



FOCUS

SEPTEMBER 2019

“Centers for Life Enrichment”



Support the Older Americans Act! Advocacy Event on September 18

The McDowell Senior Center and the A.C. Bud Hogan Community Center are joining hundreds of seniors from Senior Centers across the State to mail advocacy letters to our Legislators.

The advocacy letter includes a “Thank You” for funding the Older Americans Act and asks for our elected leaders to support the reauthorization of the Older Americans Act along with a personal statement of “What their Senior Center Means to Them”. The Older Americans Act (OAA) helps fund programs provided through our centers including congregate lunch meals, home-delivered meals, transportation to our centers and in-home aide programs. The OAA also helps to fight elder abuse and provides support for caregivers taking care of others in our communities. Federal, State and local funding is vital to our ongoing programs and allows our seniors to participate in

free or low-cost affordable activities and access needed services. This special thank you letter event shows the senior’s appreciation and keeps our Senior Center on the minds of our Legislators.

Please join our centers for this special event. This event is in partnership with the North Carolina Senior Center Alliance which coordinates events for the 163 Seniors Centers across the State.

The goal of this statewide event is to give one voice to Senior Centers. We will be writing and mailing the thank you cards at both the McDowell Senior Center at 100 Spaulding Road, Marion and at the A.C. Bud Hogan Community Center located at 909 East Main Street, Old Fort. The event will take place at 11:00 am at both sites but letters and other supplies will be available before and after the event all day on Wednesday, September 18, 2019. Seniors will only need to write a personal thank you letter to their Legislators and center staff will mail the letters after the event.

Thank you in advance for your participation in our upcoming advocacy event. You do not need to RSVP to attend this event.

If you have any questions about this activity, please contact Weyland Prebor at 828-659-0823 or wprebor@mcdowellseniorcenter.org



McDowell Memory Café Friday September 20, 2019 from 1:30 p.m. to 3:30 p.m. at the McDowell Senior Center

As the McDowell Memory Café continues our third year of providing an appropriate environment for community socialization for friends or loved ones with dementia, please consider joining us if you have a family member or friend who might enjoy music and snacks. At the opening of this quarter’s Café, Stacy Wilson, Telecommunication Consultant from the NC Dept. of Health and Human Services will share information about Services for the Deaf and Hard of Hearing and its impact on dementia.

During our third 2019 McDowell Memory Café, September 20, we will have live music after the talk from Ms. Wilson. Snacks will be available including beverages and finger foods. Memory care trained volunteers will assist guest attending the café.

The caregivers, friend and/or their loved one and the clients with dementia are invited to participate in the McDowell Memory Café without a fee to enjoy music, fellowship and a snack. All participants with dementia should be accompanied by a family member, caregiver, or friend to the café. Anyone who wants to participant can **register to attend the café by calling Weyland Prebor, the McDowell Senior Center Director at 828-659-0821.**

Senior Christmas Special
**"Spectacular Holiday
 Getaway to Myrtle Beach,
 S.C."**
November 11-13, 2019



"We invite you to join us for a fantastic- full filled three-day
Continued on next page

getaway to the beautiful Grand Strand of South Carolina. Christmas time will soon be here and that means it's time to get in the Holiday Spirit with lots of fun shows, shopping and delicious meals.

Tour Highlights Include:

Roundtrip motorcoach transportation (late model deluxe motorcoach)

Two nights oceanfront accommodations at the beautiful Bay Watch Resort *Roundtrip baggage handling

Two full hot American breakfasts

One "all you can eat" seafood dinner at the award-winning **Giant Crab Calabash Seafood Buffet**

Reserved seat admission to the Christmas Spectacular Show at the Alabama Theatre... rated the number one show in Myrtle Beach year after year...this show rivals anything you'll see in New York!



Reserved seat admission to Legends in Concert Christmas show! Sing along with "Elvis, Dolly, and the Blues Brothers" ...you never know who might step on stage next!!



