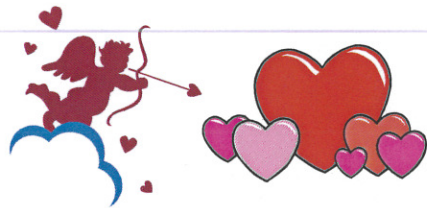




FOCUS

FEBRUARY 2014



Valentine's Dance

McDowell Senior Center
Friday, February 14th, 2014

6:00 pm - 9:00pm
Doors open at 5:30pm
Live Music By:
"The (REWIND) BAND"

FEATURING:
Old & New Country,
Classic Rock,
Beach Music, & More
Advance Tickets \$6.00
At the Door \$7.00

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 tickets or more infor-
mation contact Brenda Monosso
@ 659-0832



2014 McDowell County Senior Games Kickoff Breakfast & Early Bird Registration Day



Friday, March 7th
at Senior Center

Breakfast is FREE
Breakfast Served 8:30am – 9:30am
"Only"

- Adults who are 50 years old and older
- Participants may Early Bird register for \$10.00 until 3:00pm on March 8th
- To get special Early Bird rate, participants must complete registration form and return it on March 7th.
- Please tell your friends, neighbors, and relatives. Our goal this year is to have 150 participants registered for McDowell County Senior Games.
- After March 7th, registration fee will go up to \$12.00

To register for breakfast call Brenda Monosso at the McDowell Senior Center 659-0832 or Stop by Front Desk at the Senior Center

Free AARP Volunteer Tax Filing Program Begins February 4th at the McDowell Senior Center.

The McDowell Senior Center is now taking appointments for the AARP Tax Program beginning February 4, 2014

through April 15, 2014 on Tuesdays and Thursdays. Anyone needing to file taxes for the 2013 tax year is eligible to participate in the free tax filing program. You must make an appointment and should do so by calling the McDowell Senior Center at 828-659-0821.

If you have investments accounts or if you receive broker statements you will need to make an appointment after March 15, 2014.

You are required to bring the following items to your tax appointment:

- Photo ID and Social Security Card for each person on your tax return.
- A copy of your 2012 return.
- This years Social Security statement.
- Pension forms (1099-R).
- Wage statements (W-2).
- Interest and Dividend statements (1099-INT and 1099-DIV).
- Property taxes.
- Broker statements.
- Receipts for tax-deductible charity giving.
- Any other tax related information you may have.
- If you prefer direct deposit for your refund, please bring your bank's routing number and your bank account number.

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 County. If you are unable to make keep your appointment, please be sure to call and cancel or reschedule prior to your scheduled time.







