



FOCUS

AUGUST 2020

If you leave home, know your Ws!

WEAR
a cloth covering over your nose and mouth.

WAIT
6 feet apart. Avoid close contact.

WASH
your hands or use hand sanitizer.

@NCDHHS #StayStrongNC

“Centers for Life Enrichment”

Hello to all our friends!

Since March, all of us here at the McDowell Senior Center and the A.C. Bud Hogan Community Center have been missing our wonderful senior family. For all of you and us, this has been a difficult time having to spend time apart from our friends and family and not being able to do the everyday things that are part of our daily lives.

This time can be positive by connecting with others during this period. You can reach out by phone, letter, or computer. Director Mike Sprayberry of the North Carolina Department of Emergency Management says to “Look out for your family, friends and neighbors and to call your loved ones daily. It is guaranteed they will appreciate it.”

Now is a wonderful time to help others. If you are available to help us deliver home delivered meals to our homebound seniors in McDowell County, we can use you help! You can contact Jessica Lowery, Volunteer Coordinator, at the McDowell Senior Center at 828-659-0821. We are providing masks, gloves

and checking volunteer temperatures daily to keep our clients and volunteers safe.

Being able to feed folks daily in our community has been a great step forward for us in the month of July. Starting back the daily home delivered meals program, followed by the drive through meal programs for our dining room participants has been a tremendous joy for our staff. With our volunteers delivering meals to the homes and our staff handing our meals at our sites, we all enjoy the brief connections we make with others each day.

We look forward to the future when we can offer activities and classes at our sites. You can help us to reach this goal by following the three W’s- Wear a mask, Wait six feet apart, and Wash your hands.

Take care and stay safe,
Weyland Prebor,
Director

Pandemic Outreach Update: NCBAM Hope Line Now Offers Outbound Calls

When North Carolina Baptist Aging Ministry (NCBAM) began its **Hope Line** service in the summer of 2019 to address social isolation and loneliness among older adults, no one imagined the societal changes that would occur nine months later. Over the course of just a few days in March 2020, calls to the Hope Line increased exponentially. To meet the demand, the ministry opened the service on weekends and added two lines.

Now open daily, 9:00am – 9:00pm, the Hope Line **1-866-578-4673** continues to receive more than 100 calls each week from older adults—many of whom have been living in isolation for years. Other callers are new to the experience because of self-isolation measures or stay-at-home orders. NCBAM team members and volunteers trained in evidence-based health coach techniques focus on
Continued on next page.

listening and allowing callers to have a safe space to express themselves.



Knowing that many individuals most in need of a friendly call service may not initiate a call, **the Hope Line now offers outbound calls.** The service is free and can be requested by calling 877.506.2226 or by emailing ncbam@bchfamily.org. A link will be sent to sign up for the “friendly call” service. Call recipients must be 65 or older and live in North Carolina. Requests can be made by individuals themselves or by a family member or caregiver.

Whitney Brooks, Board Certified Integrative Health Coach through Duke Integrative Medicine developed and teaches the training provided to all Hope Line volunteers.

When the pandemic brought unprecedented challenges, Brooks responded with extra guidance. “Many of the incoming Hope Line calls are heavy conversations, and when a volunteer has three of these in a row, that can be pretty stressful. We’ve updated the training to incorporate self-care strategies so that volunteers can learn how to maintain and nourish their own emotional health while helping others.”

NCBAM has also implemented a monthly support group meeting for Hope Line volunteers. Call 877.506.2226 to learn how you can volunteer with the Hope Line.

NCBAM’s director, Dr. Sandy C. Gregory, began the Hope Line because of the adverse health risks associated with social isolation and loneliness and is now more concerned than ever. “More than one million North Carolinians 65+ are currently experiencing an increased level of isolation – and for an indeterminate length of time. NCBAM wants to help as many as possible by making the Hope Line available for both inbound and outbound calls.”

Carol Layton, NCBAM Director of Communications

Q. What does Medicare cover if I get COVID-19?

Part B covers:

COVID-19 testing and the associated provider visit. You pay no out-of-pocket costs. At this time, there’s no vaccine for COVID-19. However, if one becomes available, the vaccine and administration of it will be covered without any cost-sharing.

Part A covers:

Medicare covers all medically necessary hospitalizations related to COVID-19. This includes if you’re diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay but instead you need to stay in the hospital under quarantine. Standard coverage rules and cost-sharing apply.

