



FOCUS

AUGUST 2024



INDIVIDUAL UNEMPLOYABILITY: UNDERSTANDING THE BASICS

What is IU?

Individual Unemployability allows VA to pay certain Veterans at the 100-percent disability rate even though their service-connected disabilities are not rated as 100-percent disabling. Veterans may be eligible for this rating increase if they are either unemployed or unable to maintain substantially gainful employment as a result of their service-connected disability (or disabilities).

What is substantially gainful employment?

Substantially gainful employment is simply full-time employment that provides a wage greater than the poverty level. (Note: In 2014, the U.S. Census Bureau considered a poverty-level, yearly wage for a person under the age of 65 to be \$12,316.) For instance, if a Veteran has been trained to drive a truck, but can't work because of service-connected back and stomach conditions, he or she may qualify for IU.

Are there any other eligibility requirements?

In order to qualify for IU, you must have one of the following:

- 1) a 60-percent or more disability evaluation based on a single service-connected disability or,
- 2) a 70-percent combined disability

evaluation based on multiple service-connected disabilities, with at least one disability rated at 40 percent or more.

In these cases, VA will consider a Veteran's eligibility for IU, if there is evidence showing he or she cannot work due to service-connected disabilities. In both instances, VA reviews all the evidence of record and decides if a Veteran's disability is, **by law**, severe enough to grant IU.

Let's use a hypothetical situation. Say a Veteran claims he can't work and doesn't understand why he isn't getting IU. He is service-connected at 30 percent for post-traumatic stress disorder (PTSD) and 10 percent for irritable bowel syndrome (IBS).

Since the Veteran has only two service-connected disabilities, both the Veteran's PTSD and IBS have to be evaluated at a higher combined rate *and* be the reason he can't work to receive IU.

How is the way VA decides total disability different from other agencies?

The law requires different criteria for other government agencies that process disability benefit claims. The Social Security Administration, for example, requires a claimant to be totally disabled after considering age, education, and prior work experience in order to be eligible for social security disability. VA only considers service-connected disabilities when considering

entitlement to IU, and those disabilities must be the reason the Veteran can no longer be gainfully employed. IU is meant to compensate Veterans unable to work because of service-connected disability or disabilities that do not meet the VA Rating Schedule requirements for a total evaluation at the 100-percent rate.

If you think you fall into this category, work with a Veterans Service Organization, a state or county service officer, or see your public contact team at your nearest regional office.

Wishing you a very

**Happy Senior Citizens
Day!**

May you celebrate it
surrounded by good friends!



On August 21st, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives.

AUGUST 2024
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30-10:30 J.A.M. Exercise 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise 1:00-2:00 Exercise is Medicine Class	2 10:30-11:30 Chair Exercise
5 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle 1:00 Parkinson's Support Group	6 9:30-10:30 J.A.M. Exercise 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	7 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing	8 9:30-10:30 J.A.M. Exercise 10:00 Computer Class 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise	9 10:30-11:30 Chair Exercise
12 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing	13 9:30-10:30 J.A.M. Exercise 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	14 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing <u>1:30-3:30 Vaya Health Training</u>	15 9:30-10:30 J.A.M. Exercise 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise	16 10:30-11:30 Chair Exercise 10:30-11:30 Let's Get Crafty
19 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	20 9:30-10:30 J.A.M. Exercise 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	21 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing	22 9:30-10:30 J.A.M. Exercise 10:00-11:00 "Plastic Canvas" Class 10:30-11:30 Chair Exercise	23 10:30-11:30 Chair Exercise
26 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Parkinson's Support Group	27 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:30-11:30 Chair Exercise 10:30-11:30 BP Check 1:00-3:00 Art Class <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	28 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing	29 9:30-10:30 J.A.M. Exercise 10:00-11:00 "Plastic Canvas" Class 10:15 BINGO 10:30-11:30 Chair Exercise 1:00 Internet Safety	30 10:00 Variety Hour 10:30-11:30 Chair Exercise



The North Carolina Assistive Technology Program

The North Carolina Assistive Technology Program (NCATP) is a state and federally funded program that provides assistive technology services statewide to people of all ages and abilities. NCATP provides device demonstration, short-term device loans, training, and re-utilization of assistive technology.

Assistive Technology is any item, piece of equipment, or product, that is used to increase, maintain, or improve the functional capabilities of an individual with a disability. Examples of assistive technology devices include caption call telephone for the hearing impaired, audio labeling pen for the visually impaired, reachers/grabbers and memory aids to name a few.

If you believe you can benefit from assistive technology, please contact a center near you.

