



FOCUS

JULY 2026

VETERAN NEWS & NOTES



VA Launches VA Partial Claim Program

The Department of Veterans Affairs today formally launched the VA Partial Claim Program, a new effort to help Veterans facing financial struggles avoid foreclosure and stay in their homes.

The VA Partial Claim Program is authorized by the VA Home Loan Reform Act, which President Trump signed into law July 30, 2025. Here's how it works:

- Mortgage servicers identify Veterans who are in default and might be able to qualify for the Partial Claim Program.
- Servicers place qualified Veterans on a three-month trial payment plan to assess their ability to stay current on their loan.
- When a Veteran successfully completes this trial period, the mortgage servicer will pay the overdue amount on the mortgage to make the Veteran current again.
- VA will then pay that same amount to the mortgage servicer. Servicers must repay VA when the loan is paid in full, refinanced, or the property is sold.

"We are grateful to Congress and President Trump for creating VA's Partial Claim Program, which will help keep thousands of Veterans in their homes," said VA Secretary Doug Collins.

VA's Partial Claim Program is one of several options designed to help Veterans keep their homes and avoid foreclosure – something the department worked with mortgage servicers to do for 173,000 Veterans in fiscal year 2025 alone. Other home retention options include:

- Repayment Plans
- VA Traditional Loan Modifications
- 30-Year Loan Modifications
- 40-Year Loan Modifications
- VA Disaster Modifications
- Disaster Extend Modifications

Veterans having difficulty reaching a resolution with their mortgage servicer can contact VA at 877-827-3702, option 6. For more information about the VA Partial Claim Program VA Partial Claim Program and VA home loans, please visit the Loan Guaranty Service website.

VA is proud to help Veterans get access to — and retain — their homes by guaranteeing home loans with zero-down payment requirements and competitively low interest rates. Since its home loan guaranty program began, VA has helped Veterans, Service members, and survivors purchase more than 29 million homes, including more than 500,000 new home loans guaranteed in fiscal year 2025.



Let's play

BINGO

Sandy Clark

from

Deer Park Health
& Rehab

will be here to
call Bingo

Wednesday, July
15th

10:30am





McDowell County 2026 Senior Games Athletic Events Results

Betsy Abare

Pickleball Doubles, 1
Pickleball Mixed Doubles, 2

April Alters

Bowling Mixed Doubles, 3
Bowling Doubles, 1
Bowling Singles, 1
Mini Golf, 3

Jonathan Barham

Golf, 1

Joseph Borg

Pickleball Doubles, 2
Pickleball Singles, 1
Pickleball Mixed Doubles, 1
Discus Throw, 1
Shot Put, 1
1500 Meter Powerwalk, 1
50 Meter Dash, 1
100 Meter Dash, 1
Running Long Jump, 1
Standing Long Jump, 1
Disc Golf, 1
Cornhole Mixed Doubles, 1
Mini Golf, 1
Basketball Shooting, 1
Football Throw, 1
Golf, 1
Softball Throw, 1
Croquet, 1
Bocce, 1
Table Tennis Singles, 1
Horseshoes, 2
Shuffleboard, 1

Kathleen Borg

Pickleball Doubles, 1
Discus Throw, 1
Shot Put, 1
1500 Meter Powerwalk, 1
Running Long Jump, 1
Standing Long Jump, 1
Cornhole Singles, 3
Cornhole Mixed Doubles, 1
Disc Golf, 2
Fun Walk
50 Yd. Backstroke, 1
100 Yd. Backstroke, 1
200 Yd. Backstroke, 1

50 Yd. Breaststroke, 1
50 Yd. Freestyle, 1
Bowling Doubles, 1
Bowling Singles, 3
Mini Golf, 2
Basketball Shooting, 2
Football Throw, 3
Cornhole Doubles, 1
Golf, 1
Softball Throw, 2
Croquet, 2
Bocce, 2
Pickleball Singles, 1
Pickleball Mixed Doubles, 1
Table Tennis Singles, 1
Horseshoes, 3
Shuffleboard, 1

