



FOCUS

OCTOBER 2025

VOLUNTEERS OF THE MONTH



Teresa Gentry and Cathy Laws are the October Volunteers of the Month.

Teresa was born and raised in McDowell County. After graduating McDowell High School she attended Brevard College, UNC Asheville, and UNC Wilmington graduating from each. She lived in Southport, N.C. briefly and in Buncombe County for 28 years then returned to McDowell County four years ago, where she prefers to live.

Cathy is 66 years old. She worked at Columbia Carolina for over 30 years and played a lot of sports during her younger days. She earned a college degree in Recreation Management and Marketing. Cathy participates in McDowell Senior Games locally and in the state games that take place in Raleigh. She has one brother, a sister-in-law, two nieces, three great nephews, and a god son named Curtis. Cathy is blessed to have her mom Ruth in her life. Ruth is 95 and still going strong. Cathy also has a 13 year old German Shepard named Schatzi that is special to her.

Teresa enjoys keeping busy during the Spring and Summer months. She has a green house, and looks forward to starting seedlings each spring. It used to be her favorite time of year but the last couple of years have been stressful with the heat, weather, and pests. Teresa also spends some of her free time tending to 15 chickens and a rooster.

In the winter Teresa spends time crafting. She enjoys making stained glass pieces, woodworking, and barn quilts. Teresa also loves reading, cooking, and trying to stay active.

In Cathy's spare time she takes her mom to appointments, shops for groceries, and catches up on house chores and other projects that she has going on.

Teresa decided to be a volunteer at the McDowell Senior Center because she is not one to sit around and she believes in doing her part. If she can help with something, she will. Occasionally Teresa helps prepare the meals going out, and she recently started teaching a monthly craft class here at the Marion center.

Cathy decided to become a volunteer because Teresa told her that they were going to start delivering meals together on Tuesdays. They have been delivering meals for three years now, they are also reporters for the Buzz in the FOCUS Newsletter, and are ambassadors for the McDowell Senior Games. Cathy's father was an ambassador for many years here, so this has been a great way for Cathy to follow in her dad's footsteps. Cathy has been an ambassador for McDowell Senior Games for 11 years.

The opportunity of meeting new people and making friends is heart warming. Teresa truly enjoys delivering meals. Many participants are home bound or may live alone and their only company is our volunteers. Teresa will never forget one day of delivering a meal to a lady that seemed like something was just not right. When she asked the woman if she could do anything for her or call someone for her, the lady said she was just tired. When Teresa returned to the car, she told Cathy that she thought the woman was not doing well. Later that evening EMS was called and this woman was in the hospital and then rehab for several weeks. Teresa was very concerned about her and was delighted to see the woman return home and start receiving meals again. The lady was excited to be back home and see Cathy and Teresa again.

Teresa and Cathy want to encourage more people to volunteer. They feel very blessed to be able to do so. Teresa promises that you will get more out of it than you give. Helping others is rewarding. Teresa enjoys the Senior Center, the caring staff, and many wonderful seniors that attend and enjoy time here with one another. If you are able to volunteer in some way, please do.

Congratulations Teresa and Cathy, we appreciate everything you do!

THE BUZZZ OF MARION

The Hillbilly Jammers from the Center were excited to participate in a variety show at Autumn Care Nursing Home. The residents really enjoyed the performance. The group looks forward to returning.

Our location has many daily activities. Please stop in and see all that we have going on, you're sure to find fun and great fellowship. Many of our participants look forward to the monthly variety show where you may show off your talents, and the BINGO games are a popular activity. Check out the full list of activities in each month of the newsletter.

There is no membership requirement to attend the activities here at the Senior Center. Most activities are free. If a fee is involved it will be listed in the newsletter along with the information about the activity. Occasionally there is a number limit to participants of certain activities, that will be listed in such cases.

By Teresa Gentry and Cathy Laws

Riddles:

1. Why didn't the skeleton go to the party?
2. Who does a pharaoh talk to when he's sad?
3. Why couldn't the skeleton climb the mountain?
4. What's a vampire's favorite fruit?

