



FOCUS

MAY 2012

Weyland Prebor, Director Phone: 828-652-8953

“Centers for Life Enrichment”



McDowell County Salute To Veterans Memorial Wall

The McDowell County Salute To Veterans Memorial Wall will be dedicated on Sunday, May 27, 2012 at 2:00 PM at The Senior Center.

The celebration, with Mr. Frank Dean officiating, will begin in the cafeteria with Mr. Randy Kington as the key note speaker. Vocal entertainment be will provide along with the McDowell County Brass Community Band.

The service will move outside to the Memorial Wall at approximately 2:40 PM. Mr. David Walker will speak on behalf of McDowell County. The KIA Monument will be draped by an American Flag and revealed as taps is played in the background and The American Flag removed and folded in military fashion.

This dedication will also represent the veterans who gave their volunteer time to put this memorial wall together. Please plan to attend this solemn dedication and give thanks and honorable respect to all the veterans who have sacrificed to give us an opportunity to have this Memorial Day celebration.

Always remember;
All Gave Some, Some Gave All

Joining The Quilt Trail

The McDowell Senior Center and the Old Fort Nutrition Site received their McDowell Quilt Trail Blocks on April 23rd. The 116th block “Serving McDowell Seniors From The Heart” is hosted by the McDowell Senior Center. The 117th block “McDowell County Pioneer Spirit” is hosted by the A.C. “Bud” Hogan Community Center.



“Serving McDowell Seniors From The Heart” Quilt Block and staff of the Senior Center pictured above.



“McDowell County Pioneer Spirit” Quilt Block and the Old Fort Nutrition Site Participants pictured above.

Memorial Day

As a lot of you may already know, **Memorial Day** is a day of celebration, dedicated to honoring all service members who have given the ultimate sacrifice for their country and for those who survived those service times and died sometime later. During the **Memorial Day** celebration time, **Veterans Organizations**, in this area, **The VFW** and **The American Legion** place **American Flags** on the graves of our departed hero's. In all, there are approximately **3700 flags** placed on graves all around **McDowell County**. If your loved one does not have a flag placed on his or her grave in honor of **Memorial Day**, please let **The VFW Commander**, or **The American Legion, Commander, Mr. Alan Mainer** know, and they will assure that a flag will be placed there in the next event. If you have a Military loved one buried in **McDowell County**, and his or her grave is not currently marked with a **Military marker**, please talk to the **County Veterans Services Officer at (828) 652-2911** to see if a marker can be provided for the grave.

We currently do not have a list of all the deceased **Veterans in McDowell County**, but the following list contains the names of the Military members who were **Killed In Action** while serving in the Military, separated by the various wars as listed on the **Monument located on the McDowell County Courthouse lawn**. Please take a moment to give them the respect they deserve by honoring them with a moment of silent prayer whenever you pass by the memorial.

Desert Storm
Joey Whitner

Continued.....

Vietnam War

Jerry William Gilliland
 Jerry Lane Greene
 Harold Dean Hollifield
 John Edward McMahan
 Michael Edgar McPeters
 Dennis Michael Poteat
 Charles J. Revis
 Hugh Edward Revis
 Ronnie Lee Robertson
 Michael Dean Webb

Korean War

William A. Chapman
 Guy K. Biggerstaff
 Floyd Bradley Jr.
 William S. Greene Jr.

Donald Morgan
 Arnold Pittman
 Noel E. White

World War II

Edward F. Leonard
 George L. Mason
 William A. Evans
 James E. Freshour
 Melvin A. Carver
 Thomas Hoyle Long
 Baline Watson
 Virgil C. Freeman
 Robert Gibson
 Edgar Arthur Allen
 John B. Ballew
 James Dennie Berry
 Juel Furman Browning
 Charles Bruce Minnish
 Charlie R. Baker
 Alonzo William Bolick
 Harry Dale Bristol
 John Franklin England
 Alvin Woody Finley
 Lewis Guy Flack
 Benjamin J. Hammett
 Horace Paul Lytle
 Hal Thomas Payne
 Guy Edward Walker
 Levi White
 John Junior Elliott
 William Paul (Jack) Riddle
 Baylis W. Harrington Jr.
 Authur James Harvey
 Benjamin Leroy Long Hobbs
 William H. Allison
 Harold E. Anderson
 Elmore R. Arrowood
 John A. Bradley
 J.D. Bradley
 Fred L. Byrd
 Hoyt B. Carpenter
 John A. Carr
 Richard C. Carter
 Fred Davis
 Paul L. Davis
 Clifford C. Day
 Dewey W. Dixon
 Neal Byrd
 Perry Cook
 Maxwell M. Corpening Jr.
 John Kirby Davis
 Landon Flaming
 Harry R. Gause
 Clinton Jenkins

