

FOCUS

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

MARCH 2010

Weyland Prebor,
Director
Phone: 828-652-8953



The 2010 McDowell Senior Games/ SilverArts are set to begin!

"We would love to have you come out and join us for the fun, fellowship, and friendly competition."

McDowell Senior Games Co-Cordinators, Cheryl Woody and Brenda Monosso, say they hope that more seniors will sign up for the 2010 games which are set to begin on April 21st. The games offer horseshoes, shuffleboard, bocce, croquet, track and field events, and bowling just to name a few. There is also an option to enter the *SilverArts*. This division of McDowell Senior Games includes Heritage Arts (needle work, woodcarving, knitting and other crafts); Visual (photography, painting, and more); Literary (essays, life experiences, short stories and poetry); and the Performing Arts (Vocal, instrumental, dance, comedy, and drama) showcased during the Senior Games Follies on April 29th at the McDowell County Senior Center. Our county has many talented artists who could enter their artwork into McDowell Senior Games.



The rules and regulations are included in the registration form.

McDowell County Senior Games Kickoff Breakfast & Early-bird Registration Day

Friday - March 5th, 2010
8:00 a.m. - 9:00 a.m.

Breakfast served at the
McDowell Senior Center

Participants may register for \$5.00 until
3:00 p.m. that day!

- ◆ Breakfast is FREE.
- ◆ Adults who are 55 years old and older and who are a resident of McDowell County may register. **Register for only \$5.00. To get this special Early-bird rate, participants must complete registration form and return it that day.**
- ◆ Please tell your friends, neighbors, and relatives. Our goal this year is to have 150 participants registered for McDowell County Senior Games. After March 5th, registration fee will be \$8.00.

To register for breakfast call Cheryl Woody or Brenda Monosso by March 3rd at the McDowell Senior Center at 652-8953. The deadline to enter the games will be April 15th.

Registration forms are available at the McDowell Senior Center and the A.C. Bud Hogan Community Center. Everyone who enters receives a 2010 senior games t-shirt and goody bag. You must be 55 years of age or better as of December 31st and a resident of



SPRING INTO GOOD HEALTH!

Spring is on the way! While you are enjoying the first days of spring, remember to take time for your health. March is Colorectal Cancer Awareness Month. Colorectal cancer is a serious disease if left untreated. However, getting screened can help find precancerous growths and help prevent or find cancer early, when treatment is most effective. Talk to your doctor about the following Medicare-covered tests:

- Fecal Occult Blood Test
- Flexible Sigmoidoscopy
- Colonoscopy
- Barium Enema

March is also National Kidney Month- If you have diabetes or high blood pressure, ask your doctor if you need a blood or urine test to check your

CONSIDER BEING A HOME DELIVERED MEALS VOLUNTEERS

IT ONLY TAKES 1 TO 1 1/2 HOURS A DAY, 1 DAY A WEEK (MON-FRI) TO MAKE A DIFFERENCE IN A HOMEBOUND SENIORS DAY. MILEAGE REIMBURSEMENT IS PROVIDED TO DRIVERS.

IF YOU WOULD LIKE TO VOLUNTEER OR NEED MORE INFORMATION ABOUT OUR HOME DELIVERED MEALS PROGRAM, CONTACT TRUDY WADE AT THE MCDOWELL SENIOR CENTER: 652-8953

MILITARY WORD SEARCH

WORD BANK



- ARMY
- MARCH
- NAVY
- FLAG
- AIRPLANE
- BOOTS
- HELICOPTER
- MARINES
- SALUTE
- BATTLE
- MILITARY
- TANK
- JEEP
- VETERAN
- SHIP
- TROOPS
- FREEDOM
- PROTECT
- SERVE
- AIRFORCE
- AMERICA

Are You At Risk For The Silent Disease?

You know when you have a headache, sore throat, a cold or the flu. But do you know if you have Chronic Kidney Disease (CKD), a potentially fatal condition that's often called "the silent disease" because it frequently isn't detected until it has reached the later stages?

March is National Kidney Month, the perfect time to take this test from the National Kidney Foundation by checking any of the statements below that apply to you:

1. You have diabetes
2. You have high blood pressure or heart disease
3. You have a family history of chronic kidney disease
4. You are 60 years of age or older
5. Your ethnic background is African-American, Hispanic, Asian or Pacific Islander

The above are risk factors for CKD. If you checked off any of them, you may have CKD. Healthy kidneys balance your body's fluids by filtering and releasing wastes and excess fluids from your body as urine; regulate your

body's fluid level and important minerals in your blood such as sodium, potassium, phosphorus and calcium; remove drugs and toxins from your body; and release hormones into your blood that control blood pressure, make red blood cells and keep your bones healthy. When you have chronic kidney disease, your kidneys can no longer perform these functions properly.

