



FOCUS

JUNE 2025



We would like to recognize Opal Woody, a long time friend of the McDowell Senior Center for her thoughtful, caring and generous acts of kindness. Opal enjoys attending our quilting class on Wednesdays from 9am to 12pm.

We recently learned that she sews quilts for local senior veterans. Opal started out several years ago making quilts for WWI Veterans. Over the years she has made numerous quilts to honor McDowell County senior veterans. Opal will contact the veteran and gather information on their military history, she then designs a quilt based on the military branch and credentials for that individual. If the veteran happens to be in a wheelchair Opal will make a smaller lap quilt to contribute to their needs.

One day Opal asked if we knew of any home bound veterans that are on our Home Delivered Meals program. We sent out information to the participants explaining what Opal would like to do for them, and received more than 15 requests for personalized veteran quilts.

We want to give a shout out to Opal's friend Cindy Rush that helps her by making some of the toppers for Opal's quilts.

The gratitude of the recipients is the reward for the time and effort it takes for each quilt.

Thank you Opal and Cindy for making a difference in our veterans' lives!

Below are pictures provided by Clynt Dudleson of Opal working on and holding a completed quilt that she made for Clynt's father.



North Carolina Services for the Blind

The North Carolina Division of Services for the Blind offers various services for individuals who are blind or visually impaired, including independent living support, vocational rehabilitation, and financial assistance for medical eye care. These services are designed to empower individuals to achieve their maximum potential and maintain or regain self-sufficiency.

Independent living services may include in-home assessments to determine the impact of vision loss on daily living and develop personalized service plans to help individuals learn essential skills and gain self-sufficiency.

Vocational rehabilitation services may offer counseling and support to visually impaired individuals with employment-related concerns, helping them find and maintain employment.

The medical eye care program provides financial assistance for eye exams, glasses, medications, and surgery, based on financial eligibility and need. For more detailed information and specific program requirements, please contact the social worker for the blind in your area.

Cleveland County
Lucy Player, 828-920-6017

McDowell County
Sandy Freeman, 828-659-0845

Polk & Rutherford Counties
Rhonda Greene, 828-920-6010

McDowell Senior Games



**T-Shirts
On Sale**



For a Limited Time

\$5.00

First Come, First Served

While Supplies Last

Please See Brenda Monosso

THE BUZZZ OF MARION

Linda Bryant was blessed last month with another birthday and a visit from her son Rob and grandson Alex from California. This was the first time that Linda has seen three year old Alex in person. They visited the center with Linda one day and Alex was very charming and entertaining. Linda was due something positive and happy in her life and I am so glad that this visit was possible for her family.

Teresa Gentry will be starting a new craft class to take the place of "Let's Get Crafty with Peggy". Peggy is no longer available to continue her class. New classes will begin in the fall and run through the winter. Classes will be held once a month. Day and time still to be determined. If you have ideas about crafts that you would like to make, or anyone with craft supplies that you would like to donate, please contact Teresa or Cathy at table #17.

We send our deepest condolences to the family and friends of Beulah Blankenship that passed away on May 22. You are in our thoughts and prayers.

By Teresa Gentry and Cathy Laws

Guess the Definition

arrowroot

1. hunting tool
2. trailhead
3. starchy plant

Answer is on the back page.

Riddles:

1. When is a pool safe for diving?
2. What do you get when you cross an elephant and a fish?

Answers are on the back page.



Caregiver Emotions and Stress!

The McDowell Senior Center Dementia Support Group at the McDowell Senior Center will meet on Thursday, June 19 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 Thursdays on the month.

In June, the group will continue discussing the emotions and stress of caregivers taking care of loved ones with dementia along with information on Medicare Hospice benefits, and free respite programs for caregivers.

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.



THE BUZZZ OF OLD FORT

It was so nice to have Thelma Messer return this past month. We have really missed her. It's also good to see Carolyn Smith, Martha Jamison, and Toni McCoart back with us. There are still some participants that we are missing and hope to see soon.

Bruce Clifton made a surprise visit to play cards with the card class last month. We are still trying to talk him into moving back to Old Fort.

