



FOCUS

NOVEMBER 2025

VOLUNTEER OF THE MONTH



James Hunter (Jim) is the November Volunteer of the Month.

Jim is a retired United Methodist pastor that grew up in East Asheville. He furthered his education at Montreat College. After a career in South Carolina, he returned home.

Jim served as an interim pastor at First United Methodist Church in Marion from which he retired, and now lives outside of Old Fort with his wife Kathryn (also a U.M. Pastor) and their three dogs.

In his spare time, he enjoys reading, gardening, hiking, and doing whatever the dogs tell him. His best days are spent with his wife and their two daughters' families in South Carolina and Oregon.

Jim decided to volunteer with us about two years ago because he loves this community and wanted to get to know some folks. Of course, helping your neighbors get a meal is a good thing and very rewarding.

When asked to tell us one thing that has touched him while volunteering, he responded "I couldn't narrow it to just one thing. People often ask me to pray with them or for them. I help some through loved ones passing, pets that have passed, or sometimes something causing a shared laugh. This is why I feel I am blessed and it's one of my favorite parts of the week."

Jim encourages more people to get out in the community and volunteer in some way to help your neighbors. He says it's a cliché but you're the one who is blessed. The people are so grateful and just appreciate your time.

Jim, the staff of the McDowell County Senior Center and the A.C. Bud Hogan Community Building thank you for all that you do to help this community. Congratulations on being chosen as our Volunteer of the Month!

McDowell Parkinson's Support Group (MPSG)

Monday November 10, 2025 1-3pm

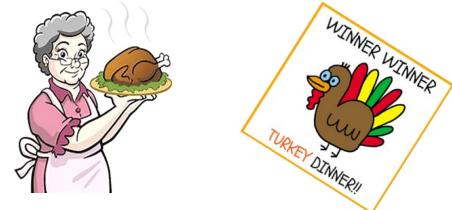
Topic : Strategies on How to Manage Holiday Stress? Azalia Patton, ASU Social Work intern at McDowell Senior Center will be our guest speaker.

Please join us. All adults with Parkinson's or Parkinsonism and their caregivers are welcome. Refreshments are provided.

These meetings are social gatherings of conversations with the presenters and persons that have Parkinson's Disease and their caregivers.



**We will be giving away
a Turkey and all the fixings
(To be prepared by you)**



Come on out and have some fun and



**Thursday,
November 20th**

**1:00 pm
Marion Dining
Room**

THE BUZZZ OF MARION

The Hillbilly Jammers performed at the Old Fort Senior Center last month.

Doris Robinson enjoyed a visit with family and a new great granddaughter last month.

We welcome Susan Jones back to the Center as she has been in the hospital. We are missing Donna Stevens that had a fall and was in the hospital but is now at home.

Please remember Nellie Randolph's family, her sister Irene Cain passed away last month. Nellie was living in Myrtle Beach but she attended our Center when she lived here.

Dennis Bradley has created a sharing website. He says that it is so volunteers can walk and talk for Jesus in our community. You can access it by going to <https://w4brm.weebly.com/> or see Dennis for more information.

By Teresa Gentry and Cathy Laws



True or False:

1. Bats are blind.
2. A dog sweats by panting its tongue.
3. Herbivores are animal eaters.

Answers are on the back page.



The McDowell Senior Center Dementia Support Group at the McDowell Senior Center will meet on Thursday, November 20 from 1:00-2:30 in the front conference room at the McDowell Senior Center. Future meetings will be held at the same time on the third Thursday of each month.

In November, the group will explore strategies to manage caregiver stress throughout the holiday season. When caregivers manage their stress well, they're better able to provide patient, compassionate, and consistent care to their loved ones.

These meetings are for the caregivers, families, and friends of individuals with dementia.

The Dementia Support Group provides a safe, empathetic space for individuals affected by dementia to find guidance, comfort, and connection. If you would like to attend, you can just show up at the meeting or you can RSVP by calling Weyland Prebor at 828-659-0823.