Answers are on the back page.



What is BenefitsCheckUp?

BenefitsCheckUp is a free and confidential tool offered by the National Council on Aging that connects older adults and caregivers with programs that can help them with daily living expenses like food, medicine, housing and more. The tool has been upgraded recently to make it more accessible and easier to use. If you already know a certain topic you would like help with, you can now search for it with your ZIP code and find details immediately. If you are not sure what you might be eligible for, you also can browse different types of benefits available where you live. BenefitsCheckUp is another tool to help older adults age and live well. You can access BenefitsCheckUp at www.benefitscheckup.org.



**Volunteers, the staff here at the Senior Center wanted to give you something extra special for Sweetest Day....
But how do you wrap a hug?**



Sweetest Day is to show appreciation, friendship, love, and kindness to anyone in your life—family, friends, or colleagues—through thoughtful gestures like small gifts, acts of charity, or kind words.

THE BUZZZ OF OLD FORT

The Hillbilly Jammers from the Marion Site came and performed for us on September 19th. We enjoyed their entertainment very much. They are always welcome here at the Old Fort Site. Mike Starnes will be coming on October 31st to sing and play for us at 10:30 am. If you've never heard him, please join us. You will be in for a treat.

We are very sad to hear of the passing of Bill Bengel, a long time participant of the Old Fort Center.

Continue to remember Roann Bishop, Lee McIntosh, and Rhonda Hulse as they have been facing illnesses also remember Cathy Herron, Bruce Lankton, Martha Jamison, and Deb Vess as they may be facing procedures soon.

We are glad to have Vernon and Jean Davis back with us after the loss of Jean's son Dr. James "Jim" Fred Davis. Our hearts go out to her and the family.

We are going to miss David Setzer, and Mary and David Blackwelder as they are moving away, we hope they come back and visit us often. We also want to give thanks for all they have done for the center over the years.

It's good to see Troy Kelly back with us and we want to welcome Bob Voles and Ron Arnold.

By Cheryl Woody & Carey Woody

Guess the Definition

ombre

1. graduate in tone
2. tie-dyed
3. bronze-plated

Answer is on the back page.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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.	<u>Nutrition Site</u> <u>Beverages</u> Whole / Skim Milk Tea Coffee   	1 Pork Tips w/Gravy Bermuda Blend Vegetables Scalloped Potatoes Roll Cantaloupe	2 Meatloaf 5-Way Vegetables Creamed Potatoes Biscuit Jell-O w/Fruit	3 Rib-A-Que Sandwich Pickles & Onions Fries Cinnamon Apples Juice
6 Rosemary Chicken Carrots Juice Rice Pilaf Biscuit Fig Bar	7 Salisbury Steak w/Gravy Green Beans Creamed Potatoes Roll Diced Peaches	8 Pork Chops Brussell Sprouts Au-Gratin Potatoes Roll Mixed Fruit	9 Grilled Chicken Breast Buttered Peas Rice Biscuit Chocolate Chip Cookie	10 <u>Senior Center</u> <u>Health Fair, No Home</u> <u>Delivered Meals</u> Chicken Salad Wrap Lettuce & Tomato Chips Apple Slices Trail Mix
13 Fish Fillet Sandwich Cole Slaw Fresh Apple Southwestern Corn Trail Mix	14 Baked Spaghetti w/Meat Sauce Tossed Salad Green Beans Garlic Knot Mixed Fruit	15 Baked Chicken w/Mushroom Gravy Dressing Vegetable Medley Roll Cake Juice	16 Teriyaki Pork Steamed Carrots Rice Vegetable Egg Roll Tropical Fruit	17 Tomato Basil Soup Pimento Cheese Sandwich Fresh Orange Peanut Butter Cookie
20 Pizza Italian Blend Vegetables Applesauce Corn	21 Breaded Pork Chops Bermuda Blend Vegetables Garden Blend Rice Biscuit Mixed Fruit	22 Chicken Casserole Carrots & Peas Banana Roll Cookie	23 Pinto Beans Mustard Greens Dilled Potatoes Nutri Grain Bar	24 Kielbasa Sauerkraut Mixed Vegetables Au-Gratin Potatoes Roll Jell-O
27 Sloppy Joe Sandwich Green Beans Dilled Potatoes Pudding	28 BBQ Chicken Fried Squash Mac & Cheese Biscuit Juice Cake	29 Beef Hot Dog w/Chili Cole Slaw Fries Fresh Apple	30 BBQ Pork Sandwich Cole Slaw Fruit Juice Baked Beans Brownie	31 Witches Brew Beef Stew Carrots & Potatoes Corn Bread Fruit Cobbler