Thomas E. Duncan
 Earl Eller Jr.
 Roy Ellington
 Carroll W. Grant
 Evertt D. Green
 Garland A. Greene
 Warren Gregory
 Edward C. Hicks
 Lester J. Hogan
 Claude J. Hunter
 Bascom M. Isenhour
 William S. Johnson
 William J. Kincaid
 Pat A Kirksey
 Charles G. Lewis
 Creel M. Little
 Howard D. Loftis
 Charles C. Lytle
 Albert A. Manick
 George L. Mashburn
 Charles A. Mason
 John McCormick
 Clarence V. Morgan
 Harrison B. Mull
 Clyde B. Nesbitt
 Delos A. Padgett
 Roy L. Parker
 William C. Parkins
 Clifton Perkins
 Hubert J. Plemmons
 Bruce Brown Poteat
 Eugene M. Raby
 Luther L. Riddle
 Turner L. Robbins
 Warren A. Whitson
 James L. Shufford
 Willie Simmons
 Charles S. Sinclair
 Claude R. Sparks
 James H. Swan
 Albert Thomas
 Howard L. Walker
 Herbert E. Wall
 Samuel Leman
 Washburn
 Jabase Wilson
 Ernest E. Young Jr.
 Harry Godfrey

World War I

Raymond Cutherbertson
 Robert J. Hensley
 James R. Hobbs
 Edgar L. Coggins
 Parks Morris
 Millard Tate
 Elbert Carr

Doctor Thomas Norman
 Samuel E. Pyatt
 Neal Duval
 Malachia Kelsey Hoppes
 Will Suttles
 William S. Hyatt

Submitted by Alan Mainer
 County Veterans Services Officer



SHIIP

Question of the Month

Q: I was denied a drug at the pharmacy because of a coverage restriction. What are coverage restrictions, and what can I do to get my Part D plan to cover my drug?

A: Coverage restrictions are tools that Medicare Part D plans can use to limit the use of drugs on their formularies. A plan can deny coverage of drugs on its formulary that have any of these restrictions on them:

- **Prior Authorization:** This is when your plan requires that you ask for special permission before it will cover the drug.
- **Quantity Limits:** This is when your plan will only cover a certain amount of a prescription per month or per refill.
- **Step Therapy:** This is when the plan requires that you try a different drug on the formulary before the plan will cover the drug your doctor prescribed.

If your plan denies your medication because of coverage restrictions, you have a few options.

First, check with your doctor to find out if a covered medication that doesn't have restrictions on it will work for you. If not, you have two choices. You can ask your doctor to help you meet the coverage restriction. For example, the doctor could ask for prior authorization or submit proof that you have already taken the drug. This approach works best when you have a one-time prescrip-

tion to fill.

If you will need multiple refills of your medication, you or your doctor can make a formal written request to your plan to cover the medication without restriction. This is called requesting an exception. When you request an exception, you're asking your plan to make an exception to its normal rules and cover your drug without the restrictions.

You or your doctor can request an exception, but either way, you'll need a supporting letter from your doctor. The letter must specify what kind of exception you need. In your case, you should request that your plan override the coverage restriction on your drug. The doctor's letter should explain why you need the drug, the amount of the drug that you need and/or that other drugs on the formulary won't work as well for you or will harm you. In addition to the letter, you should send any medical records that support your request. For example, you may want to send medical histories or lab reports. Call your plan or look at your plan's website or Evidence of Coverage booklet to find out where to send your request and your doctor's letter and whether you need to submit any other forms.