According to the National Kidney Foundation, 26 million Americans have CKD, but many don't know it.

The leading causes of CKD are diabetes and high blood pressure. Diabetes increases pressure inside the kidney's filters. Over a period of time, this pressure damages the filters, which then leak protein into the urine. High blood pressure, or hypertension, means that the pressure of your blood against the walls of your blood vessels increases. If left untreated, hypertension can lead to CKD, heart attacks and strokes.

Why are African Americans, Hispanics, Asians, Pacific Islanders, and Native Americans at increased risk for kidney disease? One reason is that dia-

betes is more common in these groups than in the population at large. African Americans experience a higher incidence of high blood pressure. These groups may have an inherited tendency to develop these diseases.

More clues as to whether or not you may have CKD are the following symptoms:

1. fatigue, a loss of energy
2. poor appetite
3. difficulty sleeping
4. dry, itchy skin
5. muscle cramping at night
6. swollen feet and ankles
7. puffiness around the eyes, particularly in the morning
8. the need to urinate more often, especially at night
9. unexpected weight loss or gain

If you have any of the risk factors or symptoms here, or don't know whether or not you have any of the risk factors mentioned, ask your doctor immediately for tests, including blood and urine tests that can determine how your kidneys are functioning. If left unchecked, CKD can lead to cardiovascular disease, among other serious health problems, as well as kidney failure. It can even be fatal.

National Kidney Foundation



Community Health and Mobility Partnership

What is CHAMP?

The Community Health and Mobility Partnership (CHAMP) is designed to improve balance and mobility and prevent falls in older adults and people with disabilities.

Health care teams, including nursing and physical therapy faculty and students and Emergency Medical Services personnel, conduct in-depth screenings and provide advice and individualized recommendations for exercise and other interventions. There is no charge for these services.

CHAMP participants are referred to other healthcare providers in their local communities as appropriate.

Who should participate?

Anyone who:

- Has concerns about balance
- Has had one or more falls
- Wants to improve strength or mobility
- Needs advice about assistive devices, such as walkers and canes
- Wants to identify and reduce individual risk factors for falls
- Needs instruction in specific home exercises to help maintain fitness and independence

They will be available for appointments on March 5th & 19th at the McDowell Senior Center and on March 26th at the A.C. Bud Hogan Community Center . If you are interested or would like to schedule an appointment please call:

(828)652-8953—McDowell County Senior Center for Marion

(828)668-4867 A.C. Bud Hogan Community Center for Old Fort

When participating in CHAMP screening events:

- Wear comfortable clothing and shoes
- Bring your medications
- Bring your physician's name, mailing address, and phone

2010 VALENTINE DANCE





Riddles:

1. What does Ireland have more of than any other country?
2. Why should you never iron a 4-leaf clover?

Answers on back page.