Medicare will also waive the three-day prior hospital stay before admittance to a skilled nursing facility during the COVID-19 emergency.

Part D covers:

Prescription drugs used to treat COVID-19.

If you have a Medicare Advantage plan, you have access to these same benefits.

Famous Quote

"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough." -

Oprah Winfrey

State Finals Information



At State Finals, qualifiers from the 52 Local Senior Games gather to compete against the “best of the best” in their age and gender category.

The Celebration of the Human Spirit that is State Finals continues...not even a pandemic can stop North Carolina Senior Games participants!

Join us for this one-of-a-kind opportunity, no special skills or equipment required. Technology training and practice provided in advance. Anyone with a smartphone or computer can help you submit your scores - you, family member, friend, neighbor.

Registration: August 1 - September 1

State Finals Dates: September 27-October 31

Fitness Raffle: September 1-30

Virtual State Finals will include:

Competition - By age and gender. Medals mailed to all winners.

Affordability - \$15 registration fee, no travel expenses.

Fun and Friends - Seeing competitors from across the state via zoom.

Fitness - Practicing for competition and Fitness Raffles.

State Finals T-Shirt - Available for purchase. Postage paid for registered participants.

State Finals Lapel Pin - Mailed to each registered participant.

More detailed information and State Finals Registration will be available on August 1st. Check out NC Senior Games website (ncseniorgames.org) for more information.

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ Pork Baked Beans Juice Hush Puppies Cookie	4 Chicken Tenders Mixed Vegetables Potato Wedges Biscuit Applesauce	5 Kielbasa w/ Sauer- kraut Au Gratin Potatoes Roll Jello	6 Seasoned Turkey Burger w/Cheese & Bun California Blend Veg- etables Potato Rounds Juice Pudding	7 Chicken Salad Potato Salad Lettuce Crackers Fruit Cup
10 Chicken Marinara over Pasta Green Beans Roll Applesauce	11 Tuna Salad Lettuce Juice Broccoli Salad Crackers Oatmeal Cookie	12 Baked Chicken Breast w/Mushroom Gravy Vegetable Medley Cornbread Dressing Jello	13 Turkey Dog w/Chili & Bun Baked Beans Potato Chips Pudding	14 Ham & Cheese Sandwich/2 Slices Bread Lettuce & Tomato Macaroni Salad Fig Bar
17 Beef-a-Roni Steamed Cabbage Cheese Biscuit Applesauce	18 BBQ Chicken Breast Fried Squash Parslied Potatoes Fruit Cup	19 Baked Spaghetti Green Beans Applesauce Roll Trail Mix	20 Ham Broccoli Spears Yams Roll Jello	21 Turkey Sandwich Lettuce & Tomato Juice Macaroni Salad Oatmeal Pie
24 Macaroni & Cheese Hot Stew Tomatoes Broccoli Fig Bar	25 Hamburger Steak w/ Peppers Green Beans Baby Bakers Pota- toes Biscuit Jello	26 Meatloaf Peas & Carrots Mashed Potatoes Pears	27 Chicken Pie w/Vegetables Juice Rice Biscuit Pudding	28 Steak Fingers Peas Dill Potatoes Fruit Cup
31 BBQ Pork Baked Beans Juice Hush Puppies Cookie			Menu items are subject to change due to availability <u>Nutrition Site Beverages</u> Whole Milk  *DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free	<u>Dining Room Notice</u> In order to be sure you will be served lunch, please register by 12:00 pm the day before you want to eat. Thank you.



You've Been Missed!

Join the Senior Center's Staff for a
"Drive-Thru" Ice Cream Social



Thursday, August 27th @ Old Fort Site

Friday, August 28th @ Marion Site

Time: 11:00am – 12:00pm

August is:

Gastroparesis Awareness Month

Gastroparesis is a condition that affects the normal spontaneous movement of the muscles (motility) in your stomach. Ordinarily, strong muscular contractions propel food through your digestive tract.

Gastroparesis can interfere with normal digestion, cause nausea and vomiting, and cause problems with blood sugar levels and nutrition. Although there's no cure for gastroparesis, changes to your diet, along with medication, can offer some relief.

