



FOCUS

NOVEMBER 2011

Weyland Prebor, Director Phone: 828-652-8953



Tips to Remember when Shopping for a Medicare Prescription Drug Plan (PDP)

1. What prescriptions do you currently use?

TIP: Ask your pharmacist to provide you with a computerized list of your prescriptions including the dosage. It is important to see if the plan you are considering will cover all or most of your current prescriptions.

2. Do you already have prescription drug coverage?

TIP: If you are eligible for and receive prescription drug coverage benefits through the VA, TRICARE, or Federal Employees Health Benefit Plan, you should contact them before making any changes. If you have coverage through a current/former employer or union, you should have received a notice about how the coverage compares to Medicare Prescription Drug coverage.

3. Do you want the option of ordering your prescriptions by mail?

TIP: Does the Medicare PDP company you are considering offer mail-order delivery? Not all plans offer a mail-order option.

4. Do you want to stay with your current pharmacy?

TIP: Plan may restrict what pharmacy you may use. If you want to stay with

your current pharmacy, you will want to determine if you can use your pharmacy with the Plan you are selecting.

5. Review the premium amount for any Plan you are considering.

TIP: This is the monthly amount you will pay for the coverage. The monthly premium amount will vary Plan to Plan.

6. What is the "annual deductible" amount, if any?

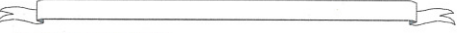
TIP: This is the yearly amount you will pay BEFORE the Plan begins to pay. This amount may vary Plan to Plan but may not be more than \$310 in 2011 and \$320 in 2012 (but could be less than \$310/\$320).

7. Do you want coverage during the doughnut hole?

TIP: Review the plan benefits prior to enrollment. There are no plans in North Carolina that provide full coverage of generic and preferred brand drugs in the doughnut hole, however, there may be some plans that provide coverage for some generic and/or limited coverage of preferred brand drugs.

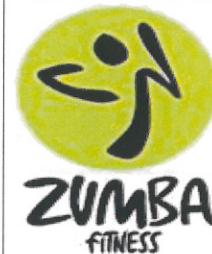
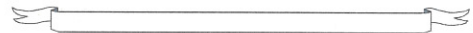
All members of Medicare Prescription Drug (Part D) Plans and Medicare Health Plans may change their coverage each year during the Annual Election Period. **Beginning this year, the AEP will now be from Oct. 15 thru Dec. 7.** All changes made during this time will be effective Jan. 1, 2012.

Raleigh • 1-800-443-9354 • 919-807-6900 • www.ncshipp.com.



Congratulation!

Congratulations to Dawna Ledbetter for graduating from Ann Johnson Institute for Senior Center Management on Oct 6th. Way to go, Dawna!



TUESDAY NIGHT ZUMBA Fitness Class

WELCOME ALL

Adults of All Ages
Tuesdays @ 6:30 pm

Where:
McDowell Senior Center

Instructor:
Wilson Mancipe

\$5.00 per Class

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

“Centers for Life Enrichment”



Veterans Concerns
By Alan Mainer CVSO

MEDICAL CARE FOR DEPENDENTS AND SURVIVORS

CHAMPVA, The Civilian Health and Medical Program of the Department of Veterans Affairs, provides reimbursement for most medical expenses – inpatient, outpatient, mental health, prescription medication, skilled nursing care and durable medical equipment (DME). To be eligible for CHAMPVA, you cannot be eligible for TRICARE(formerly called CHAMPUS) and you must be in one of these categories:

- 1- The spouse or child of a veteran who has been rated 100% permanently and totally disabled for service-connected disability by a VA regional office; or
- 2- The surviving spouse or child of a veteran who died from a VA-rated service-connected disability, or who, at the time of death, was rated 100% permanently and totally disabled; or
- 3- The surviving spouse or child of a military member who died in the line of duty, not due to misconduct (through in most of these cases, these family members are eligible for TRICARE, not CHAMPVA)
- 4- An eligible CHAMPVA sponsor may be entitled to receive medical care through the VA health care system based on his or her own veteran status. Additionally, as the result of a recent policy change, if the eligible CHAMPVA sponsor is the spouse of another eligible CHAMPVA sponsor, both may now be eligible for CHAMPVA benefits. In each instance where the eligible spouse requires medical attention, he or she may choose the VA health care system or coverage under CHAMPVA for his/her health care needs.