Beverly Bowman

Bowling Mixed Doubles, 1

Dennis Bradley

Horseshoes, 1
Shuffleboard, 2

Trish Brown

Pickleball Doubles, 1
Table Tennis Singles, 1
Table Tennis Doubles, 1

Diana Burns

Football Throw, 2
Softball Throw, 3

John Burns

Softball Throw, 2

Karen Burrell

Fun Walk
NuStep, 1
1500 Meter Powerwalk, 1
Mini Golf, 2
Jigsaw Puzzle, 1

David Byrd

Softball Throw, 1
Bocce, 1
Horseshoes, 1

Eric Carpenter

Bowling Mixed Doubles, 1
Bowling Doubles, 1
Bowling Singles, 1

Larry Carver

Cornhole Mixed Doubles, 1

Virginia Carver

Basketball Shooting, 1
Football Throw, 1
Cornhole Singles, 2
Table Tennis Singles, 3
Table Tennis Doubles, 2
50 Meter Dash, 1
Cornhole Mixed Doubles, 1

Tom Clindaniel

Pickleball Singles, 2
Pickleball Doubles, 1
Pickleball Mixed Doubles, 1

Toni Clindaniel

Pickleball Mixed Doubles, 1

Harold Davis

Billiards, 2

Walter De Boer

Bocce, 1
Pickleball Mixed Doubles, 3
Cornhole Singles, 1
Horseshoes, 2
Shuffleboard, 1
Pickleball Doubles, 2
Cornhole Mixed Doubles, 2
Cornhole Doubles, 1
Disc Golf, 1

Mary Drayton

Bowling Doubles, 1
Mini Golf, 2

LuAnn Ellsworth

Cornhole Mixed Doubles, 1
Mini Golf, 1
Basketball Shooting, 2
Football Throw, 1
Pickleball Doubles, 1
Pickleball Singles, 1
Pickleball Mixed Doubles, 1
Discus Throw, 1
Shot Put, 1
1500 Meter Powerwalk, 1
50 Meter Dash, 1
Running Long Jump, 1
Standing Long Jump, 1
Softball Throw, 1
100 Meter Dash, 1
Bocce, 1
Cornhole Singles, 1
Horseshoes, 1



McDowell County 2026 Senior Games Athletic Events Results

LuAnn Ellsworth

Shuffleboard, 3
Table Tennis Singles, 1
Cornhole Doubles, 1
Croquet, 1

Marcia Freeman

Bowling Mixed Doubles, 2
Bowling Doubles, 1
Bowling Singles, 1

Teresa Gentry

Discus Throw, 1
Shot Put, 1
50 Yd. Breaststroke, 1
50 Yd. Backstroke, 1
Billiards, 3
Bocce, 3
Shuffleboard, 3
Table Tennis Singles, 2
NuStep, 1
Checkers, 1
Mini Golf, 1
Disc Golf, 2
Cornhole Doubles, 2
Croquet, 3
Jigsaw Puzzle, 2

Valerie Gortmaker

Pickleball Doubles, 1
Pickleball Singles, 1
Table Tennis Singles, 1
Table Tennis Doubles, 1

Frances Greene

Bocce, 1
Shuffleboard, 1
Cornhole Singles, 2
Checkers, 1
Jigsaw Puzzle, 1

Charles Greeson

Checkers, 1
Billiards, 1
Mini Golf, 2

Earl Grindstaff

Discus Throw, 1
Running Long Jump, 1
Standing Long Jump, 1
Pickleball Singles, 2
Pickleball Doubles, 1
Pickleball Mixed Doubles, 2
Shot Put, 1

