fruit Cobbler	8 Tuna Salad with Leaf Lettuce Sliced Tomato Potato Salad 2 Slices of Bread Fresh Fruit
11 Roast Beef w/Gravy Zucchini & Tomatoes w/Onion Whipped Potatoes Rolls Pears	12 Country Style Steak w/ Gravy Green Peas Baby Bakers Biscuit Diced Peaches	13 Turkey Hot Dogs w/Chili & Diced Onion Hot Dog Bun Baked Beans Chips Banana	14 Baked Ham Green Beans Fresh Vegetable Vinaigrette w/tomatoes, onion, & cucumbers Cut Sweet Potatoes Roll Devil's Food Cake	15 Chef Salad w/Turkey, Cheese, Boiled Eggs Lettuce, Tomatoes, Cucumbers Tropical Fruit Mix Macaroni Salad, Crackers Peanut Butter Brownies
18 Chicken Pot Pie w/Vegetables Harvard Beets Roll Jell-O	19 Chopped Steak w/Mushroom Gravy Oriental Slaw w/Cabbage, Sunflower Kernels, Spring Onions & Raman Noodles Baby Bakers, Rolls Apple Cobbler (D.B. Melon Cup)	20 Turkey Burger w/Cheese, Bun Lettuce & Tomato Baked Beans Chips Cookie	21 Baked Chicken Filet w/Italian Dressing Green Beans Buttered Noodles Roll Strawberry Shortcake (DB- Fresh Strawberries)	22 Chicken salad Lettuce & Tomato Potato Salad 2 Slices of Bread Melon Cup
25 Tuna Salad on Lettuce Sliced Tomato Pickled Beets 2 Slices Honey Wheat Bread Cookies	26 Baked Chicken Breast w/Gravy Green Beans Dressing Biscuit Melon Cup	27 Oven Fried Fish Cole Slaw w/Carrots Dill Potato Hush Puppies Tarter Sauce Brownie	28 Baked Spaghetti Tossed Salad w/Lettuce, Tomato & Carrot Green Peas Garlic Twist (Texas Toast-HDM) Iced Cake	29 Sliced Ham Sandwich w/Cheese Lettuce & Tomato Broccoli Salad Chips 2 Slices of Bread Orange



McDowell County Health Coalition presents

# Summer THRIVE Series



Each Saturday from June 11-August 20th, MCHC will partner with other organizations to provide FREE fun activities for families in the city park!



*191 North Main St 10am-12:00pm*

- Saturday June 11-MCHC presents Summer Thrive Kick Off with Field Day Games and Snacks! Weather permitting.
- Saturday June 18-McDowell County Schools will be hosting STEM Hands on Activities and Healthy Snacks! Rain or Shine.
- Saturday June 25-Join the team at the Foothills Health Department and build your own jump rope kit!
- Saturday July 2- Get digging with the Community Engagement Project for garden activities! Rain or shine.
- Saturday July 9-Don't miss Zumba in the park with Centro Unido Latino Americano. Weather permitting.
- Saturday July 16-NC Cooperative Extension McDowell hosts flower pot painting and seed planting! Rain or shine.
- Saturday July 23-Put your dancing shoes on for some line dancing fun with the McDowell Senior Center! Weather permitting.
- Saturday July 30- YMCA and McDowell County Schools-Dribble in the Park! Fun basketball activities for the whole family!
- Saturday August 6-Did someone say soccer fun? Join MATCH and the YMCA for Soccer Clinic, Drills, and Snacks! Weather permitting.
- Saturday August 13-McDowell Public Library Presents Story Time and Rock Painting! Rain or Shine
- Saturday August 20- Touch a Truck hands on family fun with McDowell Technical Community College! Police Cars, Fire Trucks, Dump Trucks and more! Rain or shine.



# **2022 VAYA HEALTH TRAININGS**

## **McDowell Senior Center 100 Spaulding Rd., Marion, NC 28752**

**Held the 2<sup>nd</sup> Wednesday of each month**  
**1:30pm- 3:30pm**

Vaya Health's Geriatric Team serves Alexander, Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Catawba, Cherokee, Clay, Graham, Haywood, Henderson, Iredell, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin and Yancey counties.