Reserved admission to Myrtle Beach "Fantasea" Holiday Show... featuring the best local talent with lots of fun activities including a free gift for everyone & drawing for great prizes.

A little shopping at Tanger Outlets & Lots of fun & fellowship as we travel

Complete Tour Price Per Person:

\$269 Double \$261 Triple
 \$257 Quad \$369 Single

Tour requires a \$50.00 deposit to hold reservations with

Deadline for final payment will be October 31st

We will depart from Walmart parking lot in Marion at 7:00 a.m. on Nov. 11th.

For More Information Contact
 Brenda Monosso@ McDowell Senior Center 659-0832.



**SEPTEMBER IS
 HEALTHY AGING MONTH**

Now is the time to focus your attention on the positive aspects of growing older.

Talk to your doctor about health screenings in September. If you or someone you love is on Medicare, take advantage of Medicare-covered preventive services.

Medicare covers a number of preventive services to help keep people with Medicare healthy, including mammograms, cardiovascular screenings and a yearly wellness visit.

Ask a SHIP counselor for more information. For more information contact: McDowell County SHIP at 828-659-0821.

**September is
 Sepsis Awareness Month**

What is Sepsis?

Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have—in your skin, lungs, urinary tract, or somewhere else—triggers a chain reaction throughout your body.

Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

What causes sepsis?

When germs get into a person's body, they can cause an infection. If that infection isn't stopped, it can cause sepsis.

Who is at risk?

Anyone can get an infection and almost any infection can lead to sepsis. Certain people are at higher risk:

- Adults 65 or older
- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Children younger than one

What are the signs & symptoms?

A patient with sepsis might have one or more of the following signs or symptoms:

- High heart rate
- Fever, shivering, or feeling very cold
- Confusion or disorientation
- Shortness of breath
- Extreme pain or discomfort
- Clammy or sweaty skin

I think I might have sepsis. What should I do?

If you are feeling worse or not getting better in the days after surgery, ask your healthcare professional, "Could this be sepsis?" Similarly, if you have an infection that is not getting better or is getting worse, ask your healthcare professional, "Could this infection be leading to sepsis?"

