



FOCUS

FEBRUARY 2012

Weyland Prebor, Director Phone: 828-652-8953

"Centers for Life Enrichment"



CAREGIVER TRAINING

For: Caregivers, Adult Care Home, Family Care Home, Skilled Nursing Facility Staff and Other Interested Persons

Cost: Free

Location:

McDowell County Senior Center
100 Spaulding Road, Marion, N.C.
28752
Phone: 828-652-8953

Date: Monday-February 20, 2011

**Anxiety Disorders-
10:00 am- 12:00pm**

This presentation challenges the participant to learn about the different types of anxiety disorders and tips to work with diagnosed individuals. Also, caregivers will have an opportunity to practice relaxation techniques to cope with anxieties of their own.

**Cultural Competence- What and Why?
1:00 pm- 3:00pm**

A course constructed to assist caregivers in understanding the importance of culture and how it affects the quality of care given to residents/care recipients. The instruction in this curriculum focuses on the extreme importance of recognizing one's own biases before implementing care.

Presenter(s): Smoky Mountain Center Central Region Geriatric and Adult Mental Health Specialty Team

Please contact Weyland Prebor at the McDowell County Senior Center at 652-8953 to register for the training(s) and

RSVP for a free lunch to be provided between trainings. Two contact hours, provided through the NC Division of Health Service Regulation, are included for each attended training.

"Care Enough to Cover Up"



The McDowell High School LINC (Leadership, Involvement, Networking and Community) Program collected and recently delivered 160 blankets for homebound seniors receiving home-delivered meals. They gathered the blankets over the last several months with different collection programs during their "Care Enough to Cover Up" campaign in the county. The students involved in the project included Scott Stafford, Bradley Price, Stephen Spratt, Hannah Wilson, Sarah Bristol, Megan Gaffigan, Erin Taylor, Stephanie Bush and Adrianna Whitehead. MTCC facilitator Julie Padgett assisted the students with the project. Thank you to the LINC students from the seniors, volunteers and staff of the McDowell County Senior Center!



McDowell County Senior Games Kickoff Breakfast & Earlybird Registration Day

Friday, March 2nd
Breakfast is FREE (Breakfast served at the McDowell Senior Center 8:00 a.m.-9:00a.m. Only!)

- ◆ Adults who are 55 years old and older.
- ◆ Participants may Earlybird register for \$10.00 until 3:00 p.m. on March 2nd
- ◆ To get special Earlybird rate, participants must complete registration form and return it on the 2nd.
- ◆ Please tell your friends, neighbors, and relatives. Our goal this year is to have 150 participants registered for McDowell County Senior Games.
- ◆ After March 2nd, registration fee will go up to \$12.00

To register for breakfast, call Cheryl Woody or Brenda Monosso at the McDowell Senior Center at 652-8953.



Winter Weather Policy

When the weather is bad such as snow or icy conditions, we will announce any closings on WBRM-1250 AM. The McDowell Senior Centers' policy is to close when the school system closes due to the weather and/or bad road conditions. If at all possible, please try to have extra (non-perishable) food on hand for such occasions. Some good items to have on hand are snack-sized canned goods with pull-top lids, extra water, crackers, granola bars, raisins and trail mix.



Veterans Concerns
By Alan Mainer
(CVSO)

IMPORTANT NOTICE

The McDowell County Veterans Services Office will be **CLOSED** from **February 2nd, 2012 until approximately April 15, 2012**, due to medical reasons for the Veterans Services Officer.

If, during this time you need assistance with a claim, please call the Morganton, N.C. District office at (828) 430-7137. Driving instructions to that office will be provided if necessary. Business at the McDowell County Veterans Services Office will resume as usual after that time.

DISABILITY CLAIMS PROCEDURE

VA pays compensation ("Comp") for a current condition or disability that is related to the veteran's period of active military service. Sufficient evidence must be submitted to show that the claimed disability was incurred during (acquired) or aggravated (made worse) during military service. The disability does not have to be related to combat. Income or assets do NOT affect the payment of compensation benefits.

There are five ways that service connection can be awarded:

1. There is a current condition which can be directly linked to a recorded injury that happened or a disease suffered from while the veteran was in service; or
2. There is a current condition whose symptoms began shortly after discharge, usually within one year of separation. VA can consider that the condition began during service; or
3. There is a current condition that existed before entry into service and which became worse or was aggravated while in service; or
4. There is a current condition that was caused or aggravated by a service-connected condition; or
5. There is a current condition that began years after discharge from service but was caused by something that happened during service, such as cancer related to exposure to radia-

tion, asbestos or Agent Orange.