<b>Date</b>	<b>Topic 1 (1:30pm-2:30pm)</b>	<b>Topic 2 (2:30pm-3:30pm)</b>
<b>July 13</b>	Dementia and Psychosis Behavior: What You Need to Know	Overcoming Communication Barriers in Dementia
<b>August 10</b>	Commonly Misused Medications: Understanding Medication Effects on the Aging Brain	Substance Use, Misuse, and the Opioid Crisis
<b>September 14</b>	Person(RE)ality: Why Mine is Different	Suicide Indicators, Response, & Prevention
<b>October 12</b>	Schizophrenia: Psychosis: Can this be Real?	The Many Faces of Antipsychotic Medications
<b>November 9</b>	A Rainbow of Mental Health: An Introduction Part 1	A Rainbow of Mental Health: An Introduction Part 2
<b>December 14</b>	Neurocognitive Disorder: Living with Dementia	It's a Brain Thing: The Study of Dementia Medications

Access to services:  
1-800-849-6127  
Hearing impaired?  
Call NC Relay 711  
[www.vayahealth.com](http://www.vayahealth.com)

*Hosted by the McDowell Senior Center in partnership with the Vaya Health Geriatric & Adult Mental Health Specialty Team. All Vaya Health trainings are free and accredited through the NC Division of Health Service Regulation who awards 1 contact hour for each hour of training.*



# THE BUZZZ OF OLD FORT

Jean Carroll had surgery on June 1, 2022. She has had several problems after surgery, she is in our prayers.

Becky Smith was in the hospital and has been moved to a nursing facility. Bruce Clifton's son has been in the hospital, we have been praying for them.

Loujean Phillips' son also needs prayer. We want to remember Robin Bingham, and her sister Marianne Y Hoyle and their families in the loss of their father Anthony Joseph Yacovelli who passed away June 1, 2022.

The Old Fort senior center started Bingo back last month on Wednesday's. We start at 10:30 when we have guest caller Theresa Parker. She is the director of marketing at College Pines which is a health and rehabilitation facility in Connelly Springs N.C. Theresa does a good job. Carey Woody calls when Theresa is not here, the start time is 10:15 on those days. Every one has a good time.

Riddle for the day:

What is more powerful than God, more evil than Satan, the poor have plenty of it, the rich don't need it and if you eat it you will die?

Lets welcome Ron and Sherrie Hughes. And also welcome back Tim and Carol McEntire.

## Fun Facts about our members for July

Cora Johnson and Bruce Clifton are home delivered meals volunteers. Cora loves watching tennis. Bruce is a bee keeper and sells his honey named "Heidi's Honey Farm".

Riddle answer: Nothing

By Carey Woody and Robin Clark

## More Senior Games Pictures



# THE BUZZZ OF MARION

Teddie Lail's family from Charlotte visited during June. They enjoyed catching up with each other over lunch at the Okie Dokie Cafe in Swannanoa.

Wanda Long and her family vacationed at Hilton Head Island for a week in June. She spent much of her time spoiling three great grandchildren all under age three.

Linda Bryant has a new grandson as of April. They live out of state and she hasn't had the opportunity to spoil him yet. We would love to see some pictures of him.

Bill Baggallay returned to Michigan the last part of May. He plans to rejoin us in the fall.

George Lipe and Harvey McElrath have some new health issues. James Ramsey's son has some major health problems. We need to remember these families in prayer.

By Wilma Gladden

## Riddles:

*Answers are on the back page.*

1. A man is in his car. He sees three doors. A golden one, a diamond one and a silver one. Which door does he go through first?
2. 2 Men catch 2 fish in 2 minutes. At this rate, how many men could catch 500 fish in 500 minutes?
3. What question can you never honestly answer yes to?
4. You measure my life in hours, and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.
5. A man is sitting in his cabin in Michigan. Three hours later, he gets out of his cabin in Texas. How is this possible?



**Geriatric and Adult Mental Health  
Specialty Team  
Webinar Schedule 2022**

**Registration Information**

Go to [Vayahealth.com](http://Vayahealth.com), Hover over **Get Involved** Tab,  
Click on **Calendar of Events**,  
Click on desired class to register.

For more information, please contact Jeffrey Dula-Brown at 828-759-2160 ext. 3346, or at  
[jeffreydula-brown@vayahealth.com](mailto:jeffreydula-brown@vayahealth.com).