To be eligible for CHAMPVA benefits over age 65, you must also meet the following conditions (adjusted margin):

- 1- If you turned 65 before June 5, 2001, and only have Medicare part A, you will be eligible for

CHAMPVA without having to have Medicare Part B coverage.

- 2- If you turned 65 before June 5, 2001, and have Medicare Parts A & B, you must keep both parts to be eligible.
- 3- If you turn age 65 on or after June 5, 2001, you must be enrolled in Medicare Parts A & B to be eligible.

To apply for benefits, contact the County Veterans Services Officer in your area. Here in McDowell County, Alan Mainer 100 Spaulding Road Marion, N.C. 28752

Honor a Veteran

SP5 ALAN R MAINER
US ARMY
VIETNAM ERA

For a tax deductible contribution of \$100.00, a granite brick will be added to the wall at the Senior Center. This granite brick will have permanently engraved in it, the rank and name of the veteran, the branch of service and the conflict served or the time served. Come by to see Alan Mainer, County Veterans Services Officer, at the McDowell Senior Center and bring a check payable to American Legion Brick Wall.

Tuesday Night Art Class



Welcome Adults of All Ages
Cost: Free
When: Tuesday Evenings
@ 6:00 pm – 7:30 pm

Where: McDowell Senior Center
Instructor: Linda Moore

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



AARP DRIVER SAFETY PROGRAM CLASS AT MCDOWELL SENIOR CENTER

Open to Veterans and Non-Veterans

Thursday, November 10th
One day Class
9:00 am – 1:00 pm
FREE for Veterans

Non-Veteran- AARP Members there is a \$12.00 fee and for non-members a \$14.00 fee.

(Please bring AARP membership card if you are a member.)

You make checks payable to AARP.

The AARP Driver Safety Program is the nation's first and largest classroom driver refresher specially designed for motorists age 50 and older. Helps drivers refine existing skills and develop safe, defensive driving techniques.

You may pre-register by contacting Cheryl Woody or Brenda Monosso 652-8953 ext 315.