OCTOBER 2025
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>As long as autumn lasts, I shall not have hands, canvas and colors enough to paint the beautiful things I see.</i> <i>Vincent van Gogh</i>		1 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	2 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00 BINGOcize	3 10:30-11:30 Chair Exercise
6 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	7 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 5:30 September Celebration 5:30-7:45 Chess Club 6:00-7:00 Beginner Line	8 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 9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise	10 9:00-12:00 Health Fair, Vaccine Clinic & Take Back Meds
13 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing	14 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> 5:15-7:00 TAPS Care Group 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	15 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	16 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise 1:00-2:30 Dementia Support Group	17 9:30-11:30 Craft Class 10:30-11:30 Chair Exercise
20 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle	21 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	22 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing	23 9:00-10:00 Crochet Class 10:30-11:30 Chair Exercise	24 10:30-11:30 Chair Exercise
27 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Parkinsons Support Group	28 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	29 9:00-12:00 Quilting 10:30-11:30 Chair Exercise 1:00-3:00 Anything Goes Gathering 12:30-3:45 Card Playing	30 9:00-10:00 Crochet Class 10:15 BINGO 10:30-11:30 Chair Exercise	31 10:30-11:30 Chair Exercise 10:00-11:30 Variety Hour 11:00 –11:30 Trick or Treat 11:30 Halloween Costume Contest 1:30-3:30 Halloween Dance



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
October 10, 2025	10:00am-11:00am	Opportunities to Help During Crisis
October 10, 2025	11:15am-12:15pm	Antipsychotics: Indications, Risks and Challenges
October 21, 2025	1:30pm-2:30pm	Opportunities to Help During Crisis
October 21, 2025	2:45pm-3:45pm	Antipsychotics: Indications, Risks and Challenges
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

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
Oct 8	(1:30pm-2:30pm)	Nov 12	(1:30pm-2:30pm)
Antipsychotics: Indications, Risks and Challenge 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.		Navigating Depression Depression is common in older adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression.	

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.



Happy Halloween

Friday, October 31st



HALLOWEEN
Costume
CONTEST

11:30am



11:00am - 11:30am

Come by Each Office at the
Senior Center and
Trick or Treat

"Free"
Halloween Dance

D.J. Weyland

1:30pm - 3:30pm





Medicare Open Enrollment October 15-December 7

Medicare Open Enrollment for 2026 plans begins 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 SHIP (Seniors' Health and Insurance Information Program). The SHIP 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-ship>

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 SHIP Medicare Form (available at both locations) and one of our SHIP 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 SHIP 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 SHIP 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 jtaylorivy@mcdowellseniorcenter.org for more information.



Vaccination Clinic Foothills Health District at

McDowell Senior Health Fair
Friday, October 10th
9:00 am-12:00 pm



- * **Flu and High Dose Flu**
- * **Shingles (not recommended to be given with other vaccines)**
- * **RSV**
- * **Covid-19 (if available)**
- * **Available Vaccines**

Please bring a photo ID and insurance card if insured.

Self-pay option is available for uninsured.
Call for more information 828-287-6100.