Marion Nutrition Site
For Reservations &
Cancellations Call: 659-0831

MENU

February 2014

Old Fort Nutrition Site
For Reservations &
Cancellations Call: 668-4867

For Home Delivered Meals Cancellations call 659-0821

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 style="text-align: center;"><u>Nutrition Site</u></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Beverages Whole Milk Skim Milk Buttermilk Chocolate Milk </div> <div style="text-align: center;">    </div> </div> <p><small>*DB = Diabetic HDM = Home Delivered Meals S.F. = Sugar Free</small></p>	<p>Heart-healthy diet: 8 steps to prevent heart disease from the Mayo Clinic</p> <ol style="list-style-type: none"> 1. Control your portion size 2. Eat more vegetables and fruits 3. Select whole grains 4. Limit unhealthy fats and cholesterol 5. Choose low-fat protein sources 6. Reduce the sodium in your food 7. Plan ahead: Create daily menus 8. Allow yourself an occasional treat 		
<p style="text-align: right;">3</p> <p>Chicken Gumbo Pickled Beets Rice Biscuit Cold Pears</p>	<p style="text-align: right;">4</p> <p>Breaded-Oven-Fried Fish Filet Cole Slaw Baked Apple Slices (DB-Fresh Apple) Scalloped Potatoes Corn Bread Cookie</p>	<p style="text-align: right;">5</p> <p>Ham Green Beans Oven-Baked Sweet Potato Fries Roll Fresh Orange</p>	<p style="text-align: right;">6</p> <p>Baked Rosemary Chicken Broccoli Florets Cold Applesauce Wild Rice Biscuit Iced Cake</p>	<p style="text-align: right;">7</p> <p>Meatloaf Lima Beans Creamed Potatoes Corn Bread Pineapple Chunks</p>
<p style="text-align: right;">10</p> <p>Macaroni & Cheese Cold Country Tomatoes Steamed Cabbage Corn Bread Gingerbread Cake with Lemon Topping</p>	<p style="text-align: right;">11</p> <p>Chicken Filet Sandwich/Bun Lettuce & Tomato Potato Soup (HDM-Tater Tots) Fruit Cobbler (DB-Cold Sliced Peaches)</p>	<p style="text-align: right;">12</p> <p>Beef Stroganoff with Stew Beef Harvard Beets Green Beans Buttered Noodles Texas Toast Pudding</p>	<p style="text-align: right;">13</p> <p>B.B.Q. Chicken Glazed Carrots Parslied Potatoes Biscuit Tropical Fruit Salad</p>	<p style="text-align: right;">14</p> <p>Great Northern Beans Turnip Greens Potato Wedges Corn Bread Blueberry Congealed Salad</p>
<p style="text-align: right;">17</p> <p style="text-align: center;">CLOSED PRESIDENT'S DAY (Staff Training Day)</p> <div style="text-align: center;">  </div>	<p style="text-align: right;">18</p> <p>Pimento Cheese Sandwich Beef-Vegetable Soup Crackers Fruit Crisp (DB-Fresh Apple)</p>	<p style="text-align: right;">19</p> <p>Oven Fried Chicken Breast Okra & Tomatoes Baked Sweet Potato (HDM-Canned Sweet Potatoes) Roll Fruit Cup w/grapes, pineapple & apples</p>	<p style="text-align: right;">20</p> <p>Hamburger Steak w/ peppers & onions Tossed Salad Rice Pilaf Garlic Bread (HDM-Texas Toast) Strawberries & Bananas (DB-Fresh Strawberries & Bananas)</p>	<p style="text-align: right;">21</p> <p>B.B.Q. Pork w/ Bun Cole Slaw Fresh Pear Baked Potato(HDM-Potato Wedges) Cinnamon Crisper Cookies</p>
<p style="text-align: right;">24</p> <p>Pork Loin Steamed Cabbage Black eyed peas Corn Bread Baked Apple (HDM-Applesauce)</p>	<p style="text-align: right;">25</p> <p>Baked Spaghetti Tossed Salad Green Beans Garlic Twist(HDM-Texas Toast) Watergate Salad (DB-Fruit Cocktail)</p>	<p style="text-align: right;">26</p> <p>Chicken Tenders Cole Slaw Baked Potato (HDM-Potato Wedges) Biscuit Sliced Peaches</p>	<p style="text-align: right;">27</p> <p>Country Style Steak w/Gravy Broccoli Spears Assorted Juices Rice Roll Iced Cake</p>	<p style="text-align: right;">28</p> <p>Chicken Pie Cucumber, Tomato & Onion Vinegarett Creamed Potatoes Biscuit Fruit Cocktail in Jell-o (DB-Fruit Cocktail in Sugar Free Jell-o)</p>

One Day Trip

“Ozark Jubilee”
Show
at
Newberry Opera
House
March 3rd, 2014
\$74.00



If you like great music and “side splitting” Comedy, you’re gonna love this show! The Ozark Jubilee features Branson’s funniest comedian and world class fiddler – Doofus Doolittle. Doofus will have you rolling in the aisles with his unique style of “hillbilly humor”. You can expect some of the best fiddle music anywhere. Doofus, alias Randy Newman, has established himself as a world class violinist. The Ozark Jubilee band consists of some of the finest musicians and singers in the country today. This year they are coming to beautiful and historic Newberry Opera House in Newberry, South Carolina for one big show and we have special reserved seats! This is a smaller theatre (seats app. 490 people) so we’ll be “up close and personal” with the singers and musicians.