Keep proof, such as fax transmission reports or certified return receipts that show when you submitted your exception request. You will need it if your plan doesn't respond to your request on time. Plans must respond within 72 hours of getting your doctor's written statement. Their response is called a coverage determination. If it's an emergency, your doctor can file an expedited request, which plans must respond to within 24 hours. These are clock hours, not business hours. Your plan should send you its decision in writing, but if you don't hear from the plan in the proper timeframe, you should call the plan and ask for its decision.

If you receive a written denial from the plan that says it won't grant you an exception to the coverage restriction, the next step is to appeal.

For Reservations Call: **652-9873**

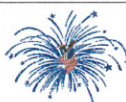
May, 2012

Reservations Call: **668-4867**

Dining Room Desk Extension 312 or

Dining Room Site Manager Extension 311

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><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.</p>	<p>1 Baked Spaghetti w/Meat Sauce & Cheese Tossed Salad Buttered Peas Garlic Twist(HDM-Texas Toast) Pears (DB-Unsweet Pears)</p>	<p>2 Tuna Salad on Lettuce Leaf Squash Casserole (HDM-Sliced Tomatoes) Pickled Beets 2 Slices Wheat Bread Cookies (2)</p>	<p>3 Baked Chicken Breast Fillet w/ Mushroom Gravy Vegetable Medley Cranberry Cong. Salad Dressing Roll Pumpkin Spice Cake (No Cake for HDM)</p>	<p>4 Country Style Steak w/Gravy Cole Slaw Whipped Potatoes Roll Strawberries & Bananas (DB-Banana)</p>
<p>7 Pork Loin Steamed Cabbage Black eyed peas Corn Bread Baked Sliced Apples (HDM-Applesauce & DB-Unsweet Applesauce)</p>	<p>8 Baked Chicken Filet w/Italian Dressing California Mixed Vegetables Buttered Noodles Roll Strawberry Pineapple Cup</p>	<p>9 Beef Steak w/ Onions & Peppers Green Beans Baked Potato(HDM-Potato Wedges) Biscuit Melon</p>	<p>10 Sliced Turkey Sandwich/HB Bun Sliced Tomato & Lettuce Peaches Macaroni Salad(No Mac. Salad for HDM) Cake</p>	<p>11 Baked Parmesan Chicken Breast Whole Baked Apple (HDM-Hot Sliced Apples) Copper Pennies Carrots Rice Biscuit Pudding(DB-S.F. Pudding)</p>
<p>14 Hot Chicken Salad Pickled Beets(HDM-Harvard Beets) Peas & Carrots Biscuit Jello(DB-S.F. Jello)</p>	<p>15 Beef-a-Roni Cole Slaw Green Beans Garlic Texas Toast Pudding (DB-S.F. Pudding)</p>	<p>16 Ham Salad Lettuce & Tomato Slices Fruit Cocktail 2 Slices Wheat Bread Brownie (DB-Fruit Cocktail in Juice)</p>	<p>17 Meatloaf Fried Okra Creamed potatoes Corn Bread Peaches w/Cottage Cheese(DB-Peaches w/Cottage Cheese)</p>	<p>18 Baked Rosemary Chicken Cut Broccoli Cold Spiced Applesauce Wild Rice Angel Biscuit Cake</p>
<p>21 Beef Stew Pimento Cheese Sandwich Peach Cobbler (D. B.-Baked Sliced Peaches)</p>	<p>22 B.B.Q Chicken Breast Fried Yellow Squash Parslied Potatoes Biscuit Orange-Pineapple Fruit Cup</p>	<p>23 Baked Macaroni & Cheese Broccoli Spears Cold Country Tomatoes Corn Bread Cookie</p>	<p>24 Beef Stroganoff Harvard Beets Green Beans Buttered Noodles Texas Toast Cake</p>	<p>25 Chef Salad w/ Turkey, Cheese & Boiled Egg Fresh Apple Macaroni Salad Wheat Thin Crackers Peanut Butter Bar</p>
<p>28 CLOSED MEMORIAL DAY REMEMBER THOSE WHO SERVED</p>  <p>ALL GAVE SOME, SOME GAVE ALL</p>	<p>29 Chicken Cordon Blue Orange Glazed Carrots(HDM-Sliced Carrots) Baby Lima Beans Biscuit Blueberry Congealed Salad</p>	<p>30 Tuna Salad on Lettuce Leaf Squash Casserole (HDM-Sliced Tomatoes) Pickled Beets 2 Slices Wheat Bread Cookies (2)</p>	<p>31 Baked Chicken Breast Fillet w/ Mushroom Gravy Vegetable Medley Cranberry Cong. Salad Dressing Roll Pumpkin Spice Cake (No Cake for HDM)</p>	<p><u>Nutrition Site Beverages</u> Whole Milk Skim Milk Buttermilk Chocolate Milk Lemonade Tea Coffee</p> 