Date	Time	Topic
July 8, 2022	10:00-11:00am	Dementia & Psychosis Behavior: What You Need to Know
July 8, 2022	11:15am-12:15pm	Overcoming Communication Barriers in Dementia
July 26, 2022	1:30-2:30pm	Dementia & Psychosis Behavior: What You Need to Know
July 26, 2022	2:45-3:45pm	Overcoming Communication Barriers in Dementia
August 12, 2022	10:00-11:00am	Commonly Misused Medications: Understanding Medication Side Effects
August 12, 2022	11:15am-12:15pm	Substance Use, Misuse, and the Opioid Crisis
August 23, 2022	1:30-2:30pm	Commonly Misused Medications: Understanding Medication Side Effects
August 23, 2022	2:45-3:45pm	Substance Use, Misuse, and the Opioid Crisis
September 9, 2022	10:00-11:00am	Personality: Why Is Mine Different
September 9, 2022	11:15am-12:15pm	Suicide Indicators, Response, and Prevention
September 27, 2022	1:30-2:30pm	Personality: Why Is Mine Different
September 27, 2022	2:45-3:45pm	Suicide Indicators, Response, and Prevention
October 14, 2022	10:00-11:00am	Schizophrenia: Psychosis: Can this be real?
October 14, 2022	11:15am-12:15pm	The Many Faces of Antipsychotic Medications
October 25, 2022	1:30-2:30pm	Schizophrenia: Psychosis: Can this be real?
October 25, 2022	2:45-3:45pm	The Many Faces of Antipsychotic Medications
November 10, 2022	10:00-11:00am	A Rainbow of Mental Health: An Introduction part 1
November 10, 2022	11:15am-12:15pm	A Rainbow of Mental Health: An Introduction part 2
November 22, 2022	1:30-2:30pm	A Rainbow of Mental Health: An Introduction part 1
November 22, 2022	2:45-3:45pm	A Rainbow of Mental Health: An Introduction part 2
December 9, 2022	10:00-11:00am	Neurocognitive Disorder: Living with Dementia
December 9, 2022	11:15am-12:15pm	It's a Brain Thing: The Study of Dementia Medications
December 29, 2022	1:30-2:30pm	Neurocognitive Disorder: Living with Dementia
December 29, 2022	2:45-3:45pm	It's a Brain Thing: The Study of Dementia Medications



## Girls Just Wanna Have Fun

The purpose of this amazing club is to help prevent isolation and to boost the mental health of all women of all ages.

Come enjoy each other's company while having fun. A few of the fun activities will be Painting our Nails, Playing Games, going on a Scavenger Walk, Painting on Rocks and Canvas and on the last day we will have a Tea Party and LOTS, LOTS more Fun.

### The Club Meeting Dates:



Friday, June 10<sup>th</sup>

Think Like Dorothy

Thursday, June 16<sup>th</sup>, 23<sup>rd</sup>



Thursday, July 7<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>



Thursday, August 4<sup>th</sup>, 25<sup>th</sup>

Time 9:30 am

at the  
McDowell Senior Center

100 Spaulding Road Marion, NC 28752



Instructor: Savannah Shelton

For More Information Contact: Brenda Monosso at 828-659-0832

**JULY 2022**  
**McDOWELL COUNTY SENIOR CENTER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you. - Langston Hughes				1 9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise
4 Closed Holiday  	5 10:30-11:30 Bible Study 10:30 Chair Exercise 1:00 Art Class <b><u>Evening Classes</u></b> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	6 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing	7 9:00-10:00 “Plastic Canvas” Class 9:30 The Golden Girls Club 10:30-11:30 Chair Exercise	8 9:30-10:30 Crochet class 10:30-11:30 Chair Exercise 11:30-1:00 Bookmobile
11 9:30-10:30 Advanced Line Dance 10:30-11:30 Chair Exercise	12 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class <b><u>Evening Classes</u></b> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	13 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing <u>1:30 Dementia &amp;</u> <u>Psychosis Behavior:</u> <u>What you need to Know</u> <u>2:30 Overcoming</u> <u>Communication Barriers</u> <u>in Dementia</u>	14 9:00-10:00 “Plastic Canvas” Class 10:30-11:30 Chair Exercise	15 9:30-10:30 Crochet class 10:30-11:30 Chair Exercise 6pm —9pm Summertime Dance
18 9:30-10:30 Advanced Line Dance 10:30-11:30 Chair Exercise	19 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class <b><u>Evening Classes</u></b> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	20 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing	21 9:00-10:00 “Plastic Canvas” Class 9:30 The Golden Girls Club 10:30-11:30 Chair Exercise	22 9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise 11:30-1:00 Bookmobile
25 9:30-10:30 Advanced Line Dance 10:30-11:30 Chair Exercise	26 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 1:00-3:00 Art Class <b><u>Evening Classes</u></b> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance <b><u>5:30Alzheimer's/Dementia</u></b> <b><u>Caregiver Support meeting</u></b>	27 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:45 Card Playing	28 9:00-10:00 “Plastic Canvas” Class 9:30 The Golden Girls Club 10:30-11:30 Chair Exercise	29 9:30 –10:30 Crochet class 10:30-11:30 Chair Exercise

# OLD FORT NUTRITION SITE

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

**Phone: 668-4867**

**JULY 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 11:30-1:00 Bookmobile
Closed Holiday	4	5 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Bruce Clifton	6 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	7 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb
11 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	12 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Bruce Clifton	13 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	14 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb <u>After Lunch-Card Making with Nanette</u>	15 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 11:30-1:00 Bookmobile
18 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	19 Puzzles 8:30-3:00 8:30-3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Bruce Clifton	20 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	21 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb <u>2:00 Book Club with Rita Silvers</u>	22 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
25 Puzzles 8:30-3:00 8:30-3:00 Fitness Equipment Exercises 9:30-10:30 Crochet with Jo Shuman 12:15 Bible Study with James O'Neil	26 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Bruce Clifton	27 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	28 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	29 Puzzles 8:30—3:00 8:30—3:00 Fitness Equipment Exercises



— Herbert Hoover

*“Freedom is the open window through which pours the sunlight of the human spirit and human dignity.”*



## Western North Carolina Community Health Services

Bringing compassionate health care  
to McDowell County



Accepting walk-ins and appointments now!