Trip includes:

- ✓ Roundtrip motorcoach transportation
- ✓ Reserved seats to “Ozark Jubilee” show at the Newberry Opera House
- ✓ All you care to eat buffet lunch.

Seating is limited “First Come – First Served”
Dead Line to sign-up
February 3rd, 2014 (Please have correct amount or pay by check, as we do not keep change on hand.)

Departure Time 9:45 AM
From Big Lots Parking Lot
For More Information Contact
Brenda Monosso @ (828)659-0832.

McDowell Senior Center “One Day Adventure Tour” to his- toric Augusta Georgia Tuesday – April 22, 2014 \$79.00

Situated along the banks of the scenic Savannah River, Augusta is one of the most historic and beautiful cities of the old south. Best known as home of the “Masters” golf tournament, this is also the boyhood home of president Woodrow Wilson and where the “ Godfather of Soul” – James Brown got his start shining shoes on the local streets! We invite you to join us as we “Discover Augusta”.....

Tour Highlights Include:



* Savannah River Cruise – Enjoy a relaxing two hour cruise on the Savannah River as legendary “Captain Jim” Bradshaw narrates the sights and sounds of the river. Learn of the river’s and town’s history, plus be entertained by stories of why southerners are so special and unique (and why we talk like we do!).



* Woodrow Wilson boyhood home – We’ll tour the historic southern home and see how the 28th president of the United States developed his character and faith growing up in Augusta.

* Augusta History Museum – “ Experience Yesterday Today” at one of the top history museums in the country. Exhibits includes: “Legends of Golf” – learn about famous men that has took home the green jacket; “James Brown Collection” – known as the “godfather of soul”; “Georgia Transportation” – see a 1917 steam locomotive, 1900 farm wagon, 1930’s gas station and over 150 years of Georgia transportation history; “Canteens and Combat Boots” – a great exhibit on clothing and gear from WWII to Vietnam; “one Man – Two

Ships – Lessons in History & Courage” – learn the amazing story of Jimmy Dyess.

* Delicious “all you care to eat”
Buffet Lunch

* Biscuits & Coffee (or juice) Break-
fast

* Roundtrip Motorcoach Transporta-
tion

**Seating is limited “First Come –
First Served”**

Dead Line to sign-up
April 14th, 2014

**Departure Time 6:45 AM and re-
turn at app. 7:00PM from Big Lots
Parking Lot.**

For More Information Contact
Brenda Monosso @ (828)659-0832.



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 (because they generally have pull-top lids). Store extra water, crackers, granola bars, raisins and trail mix.

Riddle:

While on my way to St. Ives,
I saw a man with 7 wives.
Each wife had 7 sacks. Each
sack had 7 cats. Each cat had
7 kittens. Kitten, cats, sacks,
wives, How many were going
to St. Ives?

Answer is on the back page.



What's Medicare supplement (Medigap) insurance?

A Medicare supplement (Medigap) insurance, sold by private companies, can help pay some of the health care costs that Original Medicare doesn't cover, like co-payments, coinsurance, and deductibles. Some Medigap policies also offer coverage for services that Original Medicare doesn't cover, like medical care when you travel outside the U.S. If you have Original Medicare and you buy a Medigap policy, Medicare will pay its share of the Medicare-approved amount for covered health care costs. Then your Medigap policy pays its share.

A Medigap policy is different from a Medicare Advantage Plan. Those plans are ways to get Medicare benefits, while a Medigap policy only supplements your Original Medicare benefits.

8 things to know about Medigap policies

1. You must have Medicare Part A and Part B.

2. If you have a Medicare Advantage Plan, you can apply for a Medigap policy, but make sure you can leave the Medicare Advantage Plan before your Medigap policy begins.

3. You pay the private insurance company a monthly premium for your Medigap policy in addition to the monthly Part B premium that you pay to Medicare.

4. A Medigap policy only covers one person. If you and your spouse both want Medigap coverage, you'll each have to buy separate policies.

5. You can buy a Medigap policy from any insurance company that's licensed in your state to sell one.

6. Any standardized Medigap policy is guaranteed renewable even if you have health problems. This means the insurance company can't cancel your Medigap policy as long as you pay the premium.