Morganton Center 828-608-5686

Charlotte Center 980-296-6790



Title V Senior Community Service Employment Program Seeking McDowell Applicants

McDowell County organizations and the McDowell Senior Center are seeking applicants for the Title V Older Workers Program. AARP Foundation Senior Community Service Employment Program (SCSEP) is the sub-sponsor for this older worker program.

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.

The McDowell Senior Center has utilized the Title V program participants in clerical and nutrition program support at the center. The AARP Foundation Senior Community Service Employment Program can also assist program participants with placement in other organizations in and outside McDowell County.

Eligibility is based on income over the prior 12 months and must not exceed 125 percent of poverty. For 2024, the annual income limits for one person is \$18,825 and for a couple is \$25,550.

If you would be interested in the Title V Older Workers Program, please contact Tyler Kestler with the AARP Foundation Senior Community Service Employment Program by email at tkestler@aarp.org or by phone at 980-392-3591.

Did you know that Medicare now covers more preventive services to help you stay healthy?

These Medicare-covered preventive services are:

- Abdominal aortic aneurysm screening
- Alcohol misuse screening & counseling


- Bone mass measurement
- Breast cancer screening (mammogram)
- Cardiovascular disease (behavioral therapy)
- Cardiovascular disease screening
- Cervical and vaginal cancer screening
- Colorectal cancer screening
- Fecal occult blood test
- Flexible sigmoidoscopy
- Colonoscopy
- Barium enema
- Multi-target stool DNA test
- Depression screening
- Diabetes screening
- Diabetes self-management training
- Flu shots
- Glaucoma tests
- Hepatitis B shots
- Hepatitis C screening test
- HIV screening
- Lung cancer screening
- Medical nutrition therapy services
- Obesity screening and counseling
- Pneumococcal shots
- Prostate cancer screening
- Sexually transmitted infections screening and counseling
- Tobacco use cessation counseling
- “Welcome to Medicare” one-time preventive visit
- Yearly “Wellness” visit

All Medicare beneficiaries with Part B are entitled to these preventive services. Contact SHIP, the Seniors’ Health Insurance Information Program, to learn more.

www.ncship.com 855-408-1212



For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Dining Room Notice</u></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><u>Nutrition Site</u></p> <p><u>Beverages</u></p> <p>Whole Milk</p> <p> Skim Milk</p> <p>Tea </p> <p>Coffee </p>	<p>Menu items are subject to change due to availability</p>	<p>1</p> <p>Chicken Salad Lettuce & Tomato Potato Salad Sliced Bread Granola Bar</p>	<p>2</p> <p>Baked Fish Sandwich Cole Slaw Dilled Potatoes Fruit Cobbler</p>
<p>5</p> <p>Diced Teriyaki Chicken w/Broccoli Sweet Carrots Fried Rice Dumplings Shrimp & Soy Sauce</p>	<p>6</p> <p>Beef-a-Roni Green Beans Summer Slaw Cornbread Cookie</p>	<p>7</p> <p>Spaghetti w/Meatballs Tossed Salad Baby Lima Beans Garlic Knots Cake</p>	<p>8</p> <p>Kielbasa w/Sauerkraut Peas & Carrots Au Gratin Potatoes Hot Dog Bun Diced Peaches</p>	<p>9</p> <p>Turkey, Ham & Swiss Cheese Sandwich w/Lettuce, Tomato & Sweet Pickles Pasta Salad Fresh Fruit</p>
<p>12</p> <p>Chicken Pot Pie w/Vegetables Harvard Beets Biscuit Lemon Cake</p>	<p>13</p> <p>BBQ Pork Cole Slaw Baked Beans Hush Puppies Cookie</p>	<p>14</p> <p>Sloppy Joe Steamed Squash w/Onion Copper Pennies Dilled Potatoes Hamburger Bun Pudding</p>	<p>15</p> <p>Baked Ham Fried Okra Yams Roll Jell-O</p>	<p>16</p> <p>Turkey Dog w/Chili Bun Cole Slaw Baked Beans Fruit Cocktail</p>
<p>19</p> <p>Baked Macaroni & Cheese Greens Cold Country Tomatoes Cornbread Cookie</p>	<p>20</p> <p>Salisbury Steak w/Gravy Green Beans Whipped Potatoes Roll Strawberry Cake</p>	<p>21</p> <p>Italian Chicken 5 Way Vegetables Butter Noodles Roll Pudding</p>	<p>22</p> <p>Pork Loin Steamed Cabbage Black-Eyed Peas Cornbread Diced Pears</p>	<p>23</p> <p>Cheese Burger w/Chili Cole Slaw Potato Rounds Fresh Fruit</p>
<p>26</p> <p>Orange Chicken Vegetable Rice Carrots Egg Roll Fortune Cookie</p>	<p>27</p> <p>Meatloaf Butter Peas Creamed Potatoes Cornbread Applesauce</p>	<p>28</p> <p>Chicken Tenders Tossed Salad Baby Lima Beans Biscuit Pudding</p>	<p>29</p> <p>Taco Salad Shredded Lettuce & Diced Tomatoes Refried Beans Nacho Chips Empanada</p>	<p>30</p> <p>Tuna Salad on Leaf Lettuce Orange Juice Macaroni Salad Crackers Oatmeal Cookie</p>



Webinar Schedule 2024 Eastern Region

To Register:

Go to [Vayahealth.com/Calendar](https://vayahealth.com/Calendar)
Click on desired class to register.