Sunday, November 2, 2025. At 2 a.m., clocks will "fall back" to 1 a.m.



Guess the Definition

brindled

1. muzzled
2. bound
3. having dark spots

Answer is on the back page.

THE BUZZZ OF OLD FORT

It was nice to see a lot of our Marion Senior Center friends at the health fair last month. We had fun catching up, visiting the different resource tables, and the bag lunches were great. We also had some members that won door prizes.

The Hillbilly Jammers put on another great performance for us. Thanks to all of you that were able to come up to Old Fort and share your talents with us.

We are also so happy for Doris Farmer and her church family. They had their first service in their church on October 12th after a year of not being able to be there due Hurricane Helene.

We want to send out a big congratulations to Tommy and Cindy Johnson on celebrating 57 years of marriage. Happy Anniversary to you both.

We had a few members that enjoyed the Senior Center Caribbean Cruise last month and many of us are hoping to go next time. Thanks, Brenda, for working on these great trips for us to go on.

Please remember several of our people that are having different issues. Roann Bishop, Bruce Lankton, and Randy Farmer are recovering from surgery, Cathy Harron, Carol McEntire, and Lee McIntosh are still having procedures, Alvin Lunsford had a short hospital stay, the O'Neil's son has been in the hospital and Deb Vess will be having surgery this month.

By Cheryl Woody & Carey Woody



Marion Nutrition Site
For Reservations
Call: 659-0831

MENU
NOVEMBER 2025
For Home Delivered

Old Fort Nutrition Site
For Reservations &
Cancellations Call: 668-4867

Meals Cancellations call 659-0821

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| Dining Room Notice 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. | <u>Nutrition Site</u> <u>Beverages</u> Whole / Skim Milk Tea Coffee    | Menu items are subject to change due to availability * Cong.- Congregate * HDM - Home Delivered Meals |  | |
| 3 Oven Fried Fish Cole Slaw Scalloped Potatoes Cornbread Fruit Juice | 4 Kielbasa Sauerkraut Mixed Vegetables Mac & Cheese Roll Pudding | 5 Baked Spaghetti Tossed Salad Green Peas Garlic Knot Strawberry Cheesecake | 6 Bar-B-Que Pork Sandwich Cole Slaw Baked Beans Iced Cake Fruit Juice | 7 Chicken Stew w/Vegetables Rice Biscuit Fruit Cobbler |
| 10 Baked Breaded Chicken Breast Fillet Sandwich Lettuce & Tomato Potato Soup- Cong. Tater Tots- HDM Cold Sliced Peaches | 11 CLOSED  | 12 Pinto Beans w/Onions Turnip Greens Potato Wedges Cornbread Baked Sliced Apples- Cong. Applesauce-HDM | 13 Baked Chicken w/Mushroom Gravy Vegetable Medley Cornbread Dressing Roll Cranberry Congealed Salad | 14 Chili w/Beans Tossed Salad Whole Kernal Corn Cornbread Fruit Cup |
| 17 Sante Fe Chicken Fillet w/Salsa & Monterey Jack Cheese Glazed Carrots Fruit Cocktail Dilled Potatoes Biscuit Cookies | 18 Baked Ziti w/Meat Sauce & Cheese Cucumber, Onion & Tomato Salad Buttered Peas Bread Sticks-Cong. Texas Toast-HDM Pears | 19 Hot Dog w/Chili & Onions Cole Slaw Baked Potato Wedges Apple or Peach Crisp | 20 Stew Beef w/Gravy over Rice Green Beans Carrots Roll Strawberry Shortcake | 21 Baked Macaroni & Cheese Cold Country Tomatoes Steamed Cabbage Cornbread Peanut Butter Cookies |
| 24 Country Style Steak w/Gravy Green Beans Cole Slaw Creamed Potatoes Biscuit Pudding | 25 Italian Chicken Fried Squash Buttered Noodles Roll Jell-O | 26 Baked Ham Lima Beans Assorted Juice Cut Yams Biscuit or Roll Cookie | 27 CLOSED | 28  |