From: cdc.gov/sepsis

For Home Delivered Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CLOSED HOLIDAY</p> 	<p>3 Baked Spaghetti Cole Slaw Cheese Toast (HDM-Texas Toast) Hot Spiced Applesauce</p>	<p>4 Turkey, Ham & Swiss Cheese Sandwich Sliced Tomatoes, Lettuce, & Sweet Pickles Corn Chips Hamburger Bun Ambrosia Fruit Salad</p>	<p>5 Chicken Pot Pie w/ Mixed Vegetables Harvard Beets Biscuit Lemon Cake w/Lemon Icing</p>	<p>6 Taco Salad w/Taco Meat & Shredded Cheddar Cheese Diced Tomatoes & Shredded Lettuce Refried Beans Nacho Chips Apple Turnovers (DB-NSA Apple Pie)</p>
<p>9 Diced Chicken Teriyaki w/Broccoli Sweet Carrots Fried Rice Fortune Cookie</p>	<p>10 Chef Salad w/Turkey, Ham, Cheese, Lettuce, Egg, Cucumber, Onion & Tomato Pickled Beets Macaroni Salad Salad Crackers Peanut Butter Bar</p>	<p>11 Beef-a-Roni Green Beans Summer Slaw Cornbread Cookie (D.B.-S.F. Cookie)</p>	<p>12 Pork Loin & Cornbread Stuffing w/Gravy Cabbage Baked Sliced Apples Roll Applesauce Cake</p>	<p>13 Sloppy Joe Steamed Squash w/Onion Copper Pennies Dilled Potatoes Hamburger Bun Pudding (D.B.-S.F. Pudding)</p>
<p>16 Cold Ham & Cheese Sandwich 3-Bean Salad Potato Chips Hamburger Bun Fresh Fruit Salad(DB-S.F. Fruit Salad)</p>	<p>17 Lemon-Pepper Chicken Orange Juice Broccoli, Grape & Green Onion Salad Rice Pilaf w/veggies Roll Oatmeal-raisin Cookie (D.B.-S.F. Cookie)</p>	<p>18 Macaroni & Cheese Okra & Tomatoes Spinach Cornbread Watermelon</p>	<p>19 Country Style Steak w/Gravy Green Beans Fruit Cocktail Mashed Potatoes Biscuit Cake w/Icing</p>	<p>20 Hot Dog w/Chili Corn Baked Beans Hot Dog Bun Hot Peaches (HDM-Cold Peaches)(DB-S.F. Peaches)</p>
<p>23 Roast Beef w/ Gravy Zucchini & Tomato Au Gratin Baby Bakers w/Parmesan Cheese Roll Banana</p>	<p>24 Chicken Tenders Carrot-raisin Salad Lima Beans Biscuit Cantaloupe</p>	<p>25 Ham Broccoli w/Cheese Sauce Cut Yams Roll Blueberry Congealed Salad (D.B. Blueberry Congealed Salad)</p>	<p>26 Country Fried Steak w/White Gravy Fried Okra Fruit Juice Mashed Potatoes Biscuit Hot Fudge Sundae (HDM-Brownie)</p>	<p>27 Oven-Fried Fish Cole Slaw Scalloped Potatoes Hushpuppies Peach Cobbler (HDM & D.B.-Hot Baked Peaches)</p>
<p>30 Fruit Salad w/Cottage Cheese (Pears, Peaches, Pineapple, Grapes & Strawberries) on Leaf Lettuce Rainbow Rotini Pasta Salad Salad Crackers Sugar Free Fruit Dip</p>	<p>Jokes:</p> <p>Q. What do you get when you cross a centipede with a parrot? A. A walkie-talkie!</p> <p>Q: Why did the kangaroo stop drinking coffee? A: She got too jumpy!</p>		<p><u>Nutrition Site Beverages</u></p>  <p>Whole Milk Skim Milk Buttermilk Chocolate Milk Lemonade Tea Coffee</p>   	<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>*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free</p>				

CHAMP



The McDowell Senior Center hosts the Community Health And Mobility Partnership (CHAMP) program one Friday per month March through November. The next day for CHAMP is **Friday, September 13th** .

CHAMP is a free all-inclusive falls risk assessment provided by volunteers, health science students, and their college/university faculty.

The program uses Center for Disease Control evidence based assessments to identify participants risk for falls. If the participant is determined by participating volunteers to be at risk for falls, the supervising faculty will complete reports to be sent to the participant's primary care provider.

If exercises are an appropriate intervention, Physical Therapy students will issue appropriate exercises from the Otago Exercise Program, a home based exercise program that research shows can reduce the risk for falls.

The program is free to any participant who calls to schedule an appointment. If you would like to confirm that you are not at risk for falls, or if someone you know should be assessed, please contact the McDowell Senior Center at 659-0821 to schedule your appointment.

Alzheimer/Dementia Caregiver Support Meeting Tuesday September 24th 6:00pm-7:00pm



"Alzheimer's is the 6th leading cause of death in the United States". The need for caregiver support is tremendous.

Come join us on the last Tuesday of every month at the McDowell Senior Center from 6:00pm to 7:00pm. You will learn more about the resources to assist caregivers and to support one another.

Contact Lisa Ellis at 828-442-8631 or e-mail Lisa at lellis0316@gmail.com.



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.



Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Nutrition Program for Adults

Come learn lifelong habits to help you eat healthy and be physically active!