July 5, 22, Marion Men's Shelter

804 State Street

Marion NC

9:00 -3:30

July 11, 22, Women's Shelter

124 Fleming Ave

Marion NC

9:00-3:30

July 12, 22 Senior Center

100 Spaulding Rd

Marion NC

9:00-3:30

July 14, 22 CULA

79 Academy St

Marion NC

9:00-3:30

**Call for an appointment  
828-659-5289**

### MINOR ILLNESSES

- Cough & bronchitis
- Ear infection & earaches
- Flu-like symptoms
- Gout treatment
- Heartburn & indigestion
- Nausea, vomiting & diarrhea
- Sinus infection & congestion
- Sore & strep throats
- Upper respiratory infection
- Urinary tract & bladder infections
- General medical exams
- Dermatitis, rashes, & skin conditions

### SCREENING & MONITORING

- High blood pressure evaluation
- Diabetes screening & management
- High cholesterol screening & management
- Asthma monitoring
- Basic health screening

### WELLNESS & PHYSICALS

- Physicals: School, sports, and camp (bring needed paperwork)
- TB testing
- Smoking cessation
- Flu Vaccines

### WOMAN'S SERVICES

- Birth control
- Well Woman Exams
- Pregnancy evaluation



**828-285-0622  
WWW.WNCCHS.ORG**

## JULY BIRTHDAYS



### MARION

Jerold Jones 8  
John Tillman 9  
Peggy Brooks 12  
Joyce Lutherball 13  
Wanda Long 13  
Dollie Harris 14  
Jerry Greene 29

Duska Davidson 31

### OLD FORT

Robert Parks 8  
Carey Woody 15  
Michael Clark 21  
Rhonda Hulse 25  
Meldeen Shuford 30



## 2022-2023

### **24th Annual OPERATION BACKPACK**

School supplies are available to Pick Up for McDowell County Public School K-12 Students

**GYM, 176 Lukin Street, Marion, NC 28752**

**July 18-July 28, 2022; Monday–Thursday; 8am - 4pm; Picture ID required  
THANK YOU for each DONATION & your faithful SUPPORT!**

Supplies and monetary donations are appreciated and needed! Monetary donations may be written to **The Endowment Fund**, for Operation Backpack

Donations may be mailed or brought to  
**McDowell County Schools, 334 South Main Street, Marion, NC 28752.**

Backpacks  
1" 3 Ring Binders  
24 Count Crayons  
Glue Sticks  
Pens: Blue, Black, & Red

Notebook paper  
#2 & Colored Pencils  
Safety Scissors  
Composition Books  
Toothbrush

Erasers  
Pocket Folders  
Highlighters  
Pencil Pouches  
Toothpaste

**When everyone works together, much can be achieved. Every little bit makes a big difference!**  
The 2022-2023 school year will be **Operation Backpack's** 24th year assisting students with school supplies. Our giving and caring community working together has made this possible! The goal of Operation Backpack is to provide all underprivileged K-12 students in McDowell County Public Schools with a new backpack and school supplies. Although the majority of the supplies are distributed a few weeks prior to school starting, there are needs year-round. Supplies are given to students based on grade level.

Number of students assisted during summer distribution:



Year	# of Students
2017	989
2018	1009
2019	1075
2020 COVID	873
2021 COVID	817

For More Information: Melanie Dunham 828-652-4535 x4106 or [melanie.dunham@mcdowell.k12.nc.us](mailto:melanie.dunham@mcdowell.k12.nc.us)  
**The Endowment Fund of the Public Schools of McDowell County is the McDowell County Schools Education Foundation dedicated to promoting and fostering programs for McDowell County Schools for which funding is otherwise unavailable.**

## 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:  
Wilma Gladden  
Old Fort Reporters:  
Carey Woody & Robin Clark

### Editor:

Karen Burrell

[kburrell@mcdowellseniorcenter.org](mailto:kburrell@mcdowellseniorcenter.org)

### WEB:

[www.mcdowellcountyseniorcenter.org](http://www.mcdowellcountyseniorcenter.org)

FAX: 828-652-8723



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

**Home Delivered Meals  
Volunteer Drivers Needed  
Please contact the Senior  
Center at  
828-659-0821.**



### Guess the Definition Answer

1. The act of stretching and yawning.

5. He is a pilot in the cabin of an airplane.

4. A candle.

3. Are you asleep?

2. Men.

1. His car door.

**Riddle Answers:**