Helen Logan, Anna Marie Bowman, and Alvin Lunsford went on the Senior Center River Boat Cruise Trip last month and had an enjoyable time. Thanks to Brenda Monosso, the activities director, for offering these trips for us.

We would love for Mary Belle Henline and the Marion Variety Show to come back and perform for us soon. We would also love to hear Mike Starnes come back and sing again.

Mary Blackwelder went on an Alaskan cruise and a lot of us are jealous (especially Cheryl). Her family also did some camping. We are missing David Blackwelder and hopeful his shoulder continues to improve.

Mike Silver had knee surgery last month. Also, Bill Warf, Toni McCoart, and Martha Jamison had surgeries and procedures. Mary Jane Walker is still in rehab with a broken arm. We are praying for full recovery for all.

Please keep Jean Davis's son and David Setzer's daughter in your prayers.

We are so sorry about the loss of Robin Clark and our prayers go out to Michael and the family.

Cheryl would like to thank everyone for all the support you have shown during the last month with her daughters' illnesses and the loss of her brother-in-law.

By Cheryl Woody & Carey Woody

OLD FORT NUTRITION SITE


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

Phone: 668-4867

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</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>3</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol</p>	<p>4</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>5</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>6</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>9</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>10</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol</p>	<p>11</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>12</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>13</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>16</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>17</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol</p>	<p>18</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>19</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>20</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>23</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>24</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol</p>	<p>25</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>26</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb</p>	<p>27</p> <p>8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises</p>
<p>30</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>A rainbow of friends is a dream we can share where everyone's treated with kindness and care.</p> <p>— P.K. Hallinan</p>

JUNE 2025
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	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	9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise	10:30-11:30 Chair Exercise
9	10	11	12	13
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	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	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>	9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise	10:30-11:30 Chair Exercise
16	17	18	19	20
9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	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	9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00-2:30 Dementia Support Group	10:30-11:30 Chair Exercise
23	24	25	26	27
9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing	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	9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing	9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise	10:30-11:30 Chair Exercise 10:30-11:30 Variety Hour
30				<p><i>Lady bugs all dressed in red, strolling through the flower bed. If I were tiny just like you, I'd creep through the flowers too! — Maria Fleming</i></p>

Webinar Schedule 2025 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
June 13, 2025	10:00am-11:00am	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 1
June 13, 2025	11:15am-12:15pm	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 2
June 17, 2025	1:30pm-2:30pm	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 1
June 17, 2025	2:45pm-3:45pm	Neurocognitive Disorders and the Basics of Dementia – Top 4 Pt. 2
July 11, 2025	10:00am-11:00am	Neurocognitive Disorders and the Basics of Dementia – Behaviors
July 11, 2025	11:15am-12:15pm	Treating Dementia: Medications and More
July 15, 2025	1:30pm-2:30pm	Neurocognitive Disorders and the Basics of Dementia – Behaviors
July 15, 2025	2:45pm-3:45pm	Treating Dementia: Medications and More

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](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, 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
Jun 11	(1:30pm-2:30pm)	July 9	(1:30pm-2:30pm)
Neurocognitive Disorders and the Basics of Dementia A course designed to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment options. Also included are intervention strategies to support adaptive care delivery.		Treating Dementia: Medications and More Dementia can be a complex journey for the caregiver and care recipient. As research continues to reveal more, it's imperative to remain informed to provide the best care. This presentation focuses on current medications and treatment protocols for the most diagnosed neurocognitive disorders.	

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.