Welcome Back Alan!
(County Veteran Service Officer)

We have missed you while you were out recovering from your hip replacement. We appreciate you even more than we did before.



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 the McDowell Senior Center front desk and fill out a application and bring a check payable to American Legion Brick Wall.



GRIEF & LOSS SUPPORT GROUP

FREE

**Tuesdays at 5:30 PM
The McDowell Senior Center**

Presenter: Diane Brooks, Faith Resource Counselor with Hospice of McDowell
For more information contact:
Brenda Monosso at 652-8953 ext 315.

alzheimer's association

the compassion to care, the leadership to conquer

The Journey- Memory Loss, Dementia, and Alzheimer's Disease Educational Series Planned

The Alzheimer's Association, Western Carolina Chapter in partnership with the McDowell Senior Center will present a series of educational programs for anyone who would like to know more about Alzheimer's disease and related dementias. The programs will be at the McDowell Senior Center, 100 Spaulding Road, Marion.

- ❖ Third program "Living with Alzheimer's" will be on Wednesday May 2nd at 1:00pm.
- ❖ Fourth program on Wednesday June 6th will be about the research efforts that are being made in an effort to find a cure for Alzheimer's disease and related disorders at 1:00pm.

Each program will end by 3:30pm.

When someone is diagnosed with Alzheimer's disease or a related dementia, friends and families have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. During this series many of the questions will be answered and help will be offered in planning to meet the challenges presented.

These programs are offered at no cost to participants. Pre-registration is not required. For more information please contact the Alzheimer's Association at 1-800-372-3900 or visit the website www.alz.org/northcarolina.

ALZHEIMER / DEMENTIA SUPPORT GROUP

For Family Members and Caregivers Affected by Alzheimer or Dementia

**MCDOWELL SENIOR CENTER
May 23, 2012 @ 1:00 PM**

This support group can provide the support and comfort that families and caregivers need to survive a difficult time.

For more information call Joyce Ball Support Leader @ (828)527-7013.



Elder Abuse Awareness Campaign

An Elder Abuse Awareness Campaign begins on Mother's Day, May 13, and ends on Father's Day, June 17. Everyone is encouraged to wear purple ribbons to offer support for this campaign.

While there is no single set of national elder abuse prevalence data, the number of reported cases of elder abuse, neglect, and exploitation is on the rise. Together, the data suggest that more than 5 million, or 10 percent of elders are abused, neglected and/or exploited annually. Research has demonstrated that older victims of even modest forms of abuse have dramatically higher (300 percent) morbidity and mortality rates than non-abused older people. The result of these unnecessary health problems is a growing number of seniors who access the health care system more frequently (including emergency room visits and hospital admissions), and are ultimately forced to leave their homes and communities prematurely.

From perspective of Division of Aging and Adult Services. Submitted by Nancy Clark, Delegate, Senior Tar Heel Legislature.



Toney Tours

**ONE DAY
Mystery Trip
\$89.00**

Tuesday May 29, 2012

We have a very special day planned with a lot of interesting things to see and do including a delicious lunch.

We think our destination is somewhere everyone will really, really enjoy. This will be a memorable day!