652-8953

MARCH 2010
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Puzzle Fun 1 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise	Tax Assistance by 2 appointment 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1-3 Mah Jongg 1:00 Euchre <u>Evening Classes</u> 6:00 Line Dance 6:00 to 8:00 Knitter's Night	3 9:00 Quilting 10:45 Chair Exercise 11:00 Presentations: Red Cross Overview 1:00 Clogging	Tax Assistance by 4 appointment 9:00 Pat Rose-Crafts 9:30- J.A.M. Exercise 10:45 Chair Exercise 1:00 Seniors In Rhythm 1:00 Knitting Workshop <u>Evening Classes</u> 6:00 pm-Eat Smart, Move More, Weigh Less	5 8:00 –9:00 Senior Games Kickoff Breakfast & Early – bird Registration Day CHAMP 9:00 Crochet Class 10:30 Variety Hour 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge
Puzzle Fun 8 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise	Tax Assistance by 9 appointment 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1-3 Mah Jongg 1:00 Euchre <u>Evening Classes</u> 6:00 pm Line Dance 6:00 to 8:00 Knitter's Night	10 9:00 Quilting 10:45 Chair Exercise Blood Pressure Cks. 1:00 Clogging	Tax Assistance by 11 appointment 9:00 Pat Rose-Crafts 9:30-10:30 J.A.M. Exercise 10:45 Chair Exercise 10:45 Fun Bingo 1:00 Seniors In Rhythm 1:00 Knitting Workshop <u>Evening Classes</u> 6:00 pm-Eat Smart, Move More, Weigh Less	12 9:00 Crochet Class 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge
Puzzle Fun 15 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise	Tax Assistance by 16 appointment 9:30-10:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1-3 Mah Jongg 1:00 Euchre <u>Evening Classes</u> 6:00 pm Line Dance 6:00 to 8:00 Knitter's Night	17 <u>Wear Green</u> <u>St. Patrick's</u> <u>Day</u>  9:00 Quilting 10:45 Chair Exercise 1:00 Clogging	Tax Assistance by 18 appointment 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 <u>Evening Classes</u> 6:00 pm-Eat Smart, Move More, Weigh Less	19 CHAMP 9:00 Crochet Class 10:30 Variety Hour 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge <u>North Cove Day</u> Blood Pressures with Linda Johnson
Puzzle Fun 22 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise	Tax Assistance by 23 appointment 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1-3 Mah Jongg 1:00 Euchre <u>Evening Classes</u> 6:00 Line Dance 6:00 to 8:00 Knitter's Night	24 9:00 Quilting 10:45 Chair Exercise 1:00 Clogging	Tax Assistance by 25 appointment 9:00 Pat Rose-Crafts 9:30- J.A.M. Exercise 10:45 Chair Exercise 10:45 Fun Bingo 1:00 Seniors In Rhythm 1:00 Knitting Workshop <u>Evening Classes</u> 6:00 pm-Eat Smart, Move More, Weigh Less	26 9:00 Crochet Class 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge
Puzzle Fun 29 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise	Tax Assistance by 30 appointment 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1-3 Mah Jongg 1:00 Euchre <u>Evening Classes</u> 6:00 Line Dance 6:00 to 8:00 Knitter's Night	31 9:00 Quilting 10:45 Chair Exercise 1:00 Clogging	<div style="display: flex; align-items: center;">  <div> <p>It's that TIME again. Daylight Savings Time will begin on March 14 Move your clocks ahead 1 hour on Saturday March 13th before going to bed.</p> </div> </div>	

For Reservations Call: **652-9873**

MARCH 2010

For Reservations Call: **668-4867**

Dining Room desk Extension 312 or
Dining Room Site Manager extension 311



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Pork Loin 1 Steamed Cabbage Orange Juice Black-eyed Peas Corn Bread Oatmeal Raisin Cookie	Baked-Breaded- Chicken Breast 2 Fillet Lettuce & Sl. Tomato Potato Soup-Cong. Tater Tots-HDM BunCold Sliced Peaches (D.B. sliced peaches)	Pinto Beans w/ Chopped Onions 3 Turnip Greens Potato Wedges Corn bread Whole Baked Apple (HDM & DB Applesauce)	Baked Chicken 4 Breast Fillet w/ Mushroom Gravy Vegetable Medley Combread Dressing Roll Cranberry Congealed Salad (D.B.- S.F. Cranberry Congealed)	Chili with 5 Beans Tossed Salad Whole Kernel Corn Corn Bread Fruit Cup
Sante Fe Chicken 8 Glazed Carrots Fruit Cocktail Dilled Potatoes Biscuit Cinnamon-Crisper- Cookie	Baked Spaghetti 9 Cucumber Onion & Tomato Salad Buttered Peas Texas Toast Pears (D.B. -Pears)	Hot Dog w/chili 10 & onions Cole Slaw Baked Potatoes Wedges Bun Apple or Peach crisp (D.B. S.F. Fruit Crisp)	Stew Beef with 11 Gravy over Rice Green Beans Carrots Roll Strawberry Shortcake	Baked Macaroni 12 & Cheese Cold Country Tomatoes Steamed Cabbage Corn Bread Peanut butter Bar
Country Style 15 Steak w/Gravy Lima Beans Cole Slaw Creamed Potatoes Biscuit Pudding (DB Vanilla Pudding w/Splenda)	Lemon Pepper 16 Chicken (Breast or Leg & Thigh) Fried Squash Buttered Noodles Roll Jell-o with Fruit (D.B. -S.F. Jell-o with Fruit)	Baked Ham 17 Green Beans Assorted Juices Baked Sweet Potato Biscuit or Roll Butterscotch Cookie 	Pimento Cheese 18 Sandwich Beef Vegetable Stew Fruit Cobbler (HDM & DB- Hot Fruit)	Chicken Pie 19 Peas & Carrots Pickled Beets Biscuit Iced cake(D.B.-Hot Fruit)
Oven Fried Fish 22 Filet Cole Slaw Fruit Juice Scalloped Potatoes Corn Bread Sugar Cookie	Baked-Parmesan 23 -Chicken Breast Green Beans Copper Pennies(Carrots) Rice Biscuit Pudding (D.B. Vanilla Pudding)	Meatballs with 24 Mushroom Gravy Tossed Salad Green Peas Noodles Garlic Toast Cherry Cheesecake	Bar-B-Que Pork 25 Cole Slaw Fruit Juice Baked Beans Bun Iced Spice cake	Turkey w/gravy 26 Cut Broccoli Wild Rice Roll Fruit Cocktail (D.B. S.F. Fruit Cocktail)
Baked Pork 29 Loin Steamed Cabbage Orange Juice Black-eyed Peas Corn Bread Oatmeal Raisin Cookie	Baked-Breaded- Chicken Breast 30 Fillet Lettuce & Sl. Tomato Potato Soup-Cong. Tater Tots-HDM BunCold Sliced Peaches (D.B. sliced peaches)	Pinto Beans w/ Chopped Onions 31 Turnip Greens Potato Wedges Corn bread Whole Baked Apple (HDM & DB Applesauce)	Nutrition Site Beverages Whole Milk Skim Milk  Buttermilk Chocolate Milk Lemonade Tea  Coffee 	Dining Room Notice In order to be sure you will be served lunch, please register by 1200 pm the day before you want to eat. Thank you.