Cathy Herron

Bowling Mixed Doubles, 2
Bowling Doubles, 2
Bowling Singles, 1

Dean Herron

Bowling Mixed Doubles, 2
Bowling Doubles, 1
Bowling Singles, 1

Ronald Hollifield

Bowling Mixed Doubles, 2
Bowling Doubles, 2
Bowling Singles, 1

Ron House

Bowling Mixed Doubles, 3
Bowling Doubles, 1
Bowling Singles, 1

Angela Hughes

Cornhole Doubles, 2

Bruce Kemper

Bowling Mixed Doubles, 2
Bowling Singles, 2

Aloma Laney

Cornhole Singles, 1
Shuffleboard, 1

Cathy Laws

Bowling Mixed Doubles, 2
Bowling Doubles, 1
Bowling Singles, 2
Billiards, 1
Mini Golf, 3
Softball Throw, 1
Croquet, 1
Bocce, 2
Table Tennis Singles, 1
Horseshoes, 1
Shuffleboard, 1
NuStep, 2
Checkers, 2
Disk Golf, 1
Jigsaw Puzzle, 1

Ruth Laws

Shuffleboard, 1
NuStep, 1
Checkers, 1

Jerry Ledford

Discus Throw, 1
Shot Put, 1
Cornhole Singles, 2
Shuffleboard, 2

Dora Lewis

NuStep, 1

Cornhole Doubles, 2
Jigsaw Puzzle, 2

Paul Lloyd

Golf, 1

Gerald Lyons

Bowling Mixed Doubles, 2
Bowling Doubles, 1

Reba Lytle

Cornhole Singles, 1

Bobby Martin

Bowling Mixed Doubles, 1
Bowling Doubles, 1
Bowling Singles, 2
Golf, 1
Horseshoes, 1
Shuffleboard, 2
Mini Golf, 3

Brenda Monosso

Bocce, 1
Cornhole Singles, 1
Mini Golf, 1
Cornhole Doubles, 2
Cornhole Mixed Doubles, 1

Andy Morgan

Pickleball Mixed Doubles, 1
Disc Golf, 1

Charles Myers

Discus Throw, 1
Shot Put, 1
50 Meter Dash, 1
100 Meter Dash, 1
200 Meter Dash, 1

David Myers

Bocce, 1
Shuffleboard, 1
Checkers, 1
Chess, 1
Jigsaw Puzzle, 1

Kathryn Naylor

1500 Meter Powerwalk, 2
Mini Golf, 1
Jigsaw Puzzle, 2

Ken Overby

Pickleball Doubles, 1
Pickleball Singles, 1
Pickleball Mixed Doubles, 1
Golf, 2
Cornhole Mixed Doubles, 1

Stephanie Pace

Pickleball Mixed Doubles, 1

Teresa Pace

Horseshoes, 2



McDowell County 2026 Senior Games Athletic Events Results

Teresa Pace

Cornhole Singles, 3
Cornhole Doubles, 2

Luis Pacheco

Pickleball Singles, 3
Pickleball Mixed Doubles, 2

Judy Patton

Basketball Shooting, 1
Bowling Singles, 2
Bowling Doubles, 1
Bowling Mixed Doubles, 3
Discus Throw, 2
Football Throw, 1
Running Long Jump, 2
Shot Put, 2
Softball Throw, 1
Standing Long Jump, 2
Bocce, 1
Cornhole Singles, 1
Horseshoes, 1
Pickleball Singles, 2
Pickleball Doubles, 1
Pickleball Mixed Doubles, 2
Shuffleboard, 3
Table Tennis Singles, 2
NuStep, 1
Checkers, 1
Mini Golf, 3
Cornhole Doubles, 1
Cornhole Mixed Doubles, 2
Disc Golf, 3
Croquet, 1
Jigsaw Puzzle, 1

Lisa Poole

Basketball Shooting, 2
Football Throw, 2
Softball Throw, 1
100 Yd. Backstroke, 2
Bocce, 2
Horseshoes, 2
Pickleball Mixed Doubles, 3
Shuffleboard, 2
Cornhole Doubles, 1
Cornhole Mixed Doubles, 2
Croquet, 2

April Poteat

Softball Throw, 1
Cornhole Singles, 1
Horseshoes, 1
Shuffleboard, 1
Mini Golf, 3
Croquet, 1