Start Date: Monday, October 7th

Time: 10:30 am-11:30 am

Call the McDowell Senior Center for more information or to sign up: 828-659-0821

Take Control

Program Benefits

- Sample healthy foods
- Recipes, water bottle, and spice jar for you to keep
- Information to help you control sodium, fat, and added sugar
- 8 engaging and interactive Sessions.

Take control now to prevent or manage chronic disease!



NC STATE EXTENSION

Riddles

1. What kind of coat is always wet when you put it on?
2. What did zero say to eight?
3. What do pandas have that no other animal has?
4. What starts with a P, ends with an E, and has thousands of letters?
5. Yellow I look and massive I weigh. In the morning I come to brighten your day. What am I?

Answers are on the back page.



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.

SEPTEMBER 2019
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED 2 HOLIDAY</p> 	<p>9:30 J.A.M. Exercise 3 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club</p>	<p>9:00 Quilting 4 9:30-10:30 Tai Chi 10:00-11:00 Blood Pressure Checks 10:45 Chair Exercise 1:00 Cards & Games 1:00 Drum Circle</p>	<p>9:00-10:00 “Plastic 5 Canvas” Class 9:30 J.A.M. Exercise 10:00 Fun Bingo(Bring Prizes) 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>9:30 Crochet class 6 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games</p>
<p>Puzzle Fun 9 8:30-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games 1:00-2:30 Computer Class</p>	<p>9:30 J.A.M. Exercise 10 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1:00 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club</p>	<p>9:00 Quilting 11 9:30-10:30 Tai Chi <u>9:30 Suicide Indicators, Response, & Prevention</u> <u>10:30 Crisis Prevention: Keeping Your Cool Under Pressure</u> 10:45 Chair Exercise 1:00 Cards & Games 1:00 Drum Circle</p>	<p>9:00-10:00 “Plastic 12 Canvas” Class 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games 1:00-2:00 Notary Service</p>	<p>CHAMP 13 9:30 Crochet class 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games</p>
<p>Puzzle Fun 16 8:30-9:30 Tai Chi 9:30 Line Dance 10:00 Medicare 101 10:45 Chair Exercise 1:00 Medicare 101 1:00 Cards & Games</p>	<p>9:30 J.A.M. Exercise 17 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club</p>	<p>9:00 Quilting 18 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:00 Advocacy Event 1:00 Games 1:00 Drum Circle</p>	<p>9:00-10:00 “Plastic 19 Canvas” Class 9:30 J.A.M. Exercise 10:00 Fun Bingo(Bring Prizes) 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>9:30 Crochet class 20 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Medicare 101 1:00 Cards & Games 1:30-3:30 Memory Café</p>
<p>Puzzle Fun 23 8:30-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games</p>	<p>9:30 J.A.M. Exercise 24 10:30-11:30 Bible Study 10:45 Chair Exercise 12:30 Games 1-3 Mah Jong 1:00—3:00 Art Class <u>Evening Classes</u> 6:00—7:30 Art Class 5:30 Beginner Line Dance 5:30-7:45 Chess Club <u>6:00-7:00 Alzheimer’s /Dementia Caregiver Support meeting</u></p>	<p>9:00 Quilting 25 9:30-10:30 Tai Chi 10:45 Chair Exercise 1:00 Games 1:00 Drum Circle</p>	<p>9:00-10:00 “Plastic 26 Canvas” Class 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games 1:00-2:00 Notary Service</p>	<p>9:30 Crochet 27 class 9:30-10:30 Tai Chi 10:45 Chair Exercise 11:30 Duplicate Bridge 1:00 Cards & Games</p>
<p>Puzzle Fun 30 8:30-9:30 Tai Chi 9:30 Line Dance 10:45 Chair Exercise 1:00 Cards & Games</p>	<p>Bricks Available</p> <p>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.</p>			