OLD FORT NUTRITION SITE

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

Phone: 668-4867

MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman	2 10:00 Crafts with Joyce Lytle	3 Blood Pressure Checks by Linda Johnson Puzzles & Crafting	4 10:30 Bingo	5 8:30—1:30 Fitness Equipment Exercises
8 8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman 11:00 Presentations: Red Cross Overview	9 Puzzles 10:00 Crafts with Joyce Lytle	10 Puzzles & Crafting	11 10:30 Bingo	12 8:30—1:30 Fitness Equipment Exercises
15 8:30—1:30 Fitness Equipment Exercises Old Fort 10:00 Crochet with Jo Shuman	16 Puzzles 10:00 Crafts with Joyce Lytle	17  <i>Happy St. Patrick's Day</i> Puzzles & Crafting	18 10:30 Bingo	19 8:30—1:30 Fitness Equipment Exercises
22 8:30—1:30 Fitness Equipment Exercises Old Fort 10:00 Crochet with Jo Shuman	23 Puzzles 10:00 Crafts with Joyce Lytle	24 Puzzles & Crafting	25 10:30 Bingo	26 CHAMP 8:30—1:30 Fitness Equipment Exercises
29 8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman	30 10:00 Crafts with Joyce Lytle	31 Puzzles & Crafting <i>New</i> 9:00 Herbs & Gardening		

THE BUZZZ OF MARION

Phone 652-9873

Wade & Lucille Manning went on a Bahamas Cruise. We wish Lucille a quick recovery from her surgery that was scheduled for when they returned from the cruise.

It is good to have Frances Greene & David Conner back. They went on a long Cruise.

We are missing Ed Ball. We hope he is doing well with his treatments.

We are also missing Orea Goode. We hope she is feeling better. Get well soon, Orea! We miss you and we miss all of your hugs.

We are still missing Juanita Grady, Frances Whitson and Sue Fowler. We hope they all come back to the center real soon.

Doris Walston is out with a back injury she due to a fall. We wish her a speedy recovery. We miss her and her husband, Tim. We hope they will be back real soon.

We are glad to see Wayne Simpson back with us. We have been missing him for a while now.

Wynona Shuman is still out from a fall she had while visiting her granddaughter for Christmas. We miss you, Wynona, we hope you are able to come back real soon.

We also welcome back Ron Brauer. He has been out recuperating from surgery.

MARION

Alton Blankenship	1
Betty Haas	4
Jeter Laws	5
Robert Nichols	7
Irene Cain	8
Lewis Holland	9
Edith Lloyd	10
Beulah Deal	14
Ruth Pierson	14
Edith Biddix	17
Wayne Ballard	19
Ron Brauer	21
Dimaree Seagle	23
Edith Vance	23
Ethel Hartline	24
Eugene Hall	24
Barbara Walker	25
Garner Hallman	28
Margaret Hall	31
Dewey Rayburn	31
Trudy Wade	31

OLD FORT

Billy Brown	1
Charlotte Greer	6
Jean Carroll	10
Fred Ledford	15
Leroy McEntire	17
Hubert Moseley	17
Jane Burgess	20
Margaret Sanders	20
Gary Bradley	28

HAPPY MARCH BIRTHDAYS



THE BUZZZ OF OLD FORT

Old Fort Center
Phone 668-4867

We enjoy having new people come to be with us at the "AC Bud Hogan Community Center.