For More Information:

Email: jeffrey.dula-brown@vayahealth.com
Or call: 828-225-2785 ext. 3346

Date	Time	Topic
August 9, 2024	10:00am-11:00am	Personality Disorders: Reaction to Interaction Part 1
August 9, 2024	11:15am-12:15pm	Personality Disorders: Reaction to Interaction Part 2
August 20, 2024	1:30pm-2:30pm	Personality Disorders: Reaction to Interaction Part 1
August 20, 2024	2:45pm-3:45pm	Personality Disorders: Reaction to Interaction Part 2
September 13, 2024	10:00am-11:00am	Opportunities to Help During Crisis
September 13, 2024	11:15am-12:15pm	Living with Anxiety: Medications That Help
September 17, 2024	1:30pm-2:30pm	Opportunities to Help During Crisis
September 17, 2024	2:45pm-3:45pm	Living with Anxiety: Medications That Help

Vaya Health Trainings 2024 Eastern Region

Open to the Public



Location:

McDowell Senior Center
100 Spaulding Road, Marion, NC 28752
Held the 2nd Wednesday of each month

To Register:

Go to [Vayahealth.com/Calendar](https://vayahealth.com/Calendar) or
call the McDowell Senior Center at 828-659-0821

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, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin, and Yancey counties.

Date	Topic 1 (1:30pm-2:30pm)	Topic 2 (2:30pm-3:30pm)
Aug 14	Personality Disorders: Reaction to Interaction Part 1	Personality Disorders: Reaction to Interaction Part 2

Personality Disorders: Reaction to Interaction

Supporting an older adult with a personality disorder can be challenging. This training looks at specific personality disorders, what to expect, and treatment options. Also shared are tips used to make interactions smoother and more effective.

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 which awards one contact hour for each hour of training.

THE BUZZZ OF MARION

Clarence Holland and Beulah Blankenship have had health issues in the past month. We wish both of them a quick recovery. Remember them in prayer.

Charlotte McDaniel is having health concerns. She has spent a few days in the hospital during the past month. Remember her in prayer.

Rick and Julie Hochfelder from Florida have joined us for the past several summers. They won't be here this year due to health problems. They will be missed and need prayer.

Walter Crosby is no longer able to live alone. Pray that he will adjust quickly to his new surroundings. His two sons came down from Massachusetts to visit him. While they were here they did a lot of work at his home.

Ocie Mayfield has been with us for several months. He checked people in for lunch. His last day with us was on July 19. Thank you for a job well done. We will miss you.

By Wilma Gladden

Guess the Definition Cerulean

1. Hot pink
2. Sky blue
3. Royal purple

Answer is on the back page.

Internet Safety August 29th



With Anthony J.
Kombol (Tony)

Tony Kombol is a retired IBM Engineer and UNC Charlotte Computer Science Professor. He retired from IBM after 25 years as an Engineer, then was a Computer Science Professor and Advisor for 11 years at UNC Charlotte.

Internet Safety is a set of six interrelated modules covering:

- Strong passwords you can remember
- Safe email (and phone) practices
- WiFi (wireless) Internet Access
- Backup
- The Cloud
- Bad Web Sites

Sign-up at
Front Desk

Questions and Answers at the end of each module.

The presentation is aimed for the "Technology Challenged" and is meant to make anyone with a computer, tablet, or smartphone aware of the dangers of the Internet and how to avoid losing your data and/or money.

THE BUZZZ OF OLD FORT

One of our members, Walter Hensley, has been selected as one of the veterans to participate in the upcoming Blue Ridge Honor Flight to Washington D.C. on September 28, 2024. We are so proud of Walter and will be praying for a safe trip.

We lost one of our dear members, Diane Ylitalo, last month, her beautiful smile will be missed. Also, Kathy Lamb and Mary Jane Walker lost their brother. Our thoughts and prayers go out to all of the families.

Martha Jamison is back with us after a hospital stay last month. We are thankful for her healing and glad she is still able to volunteer for the home delivered meals. Deb Vess and Carolyn Smith are also back and doing better.