FREE

MOVIE DAY

November 4th -1:00 pm
Movie, Popcorn & Drink

Place: McDowell Senior Center's Conference Room



You Must Sign-Up

Sign up sheet located on the Activity Board near Dinning Room

For Reservations Call: **652-9873**

November 2011

Reservations Call: **668-4867**

Dining Room Desk Extension 312 or

Dining Room Site Manager Extension 311

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Baked Spaghetti 1 Tossed Salad Green Beans Garlic Twist (HDM-Texas Toast) Watergate Salad (DB-Fresh Banana)	Chicken Tenders 2 Cole Slaw Baked Potato (HDM-Potato Wedges) Biscuit Sliced Peaches	Country Style 3 Steak w/Gravy Broccoli Spears Assorted Juice Rice Roll Iced Cake	Chicken Pie 4 Cucumber, Tomato & Onion Vinaigrette Creamed Potatoes Biscuit Jell-o with Fruit Cocktail (D.B.-S.F. Jell-o with Fruit Cocktail)
7 Chicken Gumbo Pickled Beets Rice Biscuit Cold Pears	8 Breaded-Oven fried Fish Filet Cole Slaw Baked Apple Slices (DB-Fresh Apple) Scalloped Potatoes Corn Bread Cookie	9 Ham Green Beans Oven Baked Tricolor Potatoes Roll Fresh Orange	10 Baked Rosemary Chicken Broccoli Florets Cold Applesauce Wild Rice Angel Biscuit Iced Cake	11 <p style="text-align: center;">CLOSED VETERANS DAY</p>  VETERANS DAY
14 Beef Stroganoff with Stew Beef Harvard Beets Green Beans Buttered Noodles Texas Toast Pudding	15 Chicken Filet Sandwich (Unbreaded) Lettuce & Tomato Potato Soup (HDM-Tater tots) Hamburger Bun Fruit Cobbler (DB-Cold Sliced Peaches)	16 Macaroni & Cheese Cold Country Tomatoes Steamed Cabbage Corn Bread Gingerbread Cake with Lemon Topping	17 Great Northern Beans Turnip Greens Potato Wedges (HDM-Diced Potatoes) Corn Bread Blueberry Congealed Salad	18 B.B.Q. Chicken Glazed Carrots Parslied Baby Baker Potatoes Biscuit Tropical Fruit Salad
21 Chicken Noodle Bake Carrots Assorted Juices Biscuit Butterscotch Pudding (DB-Sugar Free Pudding)	22 Hamburger Steak with Peppers & Onions Tossed Salad Rice Pilaf Garlic Bread (HDM-Texas Toast) Strawberries & Bananas Fruit Cup (DB-Fresh Strawberries & Bananas)	23 Turkey with Gravy French Green Beans w/Almonds Congealed Cranberry Salad Cornbread Dressing Roll Pumpkin Spice Cake	24 <p style="text-align: center;">CLOSED THANKSGIVING HOLIDAY</p>  Happy Thanksgiving!	25 <p style="text-align: center;">CLOSED THANKSGIVING HOLIDAY</p> 
28 Baked Pork Loin Steamed Cabbage Black eyed peas Corn Bread Baked Apple (HDM-Applesauce)	29 Baked Spaghetti Tossed Salad Green Beans Garlic Twist (HDM-Texas Toast) Watergate Salad (DB-Fresh Banana)	30 Chicken Tenders Cole Slaw Baked Potato (HDM-Potato Wedges) Biscuit Sliced Peaches	Nutrition Site Beverages Whole Milk Skim Milk Buttermilk Chocolate Milk Lemonade Tea Coffee   	<p>Dining Room Notice</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>

McDowell County's 2011 NC State Senior Games Participants



Back row left to right- Bob Beavers, Charlotte Pike,
Pat Stroud, Jeter Laws
Front row left to right- Ruth Laws, Opal Beavers, Judy
Hensley, Marie Ledford



Back row left to right- Jim Winiarski, Pat Stroud
Front row left to right- Lucy Price, Brenda Williams

Not Picture: Donna Autry, Micah Carter, Frederick Dodge, Harold Harless, Carol Harless, Linda Moore, Betty Prebor, Michael Reece, Robert Richardson, Karen York, Dennis York

McDowell County's 2011 NC State Senior games Medal Winners



Back row left to right- Pat Stroud (Silver in Bowling Mix
Doubles), Jeter Laws (Bronze in Bowling Singles)
Front row left to right- Ruth Laws (Bronze in Shuffleboard),
Charlotte Pike (Bronze in Swimming 500yd Freestyle), Marie
Ledford (Bronze in Croquet)



Left to right- Pat Stroud & Jim Winiarski (Silver in
Bowling Mix Doubles)

Not Picture: Donna Autry (Silver in Heritage Art), Frederick Dodge (Bronze in Swimming 100yd Backstroke), Harold & Carol Harless (Silver in Performing Arts), Karen York (Silver in Bowling Singles)

McDowell County's Best of the Best NC State Medal Winner is 94 years young Mr. Robert Richardson. Mr. Richardson Won Gold in Football Throw, Softball Throw, Shot Put and Silver in Discus.