Clifford Poteat

Basketball Shooting, 2
Football Throw, 2
Softball Throw, 3
Fun Walk
Bocce, 2
Cornhole Singles, 1
Mini Golf, 2
Cornhole Doubles, 1
Cornhole Mixed Doubles, 3

Gladys Poteat

Basketball Shooting, 3
Football Throw, 3
Fun Walk
Horseshoes, 2
Shuffleboard, 1
NuStep, 2
Checkers, 1
Mini Golf, 2
Cornhole Doubles, 2
Cornhole Mixed Doubles, 3
Jigsaw Puzzle, 1

Weyland Prebor

Basketball Shooting, 1
Discus Throw, 1
Football Throw, 1
Running Long Jump, 1
Shot Put, 1
Softball Throw, 1
Standing Long Jump, 1
100 Meter Dash, 1
200 Meter Dash, 1
Cornhole Singles, 1
Horseshoes, 1
Shuffle Board, 1
Table Tennis Singles, 1
50 Meter Dash, 1
1500 Meter Powerwalk, 1
Mini Golf, 1
Cornhole Doubles, 1
Cornhole Mixed Doubles, 1
Disc Golf, 1
Croquet, 1
Jigsaw Puzzle, 1

Dorothy Ramsey

Cornhole doubles, 1

Melissa Randolph

Cornhole Singles, 3
Horseshoes, 3
Shuffleboard, 3
Croquet, 1
Jigsaw Puzzle, 1

Nellie Randolph

Checkers, 1
Jigsaw Puzzle, 2

Jodie Razdrh

Cornhole Singles, 2
Pickleball Doubles, 1

Pickleball Mixed Doubles, 1
Cornhole Mixed Doubles, 1

Michael Razdrh

Cornhole Singles, 1
Pickleball Singles, 1
Pickleball Mixed Doubles, 1
Cornhole Doubles, 1
Cornhole Mixed Doubles, 1

Michael Reece

Bowling Singles, 3
Bowling Doubles, 2
Bowling Mixed Doubles, 3
Golf, 3
Mini Golf, 1

Wendy Reel

Bowling Singles, 1
Bowling Doubles, 1
Bowling Mixed Doubles, 1

Janet Reese

Cornhole Singles, 2
Horseshoes, 2
1500 Meter Powerwalk, 2
Mini Golf, 1
Cornhole Doubles, 1
Disc Golf, 1

Billie Sue Rhom

Bowling Singles, 1
Bowling Doubles, 1
Bowling Mixed Doubles, 1

Doris Robinson

Basketball Shooting, 1
Bowling Singles, 1
Bowling Doubles, 2
Bowling Mixed Doubles, 2
Football Throw, 1
Softball Throw, 2
Horseshoes, 3
Shuffleboard, 2
Croquet, 2

Jeff Roller

Pickleball Singles, 1
Pickleball Doubles, 1
Pickleball Mixed Doubles, 2

Linda Sherman

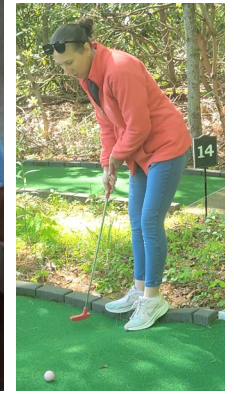
Shuffleboard, 2

Tonya Silver

Basketball Shooting, 1
Football Throw, 2
Softball Throw, 3
Bocce, 3
Cornhole Singles, 3
Croquet, 2