Tour Includes:

Roundtrip Motorcoach Transportation & Lunch

Reservations strictly first come / first serve so sign-up now at The McDowell Senior Center front desk

**For more Information Contact
Brenda Monosso or Cheryl Woody at
(828)652-8953**

652-8953

MAY 2012

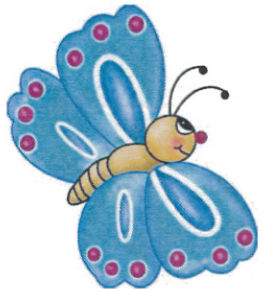


MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY Mother's DAY</p> <p>ON SUNDAY MAY 13</p>	<p>9:30 J.A.M. Exercise 1 10:30-11:30 Bible Study 10:45 Chair Exercise 11:00—12:00 <u>Swimming Events at YMCA</u> 1:00—3:00 Art Class 1-3 Mah Jongg 1:00 Follies Rehearsal at Sr. Center 1:00 Games <u>Evening Classes</u> 5:30 Line Dance Class (Free) 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 2 10:00 <u>Billiards at JB Family Billiards</u> 10:30 Discover Your Potential 10:45 Chair Exercise 1:00 <u>Rock Climbing at YMCA</u> 1:00 Games 1:00 "Living with Alzheimer's"</p>	<p>8:00 am <u>Golf at Marion Lake Club</u> 3 9:00 Pat Rose-Crafts 9:30-10:30 J.A.M. Exercise 10:45 Fun Bingo 10:45 Chair Exercise 1:00-2:00 <u>Basketball Shooting at YMCA Gym</u> 1:00 Seniors In Rhythm 1:00 Knitting Workshop 1:00 Fun & Games 6:30 <u>S.G.Celebration at S.C.</u> 7:00 <u>SilverArts Follies at S.C.</u></p>	<p>9:00 Crochet Class 4 9:30 <u>Nustep & Stationary Bike at S.C.</u> 10:30 <u>Table Tennis & Checkers at S.C.</u> 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge</p>
<p><u>Horseshoes & Shuffleboard at S.C. (See individual Schedule)</u> 7 Puzzle Fun 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Pinochle</p>	<p><u>Horseshoes & Shuffleboard at S.C. (See individual Schedule)</u> 8 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 Line Dance Class (Free) 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 <u>Bowling Singles at Lightning strike Sport Center</u> 9 9:00 Quilting 10:30 Senior Van trip to Hickory, (Hamrick's, Thrift Store & lunch at Golden Corral) 10:30 Discover Your Potential 10:30 Blood Pressure Cks</p>	<p>9:00 <u>Bowling Doubles at Lightning strike Sport Center</u> 10 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 1:00 Senior Group Exercise Class</p>	<p>9:00 <u>Bowling Mixed Doubles at Lightning strike Sport Center</u> 11 9:00 Crochet Class 10:30 Variety Hour 10:45 Chair Exercise 12:00 <u>Duplicate Bridge at S.C.</u></p>
<p><u>Field Events & Silver-Arts Fun Walk at McDowell High School</u> 14 Puzzle Fun 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Pinochle</p>	<p><u>Field Events & Bocce at McDowell Parks & Rec Field</u> 15 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1:00—3:00 Art Class 1:00 <u>Mah Jongg at S.C.</u> 1:00 Games <u>Evening Classes</u> 5:30 Line Dance Class (Free) 5:30 Grief & Loss Support Group 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class</p>	<p><u>Croquet & Cornhole at McDowell Parks & Rec Field</u> 16 9:00 Quilting 10:45 Chair Exercise 10:30 Discover Your Potential 1:00 Games</p>	<p>9:00 Pat Rose-Crafts 17 9:30 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 18 10:45 Chair Exercise 12:00 Duplicate Bridge North Cove Day</p>
<p>Puzzle Fun 21 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Pinochle</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 <u>Evening Classes</u> 5:30 Line Dance Class (Free) 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 23 10:45 Chair Exercise 10:30 Discover Your Potential 1:00 Games 1:00 ALZHEIMER / DEMENTIA SUPPORT GROUP</p>	<p>9:00 Pat Rose-Crafts 24 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Seniors In Rhythm 1:00 Knitting Workshop 1:00 Fun & Games 5:30 pm Senior Games Awards Banquet(Prepay by May 17th)</p>	<p>CHAMP BY APPOINTMENT 25 9:00 Crochet Class 10:30 Variety Hour 10:45 Chair Exercise 12:00-3:45 Duplicate Bridge</p>
<p>28 CLOSED MEMORIAL DAY  <i>A Day of Remembrance</i></p>	<p>Toney Tours Mystery Trip 29 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 Line Dance Class (Free) 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 30 10:45 Chair Exercise 10:30 Discover Your Potential 1:00 Games</p>	<p>9:00 Pat Rose-Crafts 31 9:30 J.A.M. Exercise 10:45 Chair Exercise 10:45 Fun Bingo 1:00 Seniors In Rhythm 1:00 Knitting Workshop 1:00 Fun & Games 1:00 Movie Day</p>	<p><i>Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day.</i> ~W. Earl Hall</p>