For Home Delivered

Meals Cancellations call 659-0821

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Kielbasa Sauerkraut Five Way Vegetable Au-Gratin Potatoes Roll Lemon Pudding</p>	<p>3</p> <p>Chicken Thigh Steamed Cabbage Juice Whole Kernal Corn Roll Pineapple Tidbits</p>	<p>4</p> <p>Lasagna w/Ground Beef & Cheese Italian Blend Vegetables Diced Pears Garlic Knot Fig Newton</p>	<p>5</p> <p>Baked Pork Chop Green Beans Diced Peaches Baby Bakers Roll Yogurt</p>	<p>6</p> <p>Chicken Tenders Tossed Salad Baby Lima Beans Biscuit Cherry Cobbler</p>
<p>9</p> <p>Salisbury Steak w/Gravy Green Peas Creamed Potatoes Biscuit Applesauce</p>	<p>10</p> <p>Fish Fillet Sandwich Cole Slaw Juice Fries Jell-O Fruit Cup</p>	<p>11</p> <p>Teriyaki Pork Tips Bermuda Blend Vegetables Egg Roll Rice Roll Cookie</p>	<p>12</p> <p>Baked Macaroni w/Hamburger Meat Cold Country Tomatoes Broccoli Spears Cornbread Fruit Cup</p>	<p>13</p> <p>Chicken Salad Wrap Lettuce, Tomato, & Onion Juice Macaroni Salad Pineapple Fluff</p>
<p>16</p> <p>Meatloaf Brussel Sprouts Orange Juice Creamed Potatoes Biscuit Yogurt</p>	<p>17</p> <p>Tomato Basil Soup Pimento Cheese Sandwich Applesauce</p>	<p>18</p> <p>Hamburger Steak w/Gravy Winter Blend Vegetables Juice Small Slice Potato Roll Cookie</p>	<p>19</p> <p>BBQ Chicken Fried Yellow Squash Dilled Potatoes Cheese Biscuit Jell-O</p>	<p>20</p> <p>Chef Salad w/Ham, Turkey, Lettuce, Tomato, Cheese, Carrots, & Eggs Pasta Salad Fruit Cup</p>
<p>23</p> <p>Italian Chicken Malibu Blend Mac & Cheese Roll Pineapple Tidbits</p>	<p>24</p> <p>Country Ham Green Beans Hashbrown Casserole Biscuit Banana</p>	<p>25</p> <p>BBQ Pork Cole Slaw Baked Beans Hushpuppies Peaches</p>	<p>26</p> <p>Rib-A-Que Sandwich Pickles & Onions Seasoned Fries Cinnamon Apples</p>	<p>27</p> <p>Chicken Caesar Salad Crackers Jell-O w/Fruit</p>
<p>30</p> <p>Loaded Baked Potato Soup w/ Bacon Bits, Cheese & Butter Broccoli Banana Roll Cobbler</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>Menu items are subject to change due to availability</p> <p>* Cong.- Congregate * H.D.M - Home Delivered Meals</p>	<p><u>Nutrition Site</u> <u>Beverages</u> Whole / Skim Milk Tea Coffee</p> 	



My HealtheVet Is Moving on June 4, 2025

What to know about this change

My HealtheVet on VA.gov is our new health portal for managing your health care online. After June 4, 2025, you'll need to use this new experience instead of the previous My HealtheVet experience. We want you to know what's changing from the previous My HealtheVet experience, how to get started, and how to get support if you need it.

What to expect

After June 4, when you sign in to the current My HealtheVet, you'll notice that we've moved over to the new experience on VA.gov. You'll need to go to My HealtheVet on VA.gov to access appointments, medical records, medications, and messages. We encourage you to start using the new My HealtheVet experience today.

Important note: Veterans who receive care from a VA health facility that uses the My VA Health portal will still need to go to that portal to manage their health care needs for now.

What's new

You can now manage your VA health care in the same place where you manage your other VA

benefits and services. And our new mobile-first design and accessibility improvements make it easier to use on any device. We've also added these features and more:

- Track messages more easily with threaded conversations and faster autosave
- Review, print, and download specific parts of your medical records
- Add VA health appointments to your personal digital calendar
- Review your submitted travel pay reimbursement claims and file simple mileage claims
- Review your after-visit summaries
- Order certain medical supplies and equipment online

Trip "6 Nights Western Caribbean Cruise"

The McDowell Senior Center is offering a 6 nights Western Caribbean Cruise aboard the Carnival Cruise Line's Paradise. On October 12th we will travel by motor coach to Florida and stay overnight then travel to Tampa, Florida on October 13th where we will board Carnival Paradise for a six-night cruise. We will stay overnight on October 19th arrive home on October 20th. The deadline to sign up and paid a \$250.00 deposit is June 10th. This trip is for adults of all ages. For more information and prices please contact Brenda Monosso at the McDowell Senior Center at 659-0832.



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.

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 jtlorivy@mcdownellseniorcenter.org for more information.