Signs and symptoms of gastroparesis include:

- Vomiting
- Nausea
- A feeling of fullness after eating just a few bites
- Vomiting undigested food eaten a few hours earlier
- Acid reflux
- Abdominal bloating
- Abdominal pain
- Changes in blood sugar levels
- Lack of appetite
- Weight loss and malnutrition

When to see a doctor

Make an appointment with your doctor if you have any signs or symptoms that worry you.

From www.mayoclinic.org

BBB Scam Alert: Scammers Targeting Seniors During Pandemic



BBB is receiving several reports

from seniors reporting that they are receiving text messages from scammers posing as the U.S.

Department of Health, about taking a mandatory online COVID-19 test in order to receive the recently approved stimulus payment. Others are receiving emails stating they qualify for a payment and to click on a link to claim a check. During this time of uncertainty, it is the ideal time for a scammer to prey on fear. The bottom-line is don't respond to a text, email or phone call from a sender that is unfamiliar, even if it looks official or from a respected agency.

These schemes often manifest as someone impersonating a respected agency or government entity, like the Social Security Administration or police, insisting a potential victim act immediately or face consequences. In fact, a research report released by the Better Business Bureau, FINRA Investor Education Foundation, and the Stanford Center on Longevity found that the top reason people said they lose money was because the scammer "seemed official."

Seniors aged 65 and over reported losing a median of \$350 last year when falling victim to a scam – which is more than double the loss across all age groups (\$160). However, seniors 65 and older are more likely to walk away from a scam and avoid financial loss, with one in four seniors reporting a loss this past year (versus one in three across all ages).

With the current coronavirus pandemic, scammers will constantly change their tactics to catch people off guard. Here are some tips for seniors to protect against scams:

- **Don't be afraid to contact someone.** Reach out to a family member, neighbor, or a company or organization you trust for advice. Research shows that individuals that are living alone, widowed, or those feeling isolated from others are more likely to engage with and lose money to scammers. If a scammer tries to keep you on the phone or rush you to a decision, hang up and ask someone for advice.

Avoid "miracle" product claims that can protect you or your home from disease. Companies targeting older consumers with products and services claiming to protect from diseases like COVID-19 are shams without a proven cure. Don't just believe testimonials on a company's website; instead, research the company and product through trusted organizations like the Better Business Bureau.

Be wary of offers sounding too good to be true. They won't help you get ahead. Scammers look for individuals looking to "catch up" or "get ahead" financially, and if your retirement was affected by the market's ups and downs – don't panic. Periods of high emotion are rarely the right time to re-evaluate your financial future. Instead, take a deep breath and contact a trustworthy broker or financial advisor.

Be smart and aware. Knowing about the scams out there significantly reduces the likelihood of financial loss. When someone contacts you about an "amazing opportunity," it's easier to separate fact from fiction.

Learn more about COVID-19 scams at BBB.org/coronavirus, and review reports from other consumers at BBB.org/ScamTracker. You can help protect your friends and family by passing on what you've learned!

Julie Goodwin, Regional Director **Better Business Bureau of** **Southern Piedmont and Western** **North Carolina**

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Asheville, NC 28801
828-253-7222 direct
828-252-5039 fax
www.bbb.org | *Start With Trust*