OLD FORT NUTRITION SITE

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

Phone: 668-4867

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED 2 HOLIDAY</p> 	<p>3 Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>4 Puzzles 10:00 Better Choices 10:30 Bingo <u>Blood Pressure Checks</u> 12:30 Chair Exercise</p>	<p>5 1:00 Computer Class (must see Cheryl to sign up)</p>	<p>6 8:30—3:00 Fitness Equipment Exercises</p>
<p>9 8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>10 Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>11 Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise</p>	<p>12 After Lunch- Card Making Class with Nanette Hankins 1:00 Computer Class (must see Cheryl to sign up)</p>	<p>13 8:30—3:00 Fitness Equipment Exercises</p>
<p>16 8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>17 Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>18 Puzzles 10:00 Better Choices 10:30 Bingo 11:00 Advocacy Event 12:30 Chair Exercise</p>	<p>19 1:00 Computer Class (must see Cheryl to sign up)</p>	<p>20 8:30—3:00 Fitness Equipment Exercises</p>
<p>23 8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>24 Puzzles 12:15 Card Fun & Games with Rita Myers</p>	<p>25 Puzzles 10:00 Better Choices 10:30 Bingo 12:30 Chair Exercise</p>	<p>26 1:00 Computer Class (must see Cheryl to sign up)</p>	<p>27 8:30—3:00 Fitness Equipment Exercises</p>
<p>30 8:30—3:00 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 12:30 Bible Study</p>	<p>BRICKS AVAILABLE</p>			
<p>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.</p>				

THE BUZZ OF MARION

Our reporter for the Marion Buzz, Margie Boyd, is still out due to a bad fall. We miss her and wish her a speedy recovery.

Pictured below: Let's Get Crafty Class making Bird Houses



Legalize Your Documents

FREE Notary Service for any Senior 55 years and up.

Do you need the services of a Notary Public?

Documents need to be notarized to deter fraud and to ensure proper execution. It is the responsibility of the notary public to ensure that the signers have appeared before them and have produced proper identification. The Notary Public officiates at the signing and ensures that the documents are signed correctly. The notary makes sure that the signers are entering into agreements knowingly and willingly.

Some documents that may need to be notarized by a Licensed Notary Public:
Wills

Advanced Health Directive Forms
Power of Attorney
Motor Vehicle Bill of Sale
Vehicle Certificate of Ownership/Title Application

Alan Mainer a Licensed Notary Public will be offering his Notary Public services free of charge on:

September 12th & 26th

1:00 pm - 2:00 pm

Must have an Appointment

call the Senior Center's Front Desk for appointment @ 659-0821.



FREE MEDICARE SEMINAR

**September 16th .
10:00 am-12:00 or
1:00 pm –3:00
Or**

**September 20th
1:00pm– 3:00
(Please RSVP)**

Contact Dawna Ledbetter
828-659-0825 to register
McDowell Senior Center
100 Spaulding Road
Marion NC 28752

SHIIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIIP will be conducting a free seminar entitled: Medicare 101

The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session.

**Contact Dawna Ledbetter
828-659-0825 to register.**

Condolences

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

Jeanette Mackey 8-1-2019

Helen Bartlett 8-17-2019



THE BUZZ OF OLD FORT

We are remembering Margie Boyd in our prayers after her accident. We hope she is able to be back at the center soon.

Norris and Carolyn Parker moved from their home in Old Fort to relocate in Boone. They are looking forward to finding a new home soon, get settled and will be enjoying living near children and grandchildren. We miss you and look forward to a visit soon.

We welcome Delores Womack to the Old Fort center for lunch and fellowship. She is from Newton, NC after having lived in Florida. She grew up in Ohio.

We have had several members sick this month, but hope they are recovering and will be back with us soon. Among the sick are Bob Smith, Michael Lowery and Robin Clark. Let's continue to pray for all our sick and their families.

Cheryl Woody's granddaughter Aria, who is 5 years old, has been in the hospital. Let's remember Aria as we think of the trauma of a little one being sick and out of her own home. We can only think of the frightful times she had.