McDowell County 2026 Senior Games Athletic Events Results



Juliana Sproles
Golf, 1

Randy Steele
Pickleball Singles, 2
Pickleball Doubles, 1

Rhonda Steele
Pickleball Doubles, 1
Pickleball Mixed Doubles, 2

Floyd Styles
Bowling Singles, 2
Bowling Doubles, 1
Bowling Mixed Doubles, 1

Sarita Styles
Bowling Singles, 2
Bowling Doubles, 1
Bowling Mixed Doubles, 1

Richard Sumlin
Bowling Singles, 3
Bowling Mixed Doubles, 1

James Tanner
Softball Throw, 2
Billiards, 1

James Taylor
Softball Throw, 1
Fun Walk
Bocce, 1
Cornhole Singles, 1

Cornhole Mixed Doubles, 2
Horseshoes, 1
Pickleball Singles, 1
Shuffleboard, 1
Table Tennis Singles, 1
NuStep, 1
Checkers, 1
Mini Golf, 1
Croquet, 1
Jigsaw Puzzle, 1

Pat Trude
Swimming, 200 Yd. Freestyle, 1
Swimming, 50 Yd. Freestyle, 1
Swimming, 100 Yd. Freestyle, 1
Swimming, 50 Yd. Backstroke, 1
Swimming, 100 Yd. Backstroke, 1

Scot Trude
Swimming, 200 Yd. Freestyle, 1
Swimming, 200 Yd. Backstroke, 1
Swimming, 100 Yd. Breaststroke, 1

Robin Vance
Billiards, 2
Bocce, 1
Cornhole Singles, 1
Mini Golf, 2
Cornhole Doubles, 1

Cathy VanHoet
Bowling Singles, 2

Bowling Doubles, 1
Softball Throw, 2
Bocce, 2
Cornhole Singles, 2
Shuffleboard, 2
Cornhole Doubles, 1
Cornhole Mixed Doubles, 2
Croquet, 3

Gregory VanHoet
Cornhole Mixed Doubles, 2

Gerald Weimer
Horseshoes, 1
Shuffleboard, 1
Checkers, 1
Chess, 1

Peggy Weimer
Jigsaw Puzzle, 1

John Wells
Golf, 2

Phillip White
Shuffleboard, 3

Jennifer Wilson
Billiards, 1
Horseshoes, 1
Shuffleboard, 1
Table Tennis Singles, 2
Table Tennis Doubles, 2

Summertime Dance

At
**McDowell Senior
Center**

**Friday, July
17th, 2026**

5:00 pm – 8:00pm

**Doors open at
4:30 pm**

FEATURING:

D.J. Weyland

**Advance
Tickets \$3.00**

**At the Door
\$5.00**

**This event is for
adults of all ages.**

**“Drinks will be
provided, bring finger
foods.”**

For More Information
Call Brenda Monosso
(828)692-0832

THE BUZZZ OF MARION

We would like to invite anyone interested in playing table tennis to join us on Tuesdays at 1:00 pm in the multi purpose room.

We hope everyone has a happy Independence Day this year as we celebrate our semiquincentennial, the 250th anniversary of the signing of the Declaration of Independence.

Please remember Star Saylor in your thoughts and prayers, she is in the hospital due to an accident.

By Teresa Gentry & Cathy Laws

 **ALZHEIMER'S
ASSOCIATION**

The McDowell Senior Center Dementia Support Group at the McDowell Senior Center will meet on Thursday, July 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.

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.

Guess the Definition

kaput

1. A beanie.
2. An explosion.
3. Broken

Answer is on the back page.

THE BUZZZ OF OLD FORT

Old Fort will be celebrating Pioneer Day on Friday, July 3rd and the Old Fort Parade will be on July 4th with a new route because of the repairs being done on Catawba Avenue. Look for some of our people in the parade.

We would like everyone to remember some of our people that have been in the hospital, sick, taking tests, or recovering at home this past month. Please say a prayer for Carolyn Smith, Donald Shuford, Jim Cannon, Phillip Buchanan, Joe Stroud, Joyce Robinson, Carol McEntire, Roann Bisop, Cathy Herron, Bill Warf, and Jim Taylor. Also, the Bingham's want everyone to remember their daughter.

Thelma Messer has a new great grandbaby boy that she is very proud of. Bonnie Autrey is doing well and misses everyone at both Marion and Old Fort Sites. She says to tell everyone “Hello” and that she would love visits.