Mr. Richardson at State Final throwing the Shot Put



NC State Senior Games Medal
Winner Robert Richardson

652-8953

NOVEMBER 2011

MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Time will fall back to standard time again on Sunday, November 6, 2011, when daylight saving time ends.</p>	<p>9:30 J.A.M. Exercise 1 10:30-11:30 Bible Study 10:45 Chair Exercise 1:00—3:00 Art Class 1-3 Mah Jongg 1:00 Games 1:30 Beginner's Computer Class <u>Evening Classes</u> 5:30 Grief & Loss Support Group 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:00 pm -7:30 pm Beginner's Computer Class 6:30 Zumba Fitness Class</p>	<p>9:00 Quilting 2 10:45 Chair Exercise 11:00 Lung Cancer by Dr. McLaughlin 1:00 Clogging 1:00 Games</p>	<p>9:00 Pat Rose-Crafts 3 9:30-10:30 J.A.M. Exercise 10:30 Discover Your Potential 10:45 Chair Exercise 10:45 Fun Bingo 1:00 Seniors In Rhythm 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>9:00 Crochet Class 4 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge 1:00 Movie Day</p>
<p>Puzzle Fun 7 9:00 Needlework /Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Fun &Games 1:00-3:00 Woodcarving Workshop</p>	<p>9:30 J.A.M. Exercise 8 10:30-11:30 Bible Study 10:45 Chair Exercise 1:00—3:00 Art Class 1-3 Mah Jongg 1:00 Games 1:30 Beginner's Computer Class <u>Evening Classes</u> 5:30 Grief & Loss Support Group 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:00 pm -7:30 pm Beginner's Computer Class 6:30 Zumba Fitness Class</p>	<p>Senior Van trip to 9 Hamrick's in Hickory. 9:00 Quilting 10:30-11:30 Blood Pressure Cks 10:45 Chair Exercise 1:00 Clogging 1:00 Games</p>	<p>9:00 Pat Rose-Crafts 10 9-1 AARP Driver Safety Program 9:30-10:30 J.A.M. Exercise 10:30 Discover Your Potential 10:45 Chair Exercise 1:00 Seniors In Rhythm 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>11 CLOSED VETERANS DAY  VETERANS DAY <small>HONORING ALL WHO SERVED</small></p>
<p>Puzzle Fun 14 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Fun & Games 1:00-3:00 Woodcarving Workshop</p>	<p>9:30 J.A.M. Exercise 15 10:30-11:30 Bible Study 10:45 Chair Exercise 1:00—3:00 Art Class 1-3 Mah Jongg 1:00 Games 1:30 Beginner's Computer Class <u>Evening Classes</u> 5:30 Grief & Loss Support Group 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:00 pm -7:30 pm Beginner's Computer Class 6:30 Zumba Fitness Class</p>	<p>9:00 Quilting 16 10:45 Chair Exercise 11:00 Senior Medicare Patrol (Daine Trainor) 1:00 Clogging 1:00 Games</p>	<p>9:00 Pat Rose-Crafts 17 9:30 J.A.M. Exercise 10:30 Discover Your Potential 10:45 Chair Exercise 10:45 Fun Bingo 1:00 Seniors In Rhythm 1:00 Knitting Workshop 1:00 Fun & Games</p>	<p>18 9:00 Crochet Class 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge North Cove Day</p>
<p>Puzzle Fun 21 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Fun &Games 1:00-3:00 Woodcarving Workshop</p>	<p>9:30 J.A.M. Exercise 22 10:30-11:30 Bible Study 10:45 Chair Exercise 1:00—3:00 Art Class 1-3 Mah Jongg 1:00 Games 1:30 pm Beginner's Computer Class <u>Evening Classes</u> 5:30 Grief & Loss Support Group 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:00 pm -7:30 pm Beginner's Computer Class 6:30 Zumba Fitness Class</p>	<p>9:00 Quilting 23 10:45 Chair Exercise 1:00 Clogging 1:00 Games</p>	<p>24 CLOSED THANKSGIVING HOLIDAY </p>	<p>25 CLOSED THANKSGIVING HOLIDAY </p>
<p>Puzzle Fun 28 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Fun &Games 1:00-3:00 Woodcarving Workshop</p>	<p>9:30 J.A.M. Exercise 29 10:30-11:30 Bible Study 10:45 Chair Exercise 1:00—3:00 Art Class 1-3 Mah Jongg 1:00 Games 1:30 Beginner's Computer Class <u>Evening Classes</u> 5:30 Grief & Loss Support Group 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:00 pm -7:30 pm Beginner's Computer Class 6:30 Zumba Fitness Class</p>	<p>9:00 Quilting 30 10:45 Chair Exercise 1:00 Clogging 1:00 Games</p>	<p style="text-align: center;">New Class "Discover Your Potential" Thursdays 10:30 am – 11:30 am Place: Conference Room Instructor: Ron Brauer</p>	