7. Some Medigap policies sold in the past cover prescription drugs, but Medigap policies sold after January 1, 2006 aren't allowed to include prescription drug cov-

erage. If you want prescription drug coverage, you can join a Medicare Prescription Drug Plan (Part D).

8. It's illegal for anyone to sell you a Medigap policy if you have a Medicare Medical Savings Account (MSA) Plan.

Medigap policies don't cover everything

Medigap policies generally don't cover long-term care, vision or dental care, hearing aids, eyeglasses, or private-duty nursing.

Insurance plans that aren't Medigap Some types of insurance aren't Medigap plans, they include:

- *Medicare Advantage Plans (like an HMO, PPO, or Private Fee-for-Service Plan)
- *Medicare Prescription Drug Plans
- *Medicaid
- *Employer or union plans, including the Federal Employees Health Benefits Program (FEHBP)
- *TRICARE
- *Veterans' benefits
- *Long-term care insurance policies
- *Indian Health Service, Tribal, and Urban Indian Health plans

Dropping your entire Medigap policy (not just the drug coverage)

If you decide to drop the entire Medigap policy, you need to be careful about the timing. For example, you may want a completely different Medigap policy (not just your old Medigap policy without the prescription drug coverage), or you might decide to switch to a Medicare Advantage Plan that offers prescription drug coverage. If you drop your entire Medigap policy and the drug coverage wasn't creditable or you go more than 63 days before your new Medicare coverage begins, you have to pay a late enrollment penalty for your Medicare Prescription Drug Plan, if you choose to join one.

For more information. Call your State Health Insurance Assistance Program (SHIP). 1-800-443-9354.

Card Workshops Old Fort-AC Bud Hogan Community Center



Instructor: Nanette Hankins

When: February 13th

Time: 12:30 pm

Where: Old Fort Senior Center
(AC Bud Hogan Community Center)

What to bring: Pencil, Ruler, and Scissors

This class will be making all-occasion-cards that have the folded fall-out accordion inside of the card.

Interesting Facts

A bubble is round because the air within it presses equally against all its parts, thus causing all surfaces to be equidistant from its center.

Cats have amazing hearing ability. A cat's ear has 30 muscles that control the outer ear (by comparison, human ears only have six muscles). These muscles rotate 180 degrees, so the cat can hear in all directions without moving its head.

An obsolete term for a foolish, talkative person is "blatherskite."

During Ronald Reagan's presidency, the White House purchased 12 tons of jelly beans.

The classic metal tokens that roam the streets of Atlantic City in the game Monopoly were not part of the original game. When Monopoly was first introduced, it didn't include any game pieces, only suggestions that players use household items like buttons and pennies.


FEBRUARY 2014
MCDOWELL COUNTY SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MAGIC OF A SIMPLE SMILE AND HELLO

WHEN YOU SEE SOMEONE SITTING DOWN,
WITH THEIR HEAD DROPPED,
WEARING A FROWN,
JUST STOP BY AND SAY TO THEM HELLO,
THE JOY YOU HAVE GIVEN THEM YOU WILL NEVER KNOW.