By Cheryl Woody & Carey Woody

McDowell Parkinson's Support Group (MPSG)

Monday July 20, 2026 1pm – 3pm

This month we will enjoy a gathering to share and socialize with fun summer deserts and goodies.

Participants will have time to socialize and share thoughts about planning for programs in the remaining year.

Please join us at the McDowell Senior Center to help maintain your quality of life. All adults with Parkinson's or Parkinsonism and their caregivers are welcome.

Care  Givers

JULY 2026
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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 9:00-11:00 Crochet & Knitting 10:15 BINGO 10:30-11:30 Chair Exercise	3 CLOSED 
	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 <u>Evening Classes</u> 5:30-7:45 Chess Club 6:00-7:00 Beginner Line Dance	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 1:30-2:30 Vaya <u>Health Training</u>	9 9:00-11:00 Crochet & Knitting 10:15 BINGO 10:30-11:30 Chair Exercise
10 10:30-11:30 Chair Exercise				
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 BINGO 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	16 9:00-11:00 Crochet & Knitting 10:30-11:30 Chair Exercise 1:00-2:30 Dementia Support Group	17 9:30-11:30 Craft Class 9:30-11:30 Chair Exercise 5:00-8:00 Summertime Dance
20 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing 1:00 Drum Circle 1:00-3:00 Parkinson's Support Group	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 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	23 9:00-11:00 Crochet & Knitting 10:30-11:30 Chair Exercise	24 10:30-11:30 Chair Exercise 2:00 Medicare 101
27 9:30-10:30 Line Dance 10:30-11:30 Chair Exercise 12:30-3:45 Card Playing	28 9:30-10:30 J.A.M. Exercise 10:30-11:30 BP Checks 10:30-11:30 Bible Study 10:30-11:30 Chair Exer- cise 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 12:30-3:45 Card Playing 1:00-3:00 Anything Goes Gathering	30 9:00-11:00 Crochet & Knitting 10:15 BINGO 10:30-11:30 Chair Exercise	31 10:30-11:30 Chair Exercise 10:00-11:30 Variety Hour

Webinar Schedule 2026 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
July 10, 2026	10:00am-11:00am	Hoarding: Hidden Secrets
July 10, 2026	11:15am-12:15pm	OCD: Thought-Behavioral Cycle
July 21, 2026	1:30pm-2:30pm	Hoarding: Hidden Secrets
July 21, 2026	2:45pm-3:45pm	OCD: Thought-Behavioral Cycle
August 14, 2026	10:00am-11:00am	Navigating Depression
August 14, 2026	11:15am-12:15pm	Anxiety: Managing Nervous Energy
August 18, 2026	1:30pm-2:30pm	Navigating Depression
August 18, 2026	2:45pm-3:45pm	Anxiety: Managing Nervous Energy

Vaya Health Trainings 2026 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 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
July 8	(1:30pm-2:30pm)	Aug 12	(1:30pm-2:30pm)
Neurocognitive Disorders and the Basics of Dementia: Top Four Dementias Pt. 2 This course aims 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.		Anxiety: Managing Nervous Energy A growing number of individuals report experiencing anxiety symptoms in recent years. This course examines anxiety as it disproportionately affects the aging population. Traditional and alternative treatments will be the focus of symptom management.	

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.