We are missing some of our people. Mrs. Geneva Bean, Elaine Wiseman, Carolyn Boles and Edward Ledford. We hope they will come back soon.

It has been reported that Bob Smith is getting along pretty good now. He should be returning to North Carolina in about a month.

I hope everyone has made it through all the snow and bad weather without any mishaps. It has been a cold & rough winter. It won't be long until spring and planting season is here.

We hope Margaret Sanders is enjoying her stay in South Carolina. We miss her.

It has been reported that Dottie Larson is doing well, cold enough in Florida for an electric blanket, can you believe it?

The power of our Christian life will be diminished by our sin. Confession will restore our strength. When we're forgiven, we are cleansed within. Our God is a God of second chances. I thank Him for that.

By Latha Johnson

Facebook Fun



A fun new class has started on Tuesdays @ 1:00 in the computer lab. In this stress free class you will learn how to make yourself a facebook page and connect with your friends. The class will be limited to 6 students so sign up soon! If you are interested please call 652-8953 and have your name added to the waiting list for the next session.

Walk to
Jerusalem
By
Easter

REMINDER

Please remember to turn in the number of miles walked each month to Cheryl Woody (668-4867) or Brenda Monosso (652-8953).

Questions? contact: Mary Smith at 652-6811 ext. 1344. This program was created by Nancy Evans, RN, BA a St. John Health Parish Nurse.

RELAY FOR LIFE Friday, May 7th



The McDowell Senior Center has a walking team in the Relay For Life event that will be held on Friday, May 7th at Tom Johnson's Camping Center. If anyone is interested in joining the team or donating see Brenda Monosso or Cheryl Woody.

Herbs & Gardening



Cost of the class is \$5.00 each

Beginning Wednesday mornings at 9:00 on March 31st at the A.C. Bud Hogan Community Center in Old Fort (668-4867)

And beginning Thursday evenings at 6:00 pm on April 1st at the Senior Center in Marion (652-8953)

Spring weeds and flowers are almost here.

They are building and storing up their good stuff under the snow.

Join Becky again this year for a fun time identifying, understanding and appreciating the weeds, flowers and trees common to our yards.

We will make teas, skin oils, salves tinctures and poultices from the plants that are around us. We will share old and new information about herbs and healing, focusing on the questions and interests of the class members. We will study the herbs as they are available and suitable for harvest, using each at their most potent times.

We are starting 2 months earlier this year than last, offering us new spring tonics.

So bring a tea cup, a couple of small jars and maybe even an apron. We plan to jump in right up to our elbows, enjoying the fragrances, colors and textures of nature and natural healing herbs. Come gain an awareness of the plants around us and what they offer.

COLLECTING OLD CELL PHONES!

The McDowell Senior Center is accepting used cell phones for a recycling program that raises money for our senior center and its programs. **You may drop off your phones at the McDowell Senior Center, if you have questions, please call Weyland Prebor at 652-8953.**

Tuesday Night Knitting Class had a Special Guest



Jill Lucas, Chairperson for McDowell Quilt Trail and avid knitter, joined the Tuesday Night Knitters on Feb 9th, 2010 to demonstrate how to make Moebuis Scarves.

Everyone was delighted to have her visit the class. The Tuesday Night Knitting Class meets every Tuesday evening @ 6:00 pm. If you are unable to come out to the evening class, you are welcome to come to the Thursday Knitting Workshop on Thursdays @ 1:00 pm.



Free AARP Volunteer Tax Filing Program Now at the McDowell Senior Center

The McDowell Senior Center is now taking appointments for the AARP Tax Program. Anyone needing to file taxes for the 2009 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

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

McDowell Senior Center Exercise and Dance Classes



Chair Exercise - Free

Monday - Friday at 10:45

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

Evening Line Dance Class

Fee \$25.00 per person for 5 week session or \$5.00 per class - Tuesdays, 6:00 pm -7:00 pm

Clogging - Free

Wednesdays, 1:00 pm

Riddle Answers:

1. Irishmen
2. Because you don't want to press your luck.

FOCUS

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