VA may also recognize a current condition as if it were service-connected when:

1. The condition resulted from an injury or aggravation as the result of faulty VA medical care or involvement in a VA vocational rehabilitation program.
2. The loss or loss of use, of one or a pair of organs (such as kidney, lung, eye, or ear) or an extremity (hand or foot) is service-connected and the other paired organ or extremity becomes disabled as the result of a non-service connected cause.

EVIDENCE NEEDED TO ESTABLISH A CLAIM FOR SERVICE CONNECTION

The County service officer can help the veteran in developing the necessary background information and supporting evidence. It may be to the veteran's advantage to know what information is contained in his or her service treatment records (STR's) or in the VA C-file, if one exists. The veteran is entitled to a copy of any of these records. STR's can be requested by submitting Standard Form 180, "Request Pertaining to Military Records," or a letter with identifying information to the National Personnel Records Center (NPRC), 9700 Page Ave., St. Louis, MO 63132-5100. The County Service Officer can provide this service or form. The veteran can also request a copy of the C-file by sending a letter to the VA regional office that says: "I am exercising my rights under the Freedom of Information Act to obtain a free copy of my VA records."

The basic requirements for a claim for service connection are:

1. There must be a currently diagnosed chronic medical or psychiatric condition or disability.
2. There is information or records that "something" happened in service, an injury or disease was incurred or aggravated – or shortly after separation.
3. There is medical opinion linking the current diagnosis with what happened in service.

Come be swept away to the Carolina Coast in

"Under the Boardwalk"
Thursday, March 22nd
Day Trip
\$67.00

Wohlfahrt Haus Dinner Theatre
 Wytheville, Virginia



Featuring music of all the greatest beach bands like The Embers, The Tams, The Swinging Medallions, The Chairman of the Board and many more. You may also remember Carolina Beach Music for a certain dance craze that swept the nation... The Shag.

Includes a delicious four course dinner and a wonderful show
Seating is limited "First Come – First Serve". Deadline to sign up March 2nd

Departure Time 8:30 AM The Old Walmart Parking Lot

For more information call the McDowell Senior Center at (828)652-8953.



The Bright Side

The power of positive thinking is a trait acquired over the years. A habit forming characteristic that over time prevents worries and cares. Each person develops their own pattern to use in everyday life. With this outlook you can overcome worries and evade situations of strife. When our mind searches for the good overlooking things that are bad, we find a brighter outlook not dwelling on things that are sad. When the sun isn't shining brightly, and dark clouds cover the sky, let positive thoughts paint a picture, of silver lined clouds passing by.