2025 SENIOR HEALTH & RESOURCE FAIR



**Flu Shots &
other Vaccines**

Veteran Services



Friday, OCTOBER 10th

9:00 AM-12:00 PM

AT

MCDOWELL SENIOR CENTER

100 SPAULDING ROAD

MARION N.C. 28752

*Hearing
Screening*



FOR SENIOR CITIZENS

55 YEARS AND OLDER



Door Prizes

Many other Vendors
Contact Brenda Monosso
for more information
(828)659-0832



Blood Pressure Checks

Unwanted Medication Take-Back

McDowell County Drug Enforcement

Will be collecting unwanted medication at the

Senior Health & Resource Fair

October 10, 2025

9:00 am – 12:00 pm

At Senior Center

Medicine take-back programs are the only secure and environmentally sound way to dispose of leftover and expired medicines.

Why Take Back Your Meds?

It just makes sense.

Safe Disposal to Reduce Drug Abuse. Prescription drug abuse is the fastest-growing drug problem in the country. The abuse of medicines by teens often results in medical emergencies or fatal overdoses. Most abusers of medicines, including teens, get the drugs from a friend or relative – not from a drug dealer. A safe medicine take-back program gets potentially dangerous leftover drugs out of our homes.



Safe Disposal to Reduce Accidental Poisonings. Unwanted medicines left in the home endanger our children, seniors and pets. Poisonings from prescription and over-the-counter medicines are increasing. Getting rid of unwanted medicines at a take-back program is an important part of being safe in the home.

Safe Disposal to Reduce Medicines in the Environment. Large amounts of powerful medicines go unused or expire and the way we dispose of them makes a difference for our waters and our environment. For years, the advice was to flush our drugs or mix them with kitty litter and throw them in the garbage. Flushing drugs sends them directly into our waters, harming the environment. Drugs thrown in the garbage are available for others to take and use and can still get into the environment. Returning medicines to a take-back program is the only environmentally sound method for disposing of unused medicines.



**Keep our kids, families and
the environment safe**

**Safely dispose of the
medicines you no longer need.**

OLD FORT NUTRITION SITE

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

Phone: 668-4867

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves.</i> <i>Ann Drake</i>		1 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	2 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	3 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
6 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	7 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	8 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	9 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	10 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
13 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	14 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	15 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	16 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	17 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
20 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	21 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	22 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	23 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	24 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises
27 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	28 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:30 Crafts 12:15-3:45 Card Fun & Games with Carol	29 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:15 Chair Exercise with Deb	30 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:15 Chair Exercise with Deb	31 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises



US Flag Protocol According to Title 4 US Code Chapter 1

Time and occasions for display

(a) It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flag staffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of darkness.

(b) The flag should be hoisted briskly and lowered ceremoniously.

(c) The flag should not be displayed on days when the weather is inclement, except when an all-weather flag is displayed.

(d) The flag should be displayed on all days.

(e) The flag should be displayed daily on or near the main administration building of every public institution.

(f) The flag should be displayed in or near every polling place on election days.

(g) The flag should be displayed during school days in or near every schoolhouse.

Position and manner of display

The flag, when carried in a procession with another flag or flags, should be either on the marching right; that is, the flag's own right, or, if there is a line of other flags, in front of the center of that line.

(a) The flag should not be displayed on a float in a parade except from a staff, or as provided in subsection (i) of this section

(b) The flag should not be draped over the hood, top, sides, or back of a vehicle or of a railroad train or a boat. When the flag is displayed on a motorcar, the staff shall be fixed firmly to the chassis or clamped to the right fender.

(c) No other flag or pennant should be placed above or, if on the same level, to the right of the flag of the United States of America, except during church services conducted by naval chaplains at sea, when the church pennant may be flown above the flag during church

services for the personnel of the Navy. No person shall display the flag of the United Nations or any other national or international flag equal, above, or in a position of superior prominence or honor to, or in place of, the flag of the United States at any place within the United States or any Territory or possession thereof: Provided, That nothing in this section shall make unlawful the continuance of the practice heretofore followed of displaying the flag of the United Nations in a position of superior prominence or honor, and other national flags in positions of equal prominence or honor, with that of the flag of the United States at the headquarters of the United Nations.

(d) The flag of the United States of America, when it is displayed with another flag against a wall from crossed staffs, should be on the right, the flag's own right, and its staff should be in front of the staff of the other flag.