Meals Cancellations call 659-0821

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 BBQ Chicken Fried Yellow Squash Parslied Potatoes Cheese Biscuit Butterscotch Pudding	2 Chili Cheeseburger Cole Slaw French Fries Apple Cobbler	3 CLOSED 
6 Salisbury Steak w/Gravy Green Beans Creamed Potatoes Biscuit Pineapple Tidbits	7 Chicken Alfredo Broccoli Florets Garlic Knots Fruit Cobbler	8 Rib-A-Que Sandwich Pickles & Onions Seasoned Fries Cinnamon Apples	9 Kielbasa Sauerkraut 5-Way Vegetables Au-Gratin Potatoes Roll Lemon Pudding	10 Sliced Ham & Cheese Sandwich Lettuce & Tomato Juice Potato Salad Diced Peaches
13 Country Style Steak w/Gravy Green Beans Creamed Potatoes Biscuit Mixed Fruit	14 Slopy Joes w/Bun Cole Slaw French Fries Fresh Apple	15 Pork Tips w/Gravy Brussell Sprouts Creamed Potatoes Roll Jell-O w/Fruit	16 Rosemary Chicken California Blend Diced Peaches Rice Pilaf Biscuit Cake	17 Tuna Salad Sandwich Lettuce & Tomato Pasta Salad Chips Cookie
20 Stew Beef w/Gravy Green Beans Cantaloupe Rice Biscuit Trail Mix	21 Orange Chicken Steamed Carrots Fruit Juice Fried Rice Vegetable Egg Roll Fortune Cookie	22 Hot Dog w/Chili & Bun Cole Slaw Tater Tot Diced Pears Fig Bar	23 Spaghetti w/Meat Sauce Tossed Salad Peas Garlic Knot Chocolate Pudding	24 Chicken Caesar Salad w/ Tomatoes, Lettuce & Croutons Crackers Fruit Juice Banana Jell-O
27 BBQ Pork Sandwich Cole Slaw Fruit Juice Corn Applesauce	28 Italian Chicken California Blend Buttered Noodles Garlic Knot Diced Pears Strawberry Mallow	29 Meatloaf Brussel Sprouts Orange Juice Creamed Potatoes Biscuit Yogurt	30 Philly Cheese Steak Sandwich w/ Peppers & Onions French Fries Peaches	31 Scrambled Eggs Sausage Links Juice Biscuit & Gravy Fruit Cup

OLD FORT NUTRITION SITE
LOCATED AT 909 EAST MAIN ST., OLD FORT, NC 28762
Phone: 668-4867 JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 10:15 BINGO 12:00 Chair Exercise with Deb 2:00 Line Dance Class	2 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 Chair Exercise with Deb	3 CLOSED 
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 12:00 Chair Exercise with Deb 2:00 Line Dance Class	9 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 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 12:00 Chair Exercise with Deb 2:00 Line Dance Class	16 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 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 12:00 Chair Exercise with Deb 2:00 Line Dance Class	23 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 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 12:00 Chair Exercise with Deb 2:00 Line Dance Class	30 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises 12:00 Chair Exercise with Deb	31 8:30—3:00 Puzzles 8:30—3:00 Fitness Equipment Exercises

North Carolina Senior Farmers' Market Nutrition Program Coming to McDowell County in July!



The **NC Seniors Farmers' Market Nutrition Program (SFMNP)** provides eligible lower-income older adults with free vouchers to purchase fresh fruits, vegetables, honey, and fresh cut herbs at SFMNP certified farmers' markets. The program is designed to improve the nutrition of older adults and increase business for local farmers and farmers' markets. Participant eligibility requirements:

1. 60 years of age or older
2. McDowell County resident
3. Household maximum income of **\$2,461** or less per month for a one-person household; **\$3,337** or less per month for a two-person household (a couple that resides in the same household and meets the eligibility requirements may each get a voucher booklet)

Eligible persons will receive a \$50.00 booklet of ten \$5.00 vouchers that can be used at the Marion Tailgate Market located at 67 West Henderson Street, Marion, NC, 28752 and at other participating farmers markets in other counties. The Marion Tailgate Market operates every Saturday from 9:00am-1:00pm from May through October. You can redeem the vouchers at the Marion Tailgate Market through September 26. After that date, the vouchers will expire and cannot be used.

You may use as many of the vouchers as you would like when you purchase items from participating farmers and vendors when you visit the market. These sellers will have a poster for the North Carolina Senior Farmers' Market Nutrition Program on display at their booths. You are limited to only using the vouchers for fresh fruits and vegetables, honey and fresh cut herbs.