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

Phone: 668-4867

MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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 Exer- cises
7 8:30—1:30 Fit- ness Equipment Exer- cises 10:00 Crochet with Jo Shuman	8 Puzzles 10:00 Crafts with Joyce Lytle	9 Puzzles & Crafting	10 10:30 Bingo	11 8:30—1:30 Fit- ness Equipment Ex- ercises
14 8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman	15 Puzzles 10:00 Crafts with Joyce Lytle	16 Puzzles & Crafting	17 10:30 Bingo	18 8:30—1:30 Fit- ness 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 10:30 Bingo	25 8:30—1:30 Fit- ness Equipment Ex- ercises
28 CLOSED MEMORIAL DAY <i>Remembering those who paid for our freedom.</i> 	29 Puzzles 10:00 Crafts with Joyce Lytle	30 Puzzles & Craft- ing	31 10:30 Bingo	

THE BUZZZ OF MARION

Phone 652-9873

Our seniors are taking vacations and enjoying winters end.

Kathleen Scott went to Greenville, S.C. to see her great grand daughter play soccer.

Lorene Farr visited her daughter in Virginia.

Ruby Killough, Patricia Dalton and granddaughter, Brooklyn Sky spent a week in Pigeon Forge. They enjoyed shows and the Knoxville Zoo while Rubys daughter, Kim enjoyed a trip to Paris and London.

Ronald Greer visited a son in Mountain City, Tennessee.

The Vashaws enjoyed some vacation time in Florida.

Ron Brauer spent some time in Montreat.

Bill House took a long trip by car to visit friends in Arkansas, Alabama, Georgia and Tennessee.

Juanita Grady spent a week in Fayetteville with friends and family to celebrate her 85th birthday(4-22). She had a ball, being wined and dined..

John Robinson and Florence Young recently attended the 100th birthday celebration for John's brother, Marvin Robinson in Roanoke, Virginia. Approximately forty people were in attendance, including a granddaughter from Turkey. Marvin is a resident of Virginia Veterans Care Center.

Peggy & Gerald Weimer are back from Russia.

Larry & Margaret Bennett are vacationing in Florida. They missed our "Chill Down".

Judy Hensley spent a vacation month in Florida. She had a good time.

Louise Justice was on a long vacation visiting with her daughter in Virginia. While there, she went to see David Jeremiah, then she went for a couple more weeks to visit her son.

June Milligan celebrated her 90th birthday

with family and friends. She had 80 people at her party.

Marjorie Maxwell's son-in-law from Ohio is coming with friends to visit her, they want to see our pretty country. Earlier in the month, Marjorie went to her former pastors grandsons wedding in Franklin, Tennessee.

Gary & Pat Puntel from Ohio, are visiting Caroline Puntel on their way from Florida.

We hope Virginia Greene is doing better and we still miss her.



McDowell Senior Games Spaghetti Fundraiser Dinner at McDowell Senior Center



Friday, June 8th
4:00 pm-8:00 pm
TICKETS- \$7.00 EACH
(Includes drink, meal, salad and dessert)

Take out orders available.