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

Phone: 668-4867

NOVEMBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.</i></p> <p style="text-align: right;"><i>Epictetus</i></p>	1 Puzzles 10:00 Crafts with Joyce Lytle	2 Puzzles & Crafting Blood Pressure Checks by Mary Collins	3 10:30 Bingo	4 8:30—1:30 Fitness Equipment Exercises
7 8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 10:45 Lung Cancer by Dr. McLaughlin	8 Puzzles 10:00 Crafts with Joyce Lytle	9 Puzzles & Crafting	10 10:30 Bingo	11 CLOSED VETERANS DAY 
14 8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 10:45 Senior Medicare Patrol (Daine Trainor)	15 Puzzles 10:00 Crafts with Joyce Lytle	16 Puzzles & Crafting	17 10:30 Bingo	18 8:30—1:30 Fitness Equipment Exercises
21 8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman	22 Puzzles 10:00 Crafts with Joyce Lytle	23 Puzzles & Crafting	24 CLOSED THANKSGIVING HOLIDAY Happy Thanksgiving! 	25 CLOSED THANKSGIVING HOLIDAY 
28 8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman	29 Puzzles 10:00 Crafts with Joyce Lytle	30 Puzzles & Crafting	 <p>Riddle: I am a box that holds keys without locks, yet they can unlock your soul.</p> <p>What am I? <i>Answer is on back page.</i></p>	

THE BUZZ OF MARION

Phone 652-9873

June Milligan and daughter went to Mountain City, TN on Oct 15th to help her friend Bonnie Brookshire celebrate her 99th birthday at a family lunch.

Ruby Killough, along with her daughter, Kimberly and grand daughter, Brooklyn enjoyed a trip to West Virginia and Maryland. They made several stops along the way at many parks and overlooks to view the amazing colors of fall.

Lois Ann Bloom, Stanton Bloom, Betty Prebor, Lorene Lunsford, Juanita Grady, Diane Tuttle, Ron Greer, Charlotte McDaniel, George Latour and Ron Brauer went on a cruise to Bermuda (See pictures to the right).

Audrey Childers vacationed at Myrtle Beach with her daughter, Liz and her husband, Glen Greene, her grand daughter, Chastity and husband, Paul from St. Petersburg, Florida.

Jerry Catrett and Judy Hensley went to Virginia Beach, Virginia after Judy's return from the State Senior Game Finals in Raleigh.

R.J. Duncan went to Knoxville, Tennessee to visit his sister and son-in-law.

Geraldine Owenby and her daughter, Karen spent a week at Myrtle Beach.

Kathleen Scott spent a weekend in Raleigh with her grand daughter. She got to see her great grand child, her family and friends. Her great grand daughter is in the 2nd year of college.

Helen Kehler had company. Her brother & sis-in-law came from Salsbury and her sister came from New York.

Several seniors enjoyed a trip to Myrtle Beach, even though they had lots of rain. The shows were very enjoyable and shopping never dulls for most of us.

Audrey Anderson was in the hospital recently. She is back at her retirement home in New Hampshire. She was looking forward to a family get together to celebrate her grandson, Jesse's discharge from the Air Force. She wants her friends at the senior center to know she misses them and sends her love to all.

Ethel Hartline was surprised by a visit from her

son, John. He came to celebrate his 30th year school reunion. She's looking forward to a visit from another son, Jimmy, from Hollywood, Florida. He plans to camp in the Vein Mountain area.

We hope Vera Elliott is doing better and hope she will be back real soon.

Denise went fishing in the snow and had good luck.

Margie Boyd



THE BUZZ OF OLD FORT Old Fort Center Phone 668-4867

We miss and are praying for Lloyd Devenport. He is in critical condition at Mission Hospital.

We are thankful for many of our Old Fort participants that are feeling better and are back with us.

We are so glad to see all of the new guests and old friends that have been visiting. We welcome everyone.