McDowell Senior Games 2020 SilverArts

Heritage Art

Woodworking



David Fox - The Train

Weaving



Opal Woody – Pinwoven Vest

Plastic Canvas



Gladys Poteat – Goldilocks & Three Bears

Knitting



Bernice Hensley – Peacock Shawl

Quilting Machine Stitched



Opal Woody – Flowers in the Sun



Sherry Yeager – Forest Floor

Small Quilt



Sherry Yeager – A Mermaid's Kiss



Shery Yeager- Mexican Stars



Opal Woody – Blue Plate Special

Crocheting



Gladys Poteat – Baby Car Seat Blanket



Bernice Hensley – Baby Layette Set



Sylvia Haucke - Afghan

Cross Stitched



Yonna Venton – Ivory Cats



Yonna Venton - Afghan

Other



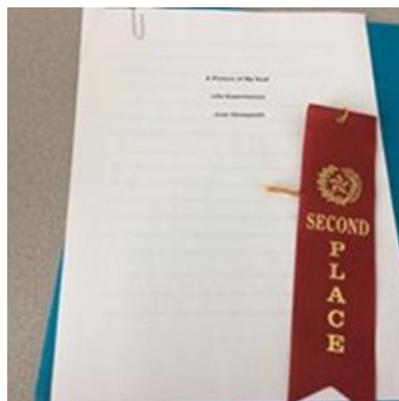
Sylvia Haucks - Seasons

Literary Art

Life Experiences



Doug Gouge - Creue



Jean Honeycutt –
A Picture of My Soul

Poem



Doug Gouge -
The Carpenter Knew the Nails

Visual Art

Acrylics



Kathy Ledbetter –
Velvety Pansy



Nancy Ledbetter –
Happy Fall Y'all



Linda Moore –
Good Morning Spring

Pastels



Linda Moore – The Pig Stayed Home



James Elkins – Avery Deport



Linda Moore – Yo Mickey

Drawing

Mixed Media



Brain Hensley – Military



Linda Moore – World of Color



Sylvia Haucke – Leaving the Nest

Watercolor



Linda Moore – Autumn Leaves

Oil



Linda Moore – Old Bucket

AUGUST BIRTHDAYS



MARION

Sandy Kauk 1
 Beulah Blankenship 2
 James Crisp 2
 Charles Davis 2
 Dennis Fosler 2
 Freda Adair 3
 Anna Allen 3
 Judith Garrel-Gregory 3
 Teresa Nickens 3
 Charlotte McDaniel 4
 Veredah Smith 4
 Stan Bloom 7
 Clarence Holland 7
 George Scott 7

Delores Arnold 8
 Polly Anna Boyer 8
 Patricia Potter 8
 Silas Sills 8
 Debbie McCurry 9
 Doris Hitt 12
 Tommy Johnson 13
 Barbara Tate 17
 Ricky Boyd 18
 Dorothy McCall 20
 Ann Altman 21
 Amie Lindner 21
 Alma Lambert 22
 Ted Struble 25
 Lucille Smith 26
 Mike Hensley 28

OLD FORT

Harold Harless 7
 Joseph LeBlanc 10
 Lovada Barrier 13
 Junior Allison 13
 Inez Anderson 14
 Sue Glover 14
 Jo Shuman 15
 Donna Morris 17
 Margaret Steppe 24
 Martha Jamison 26
 Margie McGee 26
 John Hankins 28

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Riddle Answers:
 1. A choice
 2. The nail would be at the same height since trees grow at their tops.
 3. A tree.
 4. I am the pupil of an eye.
 5. The future
 6. Your word
 7. Darkness
 8. Your right elbow

Apple Dumplings



Yield 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 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.

SUDOKU ANSWERS

8	6	7	5	3	4	2	1	9	8	1	9	3	4	6	7	5	2
1	4	9	8	6	2	3	5	7	3	6	2	1	7	5	8	9	4
2	3	5	9	1	7	4	8	6	5	4	7	8	2	9	1	6	3
6	1	4	7	8	5	9	3	2	2	7	5	4	1	8	6	3	9
9	5	3	2	4	1	6	7	8	1	9	6	7	5	3	2	4	8
7	8	2	6	9	3	1	4	5	4	8	3	9	6	2	5	1	7
5	7	1	4	2	9	8	6	3	7	3	1	5	8	4	9	2	6
4	2	8	3	7	6	5	9	1	6	5	4	2	9	7	3	8	1
3	9	6	1	5	8	7	2	4	9	2	8	6	3	1	4	7	5

CAN YOU SPOT 15 THINGS THAT ARE DIFFERENT IN THESE 2 PICTURES ANSWERS

1. Horse's bridle
2. Missing stirrup
3. hanging halter
4. brush out of box
5. cat stripes
6. girl's hair
7. girl's helmet
8. stall name sign
9. horse in stall wearing halter
10. polo wraps on horse's legs
11. pitchfork & broom
12. manure
13. breastplate on horse
14. horse's mane
15. girls boots

Tree Word Scramble Answers

- | | |
|---------------|---------------|
| 1. dogwood | 11. hickory |
| 2. beech | 12. willow |
| 3. walnut | 13. crabapple |
| 4. apricot | 14. redwood |
| 5. mulberry | 15. locust |
| 6. cottonwood | 16. maple |
| 7. eucalyptus | 17. buckeye |
| 8. cherry | 18. magnolia |
| 9. birch | 19. cedar |
| 10. chestnut | 20. palm |

Are you a genius parking answer

The Answer is 87.
 Turn the picture upside down to see the parking slots as: 86, 87, 88, 89, 90 and 91.

Famous Quote

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."

-Helen Keller