By Margie Boyd

For Reservations Call: **652-9873**

February, 2012

Reservations Call: **668-4867**

Dining Room Desk Extension 312 or

Dining Room Site Manager Extension 311

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Presidential Did You Know:</p> <p>“In 1826, the Marquis de Lafayette gave John Quincy Adams an alligator. The Alligator lived in the White House for several months.”</p> <p>While Van Buren was President he was given two tiger cubs by the Sultan of Oman”</p>		<p>1</p> <p>Ham Green Beans Oven Baked Tri-colored Potatoes Roll Fresh Orange</p>	<p>2</p> <p>Baked Rosemary Chicken Broccoli Florets Cold Applesauce Wild Rice Angel Biscuit Iced Cake</p>	<p>3</p> <p>Meatloaf Lima Beans Creamed Potatoes Corn Bread Pineapple Chunks</p>
<p>6</p> <p>Macaroni & Cheese Cold Country Tomatoes Steamed Cabbage Corn Bread Gingerbread Cake with Lemon Topping</p>	<p>7</p> <p>Chicken Filet Sandwich (Unbreaded) Lettuce & Tomato Potato Soup (HDM-Tater tots) Hamburger Bun Fruit Cobbler (DB-Cold Sliced Peaches)</p>	<p>8</p> <p>Beef Stroganoff with Stew Beef Harvard Beets Green Beans Buttered Noodles Texas Toast Pudding</p>	<p>9</p> <p>B.B.Q. Chicken Glazed Carrots Parslied Baby Baker Potatoes Biscuit Tropical Fruit Salad</p>	<p>10</p> <p>Great Northern Beans Turnip Greens Potato Wedges (HDM-Diced Potatoes) Corn Bread Blueberry Congealed Salad</p>
<p>13</p> <p>Chicken Noodle Bake Carrots Assorted Juices Biscuit Butterscotch Pudding (DB-Sugar Free Pudding)</p>	<p>14</p> <p>Hamburger Steak with Peppers & Onions Tossed Salad Rice Pilaf Garlic Bread (HDM-Texas Toast) Strawberries & Bananas Fruit Cup(DB-Fresh Strawberries & Bananas)</p>	<p>15</p> <p>Oven Fried Chicken Breast Okra & Tomatoes Mashed Potatoes Roll Fruit Cup w/Grapes, Pineapple & Apples</p>	<p>16</p> <p>Pimento Cheese Sandwich Beef-Vegetable Soup Crackers Fruit Crisp (D.B. Fresh Apple)</p>	<p>17</p> <p>Baked B.B.Q. Pork Cole Slaw Fresh Pears Baked Potato (HDM-Potato Wedges) Bun Cinnamon Crisper Cookies</p>
<p>20</p> <p>CLOSED PRESIDENT’S DAY (Staff Training Day)</p> 	<p>21</p> <p>Pork Loin Steamed Cabbage Black-eyed Peas Corn Bread Baked Apple (HDM-Applesauce)</p>	<p>22</p> <p>Chicken Tenders Cole Slaw Baked Potato (HDM-Potato Wedges) Biscuit Sliced Peaches</p>	<p>23</p> <p>Country Style Steak w/Gravy Broccoli Spears Assorted Juice Rice Roll Iced Cake</p>	<p>24</p> <p>Chicken Pie Cucumber, Tomato & Onion Vinaigrette Creamed Potatoes Biscuit Jell-o with Fruit Cocktail(D.B.–S.F. Jell-o with Fruit Cocktail)</p>
<p>27</p> <p>Chicken Gumbo Pickled Beets Rice Biscuit Cold Pears</p>	<p>28</p> <p>Breaded-Oven fried Fish Filet Cole Slaw Baked Apple Slices (DB-Fresh Apple) Scalloped Potatoes Corn Bread</p>	<p>29</p> <p>Ham Green Beans Oven Baked Tri-colored Potatoes Roll Fresh Orange</p>	<p>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.</p>	<p><u>Nutrition Site Beverages</u> Whole Milk Skim Milk Buttermilk Chocolate Milk Lemonade Tea Coffee</p>  

TUESDAY NIGHTS ZUMBA Fitness Class



Tuesdays @ 6:30 pm

Where: McDowell Senior Center

Zumba workouts can vary in intensity, and calorie burn depends on an individual's weight, fitness level and muscle composition. During an hour long session you can burn anywhere from 500 to 800 calories. On average, a 150-lb. person can expect to burn 536 calories during an hour of Zumba.

By comparison, the same person would burn 413 calories during an hour of moderate swimming, 477 for an hour of casual racquetball and 684 for an hour of running at a 10-minute-mile pace.

By comparison, the same person would burn 413 calories during an hour of moderate swimming, 477 for an hour of casual racquetball and 684 for an hour of running at a 10-minute-mile pace.

WELCOME ALL Adults of All Ages

Instructor: Wilson Mancipe

\$5.00 per Class

For more information call
Cheryl Woody or Brenda Monosso
@ 652-8953 ext 315

♥ Valentine's Dance

Friday, February 10th

6:00PM - 9:00PM @

McDowell Senior Center



Live Music By

The (REWIND) Band

Featuring: Old & New Country,
Classic Rock, Beach Music & More.

Advance tickets-

\$5 Single /\$10 Couple

At The Door-

\$6 Single/\$12 Couple

This event is for adults of all ages. All line dancers and ballroom dancers are welcome to participate. Drinks will be provided, bring finger foods. For More Information Call Cheryl Woody Brenda Monosso at 652-8953.



Free AARP Volunteer Tax Filing Program

The McDowell Senior Center is now taking appointments for the AARP Tax Program beginning February 2 through April 12 on Tuesdays and Thursdays. Anyone needing to file taxes for the 2011 tax year is eligible to participate in the free tax filing program. You may make an appointment by calling the McDowell Senior Center at 652-8953

If you have investment accounts or if you receive broker statements you will need to make an appointment to be seen after March 1, 2012.

People need to bring these items to their tax appointment:

- A copy of last year's return,
- This year's Social Security statement,
- Pension forms (1099-R),
- wage statements (W-2)
- Interest and dividend statements.
- Property taxes
- Broker statements

This will be a busy tax season. Please remember that the AARP Tax Volunteers are donating their time to help out the citizens of McDowell. If you are unable to make your appointment please be sure to call and cancel prior to your scheduled time.