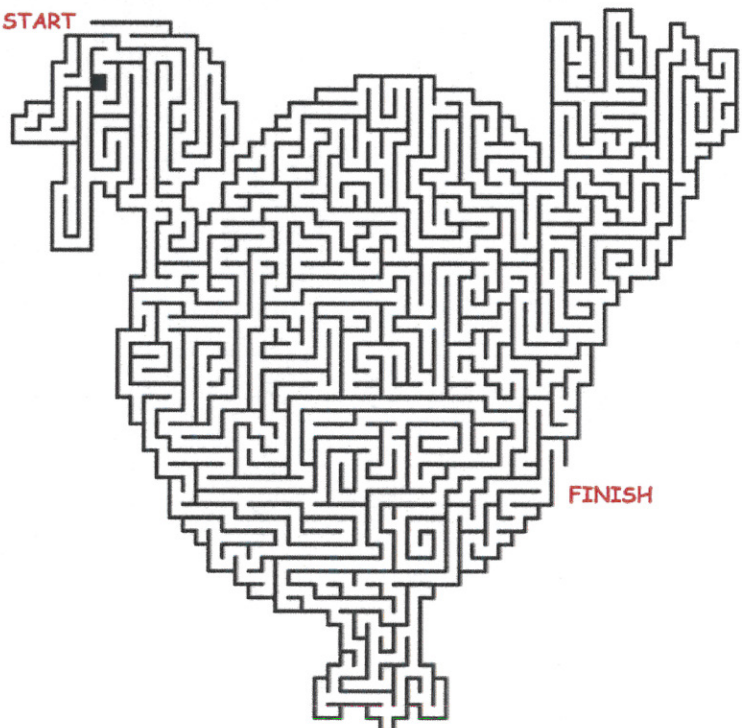
What is CHAMP?

Have concerns about balance or walking for you or someone you love? The CHAMP program may be the answer.

The Community Health and Mobility Partnership (CHAMP) is designed to improve strength, balance, and mobility in older adults, helping them avoid falls and stay independent and active for life.

If you are interested, or would like to schedule an appointment, please call: (828)652-8953 McDowell County Senior Center for Marion.

START



FINISH



**A Safe Harbor:
Grief & Loss Support Group
FREE**

**Sessions:
November- 1st, 8th, 15th, 22nd, 29th
December - 6th, 13th**

**5:30 PM
At McDowell Senior Center**

A Safe Harbor Grief and Loss Program for Adults has been developed from a variety of proven grief curricula and is designed to meet the needs of those experiencing grief and loss. The program's mission is to educate individuals about the process of grief and to share coping skills that promote emotional comfort and healing. Opportunities are provided for participants to express grief in healthy ways, learn ways to take care of themselves through the journey of grief, and to commemorate and celebrate the lives of their loved ones.

Presenter: Diane Brooks, Faith Resource Counselor with Hospice of McDowell County

For more information contact: Brenda Monosso at 652-8953.

WORD SCRAMBLE

1. TCNLOSEEI _____
2. MVROEENB _____
3. VSEELA _____
4. BLAOFLTO _____
5. ETASHRV _____
6. GNNHVITGKSAI _____
7. ELRCOO _____
8. TEEWRSSA _____
9. KNISUPPM _____
10. LLFA _____
11. UEYTRK _____



**HAPPY
NOVEMBER
BIRTHDAYS**

MARION

- Mary Dillard 3
- Jerry Suttle 3
- Helen Kehler 3
- Bill Shuford 4
- Walter Crosby 5
- Nora Davis 9
- Billy Hensley 10
- Marie Jaynes 15
- Bill House 16
- Clara McCall 22
- Jack Shafer 22
- Brenda Sills 23
- James Sigmon 24
- Shirley Arrowood 28
- Martha McLauchlin 30

OLD FORT

- William Mackey 1
- Mary Kendall 2
- Mary Collins 9
- Betty Marlowe 12
- Grace Roberts 12
- Charles Cordell 15
- Rebecca Smith 18
- Margaret Nelon 28

NORTH COVE

- Carl Durham 6
- Ingeborg Swofford 23
- Jessie Sneed 28
- John Torrence 25
- Catherine Gurley 29

Condolences

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

Evangeline Edwards 18 



**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

Clogging – Free

Wednesdays, 1:00 pm

- Word Scramble Answers
1. ELECTIONS
 2. NOVEMBER
 3. LEAVES
 4. FOOTBALL
 5. HARVEST
 6. THANKSGIVING
 7. COOLER
 8. SWEATERS
 9. PUMPKINS
 10. FALL
 11. TURKEY

Word Scramble Answers

A Piano.

Riddle Answer:

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

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