NOVEMBER 2025
McDOWELL COUNTY SENIOR CENTER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle | 3 10:30-11:30 Bible Study Evening Classes 5:30-7:45 Chess Club | 4 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering | 5 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise | 6 10:30-11:30 Chair Exercise |
| 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 | 10 CLOSED  | 11 VETERANS DAY HONORING ALL WHO SERVED <i>Thank You</i> | 12 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering <u>1:30-2:30 Vaya Health Trainings</u> | 13 9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise |
| 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle | 17 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 Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance | 18 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering | 19 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00-2:30 Dementia Support Group 1:00 BINGO Game Day | 20 9:30-11:30 Craft Class 10:00-11:30 Variety Hour 10:00-11:30 Chair Exercise |
| 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle | 24 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 Evening Classes 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance | 25 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing | 26 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing | 27 CLOSED |
| | | | | 28  |

Dear Soldier,

When we turn our eyes to see Old Glory— our beautiful flag, red, white, and blue— we're reminded it waves, because of soldiers like you! We are so grateful for your bravery— as for certain we should be, your service to our country, is the reason we are free!

You may not think you're a hero, but, truly you are— to all people near and far.

You fight for our rights and peace— as many have done before, striving to do your best— yet always striving to do more—we will forever be proud of your courage, and love for our USA—know you are a very special person-- what more can I say?

By Sandra Lea Walker



Webinar Schedule 2025 Eastern Region

To Register:
Go to 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 |
|-------------------|-----------------|--|
| November 14, 2025 | 10:00am-11:00am | Navigating Depression |
| November 14, 2025 | 11:15am-12:15pm | An Overview of Mental Health: Focus on Self-Care |
| November 18, 2025 | 1:30pm-2:30pm | Navigating Depression |
| November 18, 2025 | 2:45pm-3:45pm | An Overview of Mental Health: Focus on Self-Care |
| December 12, 2025 | 10:00am-11:00am | Communication 101 |
| December 12, 2025 | 11:15am-12:15pm | OCD: Thought-Behavior Cycle |
| December 16, 2025 | 1:30pm-2:30pm | Communication 101 |
| December 16, 2025 | 2:45pm-3:45pm | OCD: Thought-Behavior Cycle |

Vaya Health Trainings 2025 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 or
call the McDowell Senior Center at **828-659-0821**

Vaya Health's HEART serves: Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Cherokee, Clay, Graham, Harnett, Haywood, Henderson, Jackson, Johnston, Macon, Madison, McDowell, Mecklenburg, Mitchell, Polk, Rowan, Swain, Transylvania, Wake, Watauga, Wilkes, and Yancey counties.

| Date | Time | Date | Time |
|---|-----------------|--|-----------------|
| Nov 12 | (1:30pm-2:30pm) | Dec 10 | (1:30pm-2:30pm) |
| Antipsychotics: Indications, Risks and Challenge | | Communication 101 | |
| The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals. This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic. | | Communication is the string that ties us all together. If that string isn't strong enough or is broken, relationships tend to unravel. Effective communication cultivates strong relationships and supports one's voice being heard. This curriculum is designed to look at ways to neutralize barriers and methods to enhance clear, concise, and deliberate exchanges. | |

Hosted by the McDowell Senior Center in partnership with the Vaya Health Education and Aging Resource Team. All HEART trainings are free and accredited through the NC Division of Health Service Regulation which awards one contact hour for each hour of training.

OLD FORT NUTRITION SITE
LOCATED AT 909 EAST MAIN ST., OLD FORT, NC 28762
Phone: 668-4867 NOVEMBER 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 3 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 | 4 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol | 5 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb | 6 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb | 7 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises |
| 10 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 | 11 CLOSED  | 12 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb | 13 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb | 14 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises |
| 17 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 | 18 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol | 19 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb | 20 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb | 21 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises |
| 24 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 | 25 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol | 26 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb | CLOSED | 27 CLOSED |
| HAPPY Thanksgiving! | | | | |

Thanksgiving,
To be **TRUELY** Thanksgiving,
Is **FIRST** Thanks,
THEN Giving.