In addition to tax preparation assistance at the Senior Center, there is a limited option for the homebound who are unable to come to the Senior Center and are obligated to file 2011 taxes, to have their papers picked up at their home, the taxes prepared by the AARP tax aide at the Senior Center and returned for their approval and signature at their home. If you are interested in this option, please leave your name and phone number at the Senior Center and a tax aide will contact you after February 1, 2012.

"Great News"

The Game Cornhole Has Been Added To Senior Games

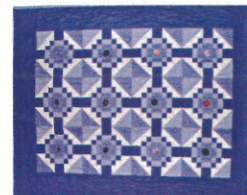
Cornhole or Corn Toss is similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the cornhole platform until a contestant reaches the score of 21 points. A corn bag in the hole scores 3 points, while one on the platform scores 1 point.



CORNHOLE

For those who don't know how to play or just want to check out the competition we will be having a Demonstration at 10:00 am on **March 1st** here at the Senior Center.

OUR HERITAGE



Quilts drying on the clothes line
Colored the breeze
Wings on the wind.

Winter warmth to share
Snuggle time
Nights to cuddle.

Memories, grandmothers fingers,
cutting and sewing.
Heirlooms to hold dear.

Quilts our History
On wagons and horseback
Keeping us warm.
Adventure and distant places
To grace the beds
Of new frontiers.

By Pat Rose

652-8953

FEBRUARY 2012


MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Presidential Did You Know: George Washington's teeth, long thought to have been carved out of wood, here's the true story: President Washington lost his teeth at a relatively early age. He suffered from poor dental health throughout his younger years. He had two sets of false teeth (dentures) made by the most prominent American dentist of his day, Dr. John Greenwood. They were carved from the finest hippopotamus ivory and gold.</p>		<p>9:00 Quilting 10:30 Discover Your Potential 10:45 Chair Exercise 1:00 Games</p>	<p>9:00 Pat Rose-Crafts 9:30-10:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Seniors In Rhythm 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>National Wear Red Day 9:00 Crochet Class 10:30 Variety Hour 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge</p>
<p>Puzzle Fun 9:00 Needlework /Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Pinochle</p>	<p>9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 11:00 Presentation by Sandy Freeman-Social Worker for the Blind 1:00—3:00 Art Class 1-3 Mah Jongg 1:00 Games <u>Evening Classes</u> 5:30 Grief & Loss Support Group 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:30 Zumba Fitness Class</p>	<p>Senior Van trip to Hickory, N.C. leaves at 10:30 am (Hamricks & eat at Golden Corral.) 9:00 Quilting 10:30 Blood Pressure Cks 10:30 Discover Your Potential 10:45 Chair Exercise 1:00 Games</p>	<p>9:00 Pat Rose-Crafts 9:30-10:30 J.A.M. Exercise 10:45 Fun Bingo 10:45 Chair Exercise 1:00 Seniors In Rhythm 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>9:00 Crochet Class 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge 6:00-9:00 Valentine Dance</p>
<p>Puzzle Fun 9:00 Needlework /Embroidery 9:30 Line Dance 10:45 Chair Exercise 11:00 "Give Your Heart A Healthy Beat" by Kristin Mart 1:00 Pinochle</p>	<p>9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1:00—3:00 Art Class 1-3 Mah Jongg 1:00 Games <u>Evening Classes</u> 5:30 Grief & Loss Support Group 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:30 Zumba Fitness Class</p>	<p>9:00 Quilting 10:45 Chair Exercise 10:30 Discover Your Potential 1:00 Games</p>	<p>9:00 Pat Rose-Crafts 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Seniors In Rhythm 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>HULA IN THE COOLA LUAU DAY 9:00 Crochet Class 10:30 Variety Hour 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge</p>
<p>CLOSED PRESIDENT'S DAY (Staff Training Day)</p> 	<p>9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1:00—3:00 Art Class 1-3 Mah Jongg 1:00 Games <u>Evening Classes</u> 5:30 Grief & Loss Support Group 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:30 Zumba Fitness Class</p>	<p>9:00 Quilting 10:45 Chair Exercise 10:30 Discover Your Potential 1:00 Games</p>	<p>9:00 Pat Rose-Crafts 9:30-10:30 J.A.M. Exercise 10:45 Fun Bingo 10:45 Chair Exercise 1:00 Seniors In Rhythm 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>9:00 Crochet Class 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge 1:00 Movie Day</p>
<p>Puzzle Fun 9:00 Needlework /Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Pinochle</p>	<p>9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1:00—3:00 Art Class 1-3 Mah Jongg 1:00 Games <u>Evening Classes</u> 5:30 Grief & Loss Support Group 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:30 Zumba Fitness Class</p>	<p>9:00 Quilting 10:45 Chair Exercise 10:30 Discover Your Potential 1:00 Games</p>	<p>MOVIE DAY FREE Friday, February 24th 1:00 pm Movie, Popcorn & Drink Place: McDowell Senior Center's Blue Craft Room You Must Sign-Up Sign up sheet located on the Activity Board near Dining Room</p> 	