(e) The flag of the United States of America should be at the center and at the highest point of the group when a number of flags of States or localities or pennants of societies are grouped and displayed from staffs.

(f) When flags of States, cities, or localities, or pennants of societies are flown on the same halyard with the flag of the United States, the latter should always be at the peak. When the flags are flown from adjacent staffs, the flag of the United States should be hoisted first and lowered last. No such flag or pennant may be placed above the flag of the United States or to the United States flag's right.

(g) When flags of two or more nations are displayed, they are to be flown from separate staffs of the same height. The flags should be of approximately equal size. International usage forbids the display of the flag of one nation above that of another nation in time of peace.

(h) When the flag of the United States is displayed from a staff projecting horizontally or at an angle from the window sill, balcony, or front of a building, the union of the flag should be placed at the peak of the staff unless the flag is at half staff. When the flag is suspended over a sidewalk from a rope extending from a house to a pole at the edge of the

sidewalk, the flag should be hoisted out, union first, from the building.

i) When displayed either horizontally or vertically against a wall, the union should be uppermost and to the flag's own right, that is, to the observer's left. When displayed in a window, the flag should be displayed in the same way, with the union or blue field to the left of the observer in the street.

(j) When the flag is displayed over the middle of the street, it should be suspended vertically with the union to the north in an east and west street or to the east in a north and south street.

(k) When used on a speaker's platform, the flag, if displayed flat, should be displayed above and behind the speaker.

When displayed from a staff in a church or public auditorium, the flag of the United States of America should hold the position of superior prominence, in advance of the audience, and in the position of honor at the clergyman's or speaker's right as he faces the audience. Any other flag so displayed should be placed on the left of the clergyman or speaker or to the right of the audience.

l) The flag should form a distinctive feature of the ceremony of unveiling a statue or monument, but it should never be used as the covering for the statue or monument.

m) The flag, when flown at half-staff, should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day. By order of the President, the flag shall be flown at half-staff upon the death of principal figures of the United States Government and the Governor of a State, territory, or possession, as a mark of respect to their memory. In the event of the death of other officials or foreign dignitaries, the flag is to be displayed at half-staff according to Presidential instructions or orders.

No disrespect should be shown to the flag of the United States of America; the flag should not be dipped to any person or thing.

The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning.

If you have any questions, please see our Veterans Service Officer or visit www.flags.com

HAPPY

MARION

Catherine Van Hoet 5
Ocie Mayfield 6
Faye Greene 9
Joe Morris 9
Ann Owens 12
Peggy Payne 12
Myra Robinson 13
Debra Harrill 15
Paul Mason 16
Rita Allison 20



Charles Foreman 22
James McGarr 22
Brenda Monosso 28



BIRTHDAY

OLD FORT

Theresa Davey 4
David Setzer 7
Roann Bishop 14
Mary Walker 18
Violet Plemmons 25



**MCDOWELL COUNTY
SENIOR CENTER**

100 Spaulding Road
Marion N.C. 28752

Phone: 828-659-0821

Weyland Prebor, Director

FOCUS

Marion Reporters:
Teresa Gentry
Cathy Laws

Old Fort Reporters:
Cheryl Woody
Carey Woody

Editor:

Karen Burrell

kburrell@mcdowellseniorcenter.org

WEB:

www.mcdowellcountyseniorcenter.org

FAX: 828-652-8723

ALZHEIMER'S
ASSOCIATION

The McDowell Senior Center Dementia Support Group at the McDowell Senior Center will meet on Thursday, October 16 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 October, the group will learn about location management systems. You may be comfortable using GPS in your car but wonder how you can use the same technology to help locate a person. We will learn about common tracking technologies helping caregivers locate 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.

**McDowell Parkinson's Support
Group (MPSG)**

Monday October 27, 2025 1-3pm

Tasha Woodall, Phar. D, BCGP, CPP will be speaking on Medication and Parkinson's Disease

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.



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 17th

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. Because he had no-body to go with.
2. His mummy.
3. Because he didn't have the guts.
4. Neck-tarines.

Guess the Definition Answer

1. graduated in tone