VETERAN NEWS AND NOTES

This Veteran's Day McDowell County will join with other counties around the country to celebrate the fifth anniversary of Operation Green Light. Operation Green Light is an opportunity to raise awareness of the county resources available to Veterans. Participating county agencies will light their buildings green November 4th to November 11th. You can join in by changing your front porch light to a green bulb.

Our annual Veteran's Day program will be held on Tuesday, November 11th at 11AM in the McDowell Senior Center dining room. Please join us.

If you are a Veteran and you have not had the opportunity to go on an Honor Flight, please call Nancy Byrnes at 910-512-3440. If you don't know what an Honor Flight is, check out their website at blueridgehonorflight.com. You can sign up for a flight on the website as well.

The TAPS program will not be meeting this month. They will resume their monthly meetings on December 16th at 5:30 at the McDowell Senior Center. Any questions about this, please see our Veterans Service Representative, David Byrd or call 828-659-0833.

NC Works is hosting a Veterans job fair on Wednesday, November 5th from 1 to 4 PM at McDowell Tech.

Grace Community Church in Marion is hosting a Veterans appreciation dinner Saturday November 1st. You must call 828-724-9599 to reserve a seat. You can bring one guest.



Medicare Open Enrollment Now through December 7

Medicare Open Enrollment for 2026 plans began on Wednesday, October 15 and ends on Sunday, December 7. Do you need help changing or enrolling in a Medicare Part D Prescription Plan or a Medicare Advantage Plan for 2025?

If you have Medicare and are planning to join a plan or change your current plan:

You can compare plans on your own by visiting Medicare.gov and selecting the tab: Find Health and Drug Plans. You can also personalize your experience by setting up your own Medicare account on Medicare.gov and following the links to view plans based on your prescription drug costs.

You can also contact North Carolina SHIIP (Seniors' Health and Insurance Information Program). The SHIIP staff offer unbiased assistance in selecting either a Medicare Part D Prescription Drug Plan or a Medicare Part C Medicare Advantage Plan. The number to call for help is 1-855-408-1212. Before calling, make sure you have your current list of prescription medications and your Medicare Card information. You can also visit their website for helpful Medicare information at: <https://www.ncdoi.gov/consumers/medicare-and-seniors-health-insurance-information-program-shiip>

Additionally, individuals can request help locally at either the McDowell Senior Center in Marion or the A.C. Bud Hogan Community Building in Old Fort by filling out and turning in a SHIIP Medicare Form (available at both locations) and one of our SHIIP trained staff and volunteers will contact you

about the information provided and may set up an in-person or virtual appointment to discuss your options.

You can also call Medicare at 1-800 -MEDICARE (1-800-633-4227) to request assistance with Medicare plans. Before calling, make sure you have your current list of prescription medications and your Medicare Card information.

A Medicare beneficiary may also be able to save money on their prescription drug plan and prescription drug costs if they meet certain financial criteria. If your gross monthly income before any deductions is less than \$1,956.00 (single individual) or \$2,644.00 (married couple) and you have assets of less than \$17,600.00 (single individual) or \$35,130.00 (married couple) in savings, stocks, IRA accounts, or additional property other than your home, you may be eligible to apply for the Medicare Part D Extra Help Program through Social Security. You can apply online at ssa.gov under the Medicare tab or by calling Social Security at 1-800-772-1213, by calling the NC SHIIP hotline at 1-855-408-1212, or by completing the Medicare Pre-Enrollment Form at either of our Senior Centers and one of our trained SHIIP volunteers will assist you with applying.