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

Phone: 668-4867

FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Presidential Did You Know: Calvin Coolidge literally had a zoo at the White House. He had a white Collie, a Terrier, an Aire-dale, a Shetland Sheepdog, a Chow, a brown Col-lie, a Bulldog, a Police dog, a yellow Collie, a Bird dog. He had canaries, a thrush, a goose, a mock-ingbird, a Tiger, a few cats, raccoons, a donkey, & a bobcat. Given to them by dignitaries from other countries there was also: lion cubs, wallaby, a pigmy hippo, and a bear.</p>		1	2	3
		Puzzles & Crafting Blood Pressure Checks by Mary Collins	10:30 Bingo	National Wear Red Day 8:30—1:30 Fitness Equipment Exercises
6	7	8	9	10
8:30—1:30 Fit-ness Equipment Exercises 10:00 Crochet with Jo Shuman	Puzzles 10:00 Crafts with Joyce Lytle	Puzzles & Crafting	10:30 Bingo	8:30—1:30 Fit-ness Equipment Exercises
13	14	15	16	17
8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman	Puzzles 10:00 Crafts with Joyce Lytle	Puzzles & Crafting	10:30 Bingo	HULA IN THE COOLA LUAU DAY 8:30—1:30 Fitness Equipment Exercises
20	21	22	23	24
CLOSED PRESIDENT'S DAY (Staff Training Day) 	Puzzles 10:00 Crafts with Joyce Lytle 11:00 Presentation by Sandy Freeman-Social Worker for the Blind	Puzzles & Crafting	10:30 Bingo	8:30—1:30 Fit-ness Equipment Exercises
27	28	29	Presidential Did You Know:	
8:30—1:30 Fit-ness Equipment Exercises 10:00 Crochet with Jo Shuman 11:00 "Give Your Heart A Healthy Beat" by Kristin Mart	Puzzles 10:00 Crafts with Joyce Lytle	Puzzles & Crafting	Theodore Roosevelt had horses, a calico pony, a bull terrier, a Chesapeake Retriever, a mongrel, spaniel, some snakes, a Macaw, a cat, a badger and some guinea pigs. He also had a lion, hyena, wildcat, coyote, five bears, two parrots, zebra, barn owl, lizards, rats, roosters, a raccoon.	

THE BUZZ OF MARION

Phone 652-9873

Homer & Irene Burgin enjoyed the holidays, as their grandson Ron came to see them.

Anne Burnette from Goldsboro, came for a visit with Margie Boyd. They had a good visit.

James Crisp had a good week in the mountains. He spent time in Murphy, NC and at Cherokee.

Jane Guantz spent a few days with her mother, Bonnie Goldsmith.

Lois Bloom's mother, Ida Beckwith is at White Oak Manor in Tryon, NC. She will be 94 on St. Patrick's Day. Lois visits with her often.

Robert Richardson enjoyed his 95th birthday in January. He especially enjoyed his surprise birthday party. At 95 we don't expect any surprises and he really appreciated it.

Betty Prebor was missed at the center while she was vacationing in Florida with family. While there she really enjoyed watching her grand daughter, Ellie, perform in a production of "The Nut Cracker".

The Harris's daughter came for a visit from Franklin, Tennessee.

We are glad to have Shirley Arrowood back after her surgery. She thanks everyone for their prayers.

Margie Boyd

Condolences

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

Mike Capitonoff 12-24-2011
Loyd Devenport 1-1-2012
Janie "Sue" Fowler 1-17-2012



Your health depends on good communication

Asking questions and providing information to your doctor and other care providers can improve your care. Talking with your doctor builds trust and leads to better results, quality, safety, and satisfaction.

Quality health care is a team effort. You play an important role. One of the best ways to communicate with your doctor and health care team is by asking questions. Because time is limited during medical appointments, you will feel less rushed if you prepare your questions before your appointment.