HAPPY

MARION

Nona Rhinehardt 2
Randall Robinson 4
Wilma Gladden 7
Laura Louie 9
Bob Owens 16
Royce Whitson 19
Anne Burnette 26
Kim Carson 27
Frances Greene 27
Cathy Laws 29



OKAY!
Light The
candles!



BIRTHDAY

OLD FORT

Joyce Robinson 6
Bettie Buchanan 8
Kathy Lamb 15
Deborah Vess 29

**MCDOWELL COUNTY
SENIOR CENTER**

100 Spaulding Road
Marion N.C. 28752

Phone: 828-659-0821

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FOCUS

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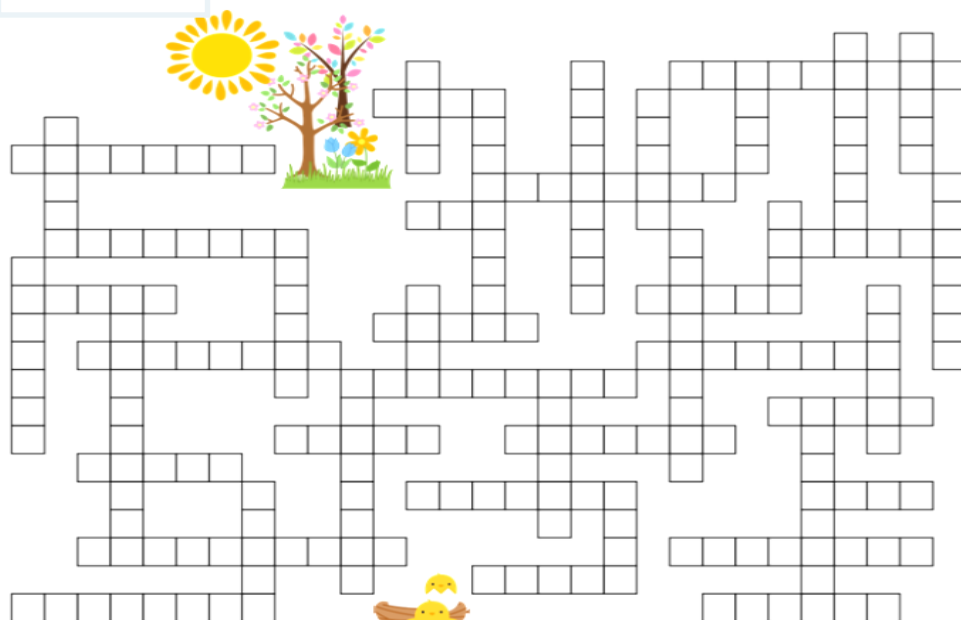
kburrell@mcdowellseniorcenter.org

WEB:

www.mcdowellcountyseniorcenter.org

FAX: 828-652-8723

Write the words in the correct place on the grid based on the number of letters.



3 letters
sky

4 letters
mint
fawn
leaf
fern
lily
pink
sage

5 letters
lilac
green
lemon
phlox
tulip
pansy
mauve
peony
white
peach
grass

6 letters
crocus
azalea
yellow
violet
pastel

7 letters
dogwood
jonquil
heather
apricot

8 letters
daffodil
shamrock
magnolia
eggshell
wisteria
bluebell
lavender
primrose
snowdrop
trillium

9 letters
buttercup
carnation
forsythia
columbine
asparagus

10 letters
periwinkle
chartreuse



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

McDowell Parkinson's Support Group (MPSG)

The McDowell Parkinson's Support Group (MPSG) meets at the McDowell Senior Center's Conference room on the second Monday of the month from 1 to 3 pm to support the residents in McDowell County with Parkinson's disease or Parkinsonism.

The MPSG is free and open to any or all adults with Parkinson's disease and Parkinsonism, their family and any caregivers.

On Monday June 9, Jamie Stanely from Mission Health Care will present on Care Partner's PACE program beginning in Marion, NC.

Please join us at the McDowell Senior Center. To help maintain your quality of life.

All older adults and their caregivers are welcome. Refreshments will be provided as an ice cream social event.

Guess the Definition Answer

3. starchy plant

Riddle Answers:

1. It deep ends.
2. Swimming trunks.