It has been nice to see Eunice Allison back at the center and we are also happy to see some new faces at the Old Fort Site but are still missing some people. We hope to see you back with us soon.

By Cheryl Woody

Riddles:

1. It can't be touched, felt, seen, heard or smelled. It lies behind stars and under hills and empty holes it fills. It comes early and follows after, ends life and kills laughter. What is it?
2. Sometimes narrow, sometimes wide, wind or rain, I stay outside. Even in the heat or snow, from house to house I will still go. What am I?


Answers are on the back page.

OLD FORT NUTRITION SITE

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

Phone: 668-4867

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>2</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>5</p> <p>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</p>	<p>6</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Carol</p>	<p>7</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb</p>	<p>8</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>9</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>12</p> <p>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</p>	<p>13</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Carol</p>	<p>14</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb</p>	<p>15</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>16</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>19</p> <p>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</p>	<p>20</p> <p>8:30-3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15-3:45 Card Fun & Games with Carol</p>	<p>21</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb</p>	<p>22</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>23</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
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AUGUST BIRTHDAYS



MARION

Frank Williams 1
Beulah Blankenship 2
Charles Davis 2
Freda Adair 3
Charlotte McDaniel 4
Clarence Holland 7
Ruth Lane 8
Wallie Randolph Jr. 9
Wilbur Pressley 14
Norma Williams 19

OLD FORT

Dorothy McCall 20
Amie Lindner 21
Alma Lambert 22
Carolyn Lunsford 25
Wallie Randolph Sr. 27
Joseph LeBlanc 10
Tommy Johnson 13
Inez Anderson 14
Martha Jamison 26

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

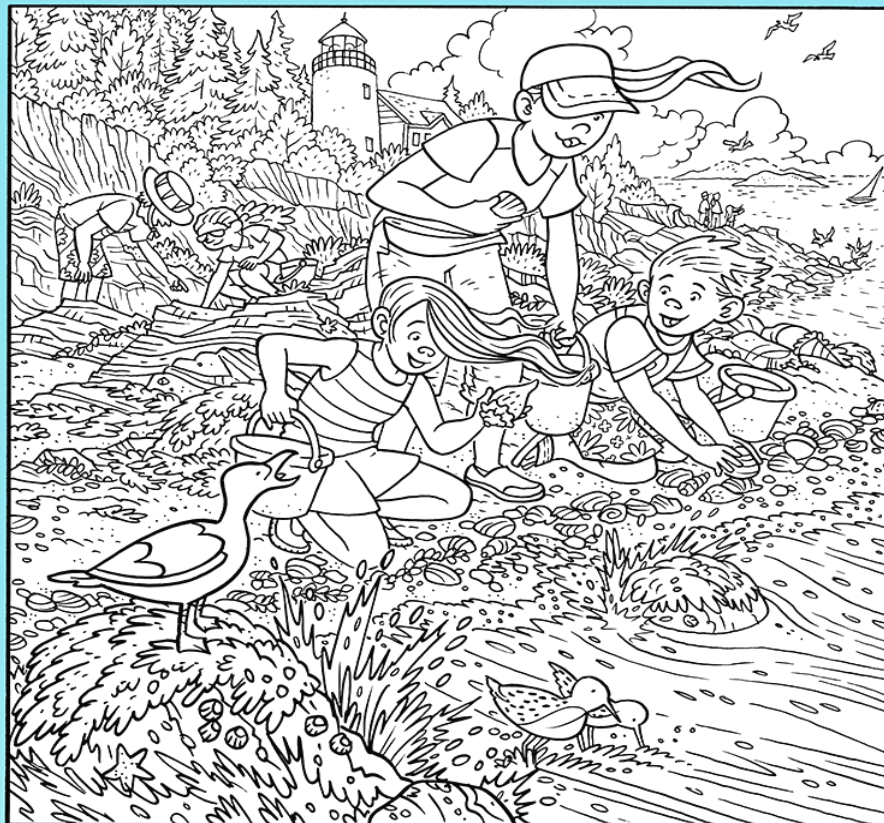


Illustration by Chuck Dillon

A Day at the Beach

Can you find these hidden objects?



spade



ring



hedgehog



cupcake



fork



needle



bell



ice cream cone



thumbtack



banana



glove



heart



pot



leaf



acorn



toothbrush

Let's Get Crafty with Peggy Dale

August 16th

10:30am-11:30am



There is Limited Space, must see Front Desk to sign up for the class.

For more information see Brenda Monosso.

Guess the Definition Answer

2. Sky blue

Riddle Answers:

1. Darkness

2. A path.

Condolences

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

Ella Nadean Clark 7-13-2024

Diane Ylitalo 7-8-2024