We were honored to have family members of Chuck Walker visit with us for lunch as they visited with him.

Walter & Betty Hensley and Lavada Barrier attended the Grindstaff Reunion in Mars Hill on a recent Sunday. The family reunion was started in 1946. Walter has attended all the gatherings except for two while he was serving in the Army. What a good record and a great way to keep up with your heritage and family.

On Saturday, August 10th, Walter and Betty Hensley helped Lavada Barrier celebrate her birthday at Countryside. They enjoyed the occasion. Lavada we hope you enjoy many more birthdays!

I(Sue Glover) invited the centers participants to have lunch on Wednesday, August 14th. I have been so blessed during my life and this is a small way of sharing my blessings with my extended family. (It was my 92nd birthday).

Helen Bartlett passed away at 95. She was truly a Southern Lady, lets remember her family in prayer.

By Sue T. Glover

SEPTEMBER BIRTHDAYS



MARION

Julie Hochfelder 1
 Norma Foster 5
 Teddie Lail 5
 Lucille Fender 8
 Jim Arnold 9
 Gail Harris 10
 Dorothy Stoner 12
 Ruth Laws 13
 Nick Harriman 14
 Marybelle Henline 15
 Bill Topham 15
 David Conner 16
 Margie Boyd 17
 George Lipe 17

James Ramsey 20
 James Tanner 20
 Donald Smith 22
 Betty McElrath 25
 Eugene Venton 26
 Gladys Poteat 27
 Clifford Poteat 30

OLD FORT

Irene Wright 3
 Phillip Buchanan 4
 Brenda Parks 4
 Doris Farmer 7
 Thurlene Hogan 7
 Donald Jackson 7
 Ronald Nodine 8
 James Taylor 10
 Alvin Lunsford 12
 Patricia Ward 12
 Roby Barrier 14
 Robert Smith 17
 James Davis 18
 Jeanette Grindstaff 27

Pina Colada Poke Cake



Ingredients for the Cake:

- 1 box yellow cake mix, plus ingredients to make cake
- 1 14-ounce can sweetened condensed milk
- 1 15-ounce can cream of coconut (NOT coconut milk) - this can usually be found in the drinks/mixers aisle of your local grocery store
- 1 15.25-ounce can crushed pineapple, drained and juice reserved

Ingredients for the Topping:

- 2 cups heavy whipping cream
- 2 to 4 tablespoons powdered sugar (sweeten to your preference)
- 1 teaspoon coconut extract
- shredded coconut and maraschino cherries, to garnish if desired

Directions

Prepare and bake cake in a 9x13 pan according to package directions. While your cake is baking, mix together the reserved pineapple juice, sweetened condensed milk and cream of coconut until smooth.

Immediately after removing your cake from the oven, use the end of a wooden spoon to poke holes all over the top of the cake. Pour the milk mixture over the top of the warm cake, making sure to get it down into the holes. The cake will appear very saturated, but that's okay. Evenly spread the reserved crushed pineapple all over the top. Cover the cake with plastic wrap and refrigerate overnight.

To make the topping:

Beat cream vigorously by hand with a whisk or using the whisk attachment of a stand mixer. When the cream starts to thicken, add in the powdered sugar and coconut extract. Continue beating until soft peaks form. You may also use Cool Whip if you wish. Garnish cake with shredded coconut and maraschino cherries.

Keep cake covered in refrigerator for up to 3 days.

**MCDOWELL COUNTY
 SENIOR CENTER**
 Certified Center of Excellence
 100 Spaulding Road
 Marion N.C. 28752

Phone: 828-659-0821
Weyland Prebor, Director

FOCUS

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1. A coat of paint
2. Nice belt
3. Baby pandas!
4. The Post Office!
5. A school bus

Riddle Answers:



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

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

September 11

9:30 Suicide Indicators, Response, & Prevention

10:30 Crisis Prevention: Keeping Your Cool Under Pressure

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