McDowell County Senior Center is looking for a few volunteers that can help with clerical work. Hours would be 12pm-4pm Monday through Friday and possibly some morning hours. Experience with basic clerical knowledge would be great but we are willing to train. We would appreciate any help. Please stop by the Senior Center in Marion and see Jennifer, or call 828-659-0826 or email jtayloriv@mcowellseniorcenter.org for more information.

HAPPY

MARION

John Kadlec 1
George Montgomery 6
Brenda Sills 7
Mary Davis 8
Jay Massengale 8
Dawn Stevens 10
Samuel Bradley 15
Carol Ecklund 15
Doris Robinson 15
Lisa Starnes 17
Linda Wyatt 18



BIRTHDAY

OLD FORT

Kenneth Laughter 19
Michael McPeters 25
Rodney Renfro 27
Marie Rickman 27
Ida Lovell 28
Marsheila Jacobs 30

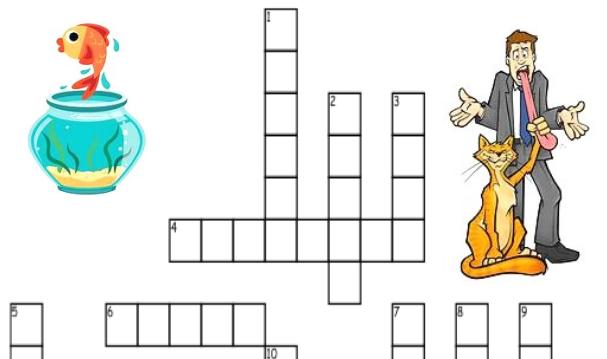
Marianne Hoyle 5
Sherman Bingham 8
Winston Riddle 8
Kerry Herron 18



Idiom Crossword Puzzle

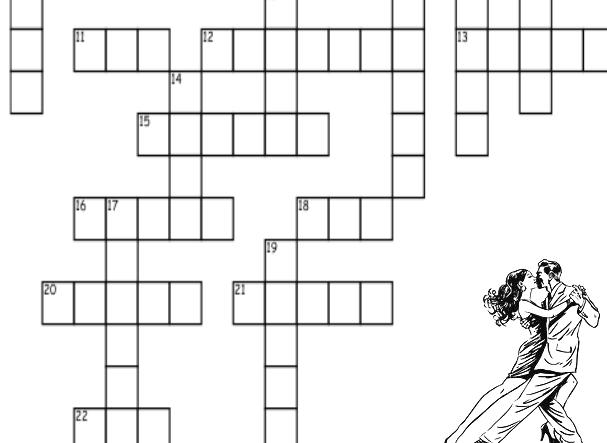
Across

4. Needle in a _____.
6. Don't judge a book by it's _____.
11. Let the cat out of the _____.
12. Under the _____.
13. It takes two to _____.
15. It's not _____ science.
16. Kill two birds with one _____.
18. Curiosity killed the _____.
20. _____ doesn't grow on trees.
21. Great minds think _____.
22. It costs an arm and a _____.



Down

1. Jack of all _____.
2. _____ of the devil.
3. There's no use crying over spilled _____.
5. There's no I in _____.
7. The best of both _____.
8. Like a fish out of _____.
9. On cloud _____.
10. This crossword is a piece of _____.
14. What goes up must come _____.
17. Has the cat got your _____.
19. _____ is thicker than water.



MCDOWELL COUNTY

SENIOR CENTER

100 Spaulding Road
Marion N.C. 28752

Phone: 828-659-0821

Weyland Prebor, Director

FOCUS

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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.

Let's Get Crafty

With Teresa

No supplies needed

October 21th

9:30am-11:30am



Space is limited to the first 12 people to sign up at the Front Desk.

For more information see Brenda Monosso.

Riddle Answers:

1. **False** - Bats often find their way using ultrasound. But their eyes do work, their vision varies from species to species.
2. **False** - Canines sweat through glands in their paws.
3. **False** - Herbivores only eat plants.

Guess the Definition Answer

3. having dark spots