Funds raised will help pay expenses for McDowell Senior Games senior adults that participate at State Finals

For more information and tickets, call at 652-8953.



MOVIE DAY

**Free Movie,
Popcorn & Drink**

May 31st at 1:00 pm

**Place: Senior Center's Blue
Craft Room**

You Must Sign-Up

Sign up sheet located on the Activity Board near Dining Room

THE BUZZZ OF OLD FORT

Old Fort Center
Phone 668-4867

It was so good to see Sandy Jones come in to eat. Hope Sandy comes again real soon.

Ron Arthur had another surgery in April. Please keep Ron and Jean in your prayers. We love you both.

Remember J.C. Moore in your prayers. He is in pretty bad shape.

Grace Roberts had to go back to the hospital and she has had more tests. Keep her in your prayers.

It is good to see Sue Moore back with us at the center.

It was nice to see Jack & Ethelyne Owen back with us and their friend from Florida.

Geneva Johnsons brother-in-law, Ben Hughes, passed away. Please pray for his wife Janie and the family.

We glad Joyce Woody didn't get hurt too bad in her fall. Hope she is feeling o.k.

We want to thank all those who had a part in giving us the nice Volunteer Appreciation dinner.

Every day we see the light of another day and can feed & dress ourselves, we need to thank the Lord from whom all blessings come. He is the giver of all good things. We seem to forget that sometimes.

Latha Johnson

Riddle:

1. How many times can you subtract the number 5 from 25?
2. What is it the more you take, the more you leave behind?

Answers are on the back page.

Do you have a fear of falling?

If you have a fear of falling or seem to be experiencing more falls than usual, McDowell County has a resource just for you.

CHAMP, the Community Health and Mobility Partnership, is designed to improve strength, balance, and mobility in older adults, helping them avoid falls and stay independent and active for life. CHAMP teams conduct monthly screening events at the McDowell Senior Center to identify participants at risk for falls and provide individualized fall prevention recommendations for them. The CHAMP Team, including a nurse and physical therapist, conducts an in-depth screening and develops an individualized exercise plan for each participant based on the screening results. There is no charge for these services.



Who should participate?

Anyone who:

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



Area physicians are encouraged to refer patients to CHAMP who need this service. CHAMP will be held monthly from March through November. The next date will be Friday, May 25, 2012 at the McDowell Senior Center. If you need additional information or would like to schedule an appointment, please call: (828) 652-8953.

CHAMP is sponsored by the McDowell County Senior Center, McDowell Hospital Rehabilitation Service, RPM District Health Department, McDowell County Emergency Medical Services, Caldwell Community College, South College, and the Be Active-Appalachian Partnership. Funded by Baxter International Foundation, CHAMP began in McDowell County in 2009 as a two-year collaborative research project with Dr. Vicki Mercer at UNC. Committed to continuing the program, the Be Active-Appalachian Partnership assumed the oversight role this year and invited local partners to share the leadership

responsibilities and continue to offer this unique resource for the community. The Be Active-Appalachian Partnership is housed in the BlueCross and BlueShield of North Carolina Institute for Health and Human Services in the College of Health Sciences at Appalachian State University.



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

Line Dance Class -Free

Tuesdays at 5:30 pm

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.

1. Only one time. After that, you would be subtracting from 20.
2. Footsteps.

Riddle Answer:

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

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HAPPY MAY BIRTHDAYS

MARION

Gerald Weimer 1
Dorothy Nanny 5
Gene Hawkins 8
Richard Hollifield 8
David Schreck 8
Sam Bradley 11
Margaret Lawing 13
Janelle Grant 14
Yonna Venton 15
Steven Edwards 19
Betty Stamey 21
Ron Greer 24
Betty Laughridge 25

OLD FORT

Joyce Woody 2
Minnie Schoon 6
Evelyn Goniea 11
Eunice Allison 17
Clara Ewart 17
Anne Moseley 19
David Bowling 26
Wilma Conner 26
Thelma Messer 27

NORTH COVE

Bryant Gurley 3
Hoyle Clark 21
Finley Greene 30

Condolences

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

Billy Poteat 4-11-2012