We ask that you make an appointment for one of the upcoming voucher sign-up dates using this information listed below. These appointments should take 15 minutes or less to complete the paperwork to receive your vouchers. You will need to bring a photo ID to verify your age and residency. The McDowell Senior Center will receive 100 voucher booklets and will first be distributed on four dates in July at these locations:

The McDowell Senior Center located at 100 Spaulding Road, Marion, NC on Tuesday, July 7, Thursday, July 9, and Friday, July 17 from 8:30AM-3:30PM

Call 828-659-0821 to schedule your appointment at this location or visit the reception desk at the McDowell Senior Center to sign up.

The A.C. Bud Hogan Community Center located at 909 East Main Street, Old Fort, NC on Wednesday July 8 from 8:30AM-3:30PM.

Call 828-668-4867 to schedule your appointment at this location or visit the reception desk at the A.C. Bud Hogan Community Center to sign up.

After these four appointment dates have passed, any remaining voucher booklets will be distributed to eligible individuals by a waiting list in the order they are received. If you are unable to come to one of the sign-up events, you can be added to the waiting list by calling the McDowell Senior Center at 828-659-0821.

This opportunity is made possible through the partnerships of the North Carolina Senior Farmers' Market Nutrition Program, McDowell Local Food Advisory Council, and the McDowell Senior Center.

HAPPY



BIRTHDAY

MARION

Ann Stone 6
Brenda Cline 7
Wanda Long 13
Diana Williams 14
Robert Leipsner 16
Harry Burnette 18
David Covington 19
Betty Baldrige 25
Rebecca Washburn 26
Leonard Williams 26

Jerry Greene 29
Katherine Hays 29



OLD FORT

Kermit Silver 12
Carolyn Yearly 13
Cathy Herron 14
Carey Woody 15
Michael Clark 21
Rhonda Hulse 25
Helen Logan 25
Meldeen Shuford 30

2026-2027

28th Annual OPERATION BACKPACK

School supplies are available to Pick Up for McDowell County Public School K-12 Students

East McDowell Middle School, 676 State Street, Marion, NC 28752

Enter Back parking area via S. McDowell Ave; room on right of Auditorium

July 20-August 3, 2026; Monday–Thursday; 8am - 4pm; Picture ID required for verification of McDowell residence

(Eastfield Global Magnet School supplies will be available at Meet the Teacher on July 8th, 4-5:30pm. If attending EGMS, please request supplies at EGMS)

*** BACK to SCHOOL ***

EGMS July 9th MEC/MAI August 6th Traditional August 24th

THANK YOU for each DONATION & your faithful SUPPORT!

“Giving is not just a donation – it is about making a Difference!”

Supplies and monetary donations are appreciated and needed! Monetary donations may be written to The Endowment Fund, for Operation Backpack

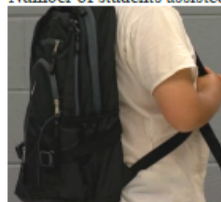
Donations may be mailed or brought to

McDowell County Schools, 334 South Main Street, Marion, NC 28752.

17" or 19" Backpacks	Notebook paper	Erasers
1" 3 Ring Binders	#2 Pencils	Pocket Folders
24 Count Crayons	Safety Scissors	Highlighters
Glue Sticks	Composition Books	Pencil Pouches
Pens: Blue, Black, & Red	Toothbrush	Toothpaste
12 count Colored Pencils		

When everyone works together, much can be achieved. Every little bit makes a big difference! The 2026-2027 school year will be Operation Backpack's 28th year assisting students with school supplies. Our giving and caring community working together has made this possible! The goal of Operation Backpack is to provide all underprivileged K-12 students in McDowell County Public Schools with a new backpack and school supplies. Although the majority of the supplies are distributed a few weeks prior to school starting, there are needs year-round. Supplies are given to students based on grade level.

Number of students assisted during summer distribution:



Year	# of Students
2021 COVID	817
2022	893
2023	881
2024	912
2025	965

For More Information: Melanie Dunham 828-652-4535 x4106 or melanie.dunham@mcdowell.k12.nc.us

**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



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

July 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.



Guess the Definition Answer

3. Broken