Your doctor wants your questions. Doctors know a lot about a lot of things, but they don't always know everything about you or what is best for you.

That is why they need you to speak up. The 10 Questions You Should Know

A simple question can help you feel better, let you take better care of yourself, or save your life. The questions below can get you started.

1. What is the test for?
2. How many times have you done this procedure?
3. When will I get the results?
4. Why do I need this treatment?
5. Are there any alternatives?
6. What are the possible complications?
7. Which hospital is best for my needs?
8. How do you spell the name of that drug?
9. Are there any side effects?
10. Will this medicine interact with medicines that I'm already taking?

Riddle:

The 22nd and 24th presidents of the United States of America had the same parents, but were not brothers.

How can this be possible?

Answer is on the back page.

THE BUZZ OF OLD FORT

Old Fort Center
Phone 668-4867

We are missing Jane Burgess. She has been have health problems and we hope she is getting better and can be back with us soon.

We also miss Becky Smith, Bob Parks and Keith Nelon who have all had surgery. We wish them all a speedy recovery.

We miss Christine Devenport, we feel her loss and hope she will be back with us soon.

It is good to see all of the new guests and old friends that have been visiting. We welcome everyone.



Valentine Treasures



Valentine treasures are people who have often crossed your mind, family, friends and others, too, who in your life have shined the warmth of love or a spark of light that makes you remember them; no matter how long since you've actually met, each one is a luminous gem, who gleams and glows in your memory, bringing special pleasures, and that's why this Valentine comes to you: You're one of those sparkling treasures!

By Joanna Fuchs

Happy Valentine's Day!

February is American Heart Month



American Heart Month is a time to battle cardiovascular disease and educate Americans on what we can do to live heart-healthy lives.

Heart disease, including stroke, is the leading cause of death for men and women in the United States.

You are at higher risk of heart disease if you are:

A woman age 55 or older

A man age 45 or older

Or a person with a family history of early heart disease

Heart disease can be prevented. To keep your heart healthy:

Watch your weight.

Quit smoking and stay away from second-hand smoke.

Control your cholesterol and blood pressure.

If you drink alcohol, drink only in moderation.

Get active and eat healthy.

Talk to your doctor about taking aspirin every day if you are a man over the age of 45 or a woman over 55.

Manage stress.

Sponsor: The American Heart Association

NATIONAL WEAR RED DAY IS FEBRUARY 3, 2012.

February 3rd is **National Wear Red Day**[®], a special day created by the U.S. Department of Health and Human Services and the **American Heart Association** to raise awareness of women's heart disease.

On this day, we encourage everyone to wear red to demonstrate their unity and support for women afflicted with heart disease, their families, and the healthcare professionals who devote their lives to battling heart disease everyday.



HAPPY FEBRUARY BIRTHDAYS

MARION

Thelma Owen 2
Kathleen Scott 5
Donna Stevens 5
Rita Myers 5
Bobbie Gumbert 6
Marvin Hollifield 6
Ruby Revis 8
Nancy Hutchins 9
Carolyn Weant 9
Stella Case 11
Mary Ann Guier 11
Thelma Trent 11
Carol Capitonoff 15
Alma Shuford 15
Jackie McPeters 16
Alexandrea Wilson 21
Marie Ledford 25
Dillard Payne 25

OLD FORT

Ron Arthur 5
Virginia Condrey 7
Joyce Noblitt 8
Peggy Duckett 17
Betty Steppe 19
Norris Parker 22

HULA IN THE COOLA LUAU DAY February 17th



Enjoy a break from the cold!
Wear your Hawaiian Shirts and Leis on this Day
There will be a Hula Dance Lesson in the Dining Room



McDowell Senior Center Exercise and Dance Classes

Chair Exercise - Free

Monday - Friday at 10:45 am

Morning Line Dance Class- Free

Mondays 9:30 am

Joints are Moving

Free for senior citizens- Tuesdays and Thursdays- 9:30 am-10:30 am

Riddle Answer: They were the same man. Grover Cleveland served two terms as president of the United States, but the terms were not consecutive.

MCDOWELL COUNTY
SENIOR CENTER
CERTIFIED CENTER OF
EXCELLENCE
100 SPAULDING ROAD
MARION N.C. 28752
FOCUS

Reporters:

Marion:

Margie Boyd

Old Fort:

Latha Johnson

Editor:

Barbara Gautney

Phone: 828-652-8953

Fax: 828-652-8723

Email

bgautney@mcdowellseniorcenter.org

WEB:

www.mcdowellseniorcenter.org