3 Puzzle Fun 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Pinochle 1:00 Diabetes Support Group/Kim Freeman	4 9:30 J.A.M. Exercise 10:30-11:30 Bible Study 10:45 Chair Exercise 1:00—3:00 Art Class 1:00 Mah Jong 1:00 Games <u>Evening Classes</u> 5:30 Advanced Line Dance Class 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:30 Beginner Line Dance Class	5 9:00 Quilting 9:30-10:30 Tai Chi Class 10:30 Sharing Our Stories 10:45 Chair Exercise 1:00 Games	6 9:00 Pat Rose-Crafts 9:30 J.A.M. Exercise 10:45 Fun Bingo 10:45 Chair Exercise 1:00 Knitting Workshop 1:00 Fun & Games	7 9:30 Crochet Class 10:45 Chair Exercise 12:00 Duplicate Bridge
10 Puzzle Fun 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Pinochle	11 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 Jong 1:00 Games <u>Evening Classes</u> 5:30 Advanced Line Dance 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:30 Beginner Line Dance	12 9:00 Quilting 9:30-10:30 Tai Chi Class 10:30 Blood Pressure 10:30 Sharing Our Stories 10:45 Chair Exercise 1:00 Games	13 9:00 Pat Rose-Crafts 9:30 J.A.M. Exercise 10:45 Chair Exercise 1-3 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games	14 9:30 Crochet Class 10:30 Goose Creek Singing 10:45 Chair Exercise 12:00 Duplicate Bridge North Cove Day Valentine Dance 6:00-9:00
17 CLOSED PRESIDENT'S DAY (Staff Training Day) 	18 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 Jong 1:00 Games 1:00 Cookie Club <u>Evening Classes</u> 5:30 Advanced Line Dance 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:30 Beginner Line Dance	19 9:00 Quilting 9:30-10:30 Tai Chi Class 10:30 Sharing Our Stories 10:45 Chair Exercise 1:00 Games	20 9:00 Pat Rose-Crafts 9:30 J.A.M. Exercise 10:45 Fun Bingo 10:45 Chair Exercise 1:00 Knitting Workshop 1:00 Fun & Games	21 9:30 Crochet Class 10:45 Chair Exercise 12:00 Duplicate Bridge
24 Puzzle Fun 9:00 Needlework / Embroidery 9:30 Line Dance 10:45 Chair Exercise 1:00 Pinochle	25 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 Jong 1:00 Games <u>Evening Classes</u> 5:30 Advanced Line Dance Class 6:00 to 8:00 Knitter's Night 6:00—7:30 Art Class 6:30 Beginner Line Dance Class	26 9:00 Quilting 9:30-10:30 Tai Chi Class 10:30 Sharing Our Stories 10:45 Chair Exercise 1:00 Games	27 9:00 Pat Rose-Crafts 9:30 J.A.M. Exercise 10:45 Chair Exercise 1:00 Cookie Club 1-3 Mah Jong 1:00 Knitting Workshop 1:00 Fun & Games	28 9:30 Crochet Class 10:45 Chair Exercise 12:00 Duplicate Bridge

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

Phone: 668-4867


February 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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The Beautiful Simple Things

Flowers Holding Hands Kissing for the first time Strangers that became friends	Long Hugs Being loved back	A child's smile A warm cup of tea Sleeping when it's raining Unexpected kindness
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Author unknown

3	4	5	6	7
8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman	Puzzles 10:30 Chair Exercise 1:00 Wood Carving	Puzzles 10:00 Crafts with Joyce Lytle Blood Pressure Checks by Mary Collins	10:30 Bingo	8:30—1:30 Fit- ness Equipment Ex- ercises
10	11	12	13	14
8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman	Puzzles 10:30 Chair Exercise 1:00 Wood Carving	Puzzles 10:00 Crafts with Joyce Lytle	10:30 Bingo 12:30 Card Work- shop	8:30—1:30 Fit- ness Equipment Ex- ercises
17	18	19	20	21
<p style="text-align: center;">CLOSED PRESIDENT'S DAY (Staff Training Day)</p> <div style="text-align: center;">  <p>★ Presidents' Day ★</p> </div>	Puzzles 10:30 Chair Exercise 1:00 Wood Carving	Puzzles 10:00 Crafts with Joyce Lytle	10:30 Bingo	8:30—1:30 Fitness Equipment Exer- cises
24	25	26	27	28
8:30—1:30 Fitness Equipment Exercises 10:00 Crochet with Jo Shuman	Puzzles 10:30 Chair Exercise 1:00 Wood Carving	Puzzles 10:00 Crafts with Joyce Lytle	10:30 Bingo	8:30—1:30 Fit- ness Equipment Ex- ercises

THE BUZZZ OF MARION

We are still missing Tommy Johnson, but he is doing very well since his knee replacement surgery and we are expecting him back real soon.

Ruby Killough, her daughter and granddaughter, Brooklyn enjoyed a 9 day cruise to celebrate Brooklyn's 8th birthday. They visited the Grand Turk, La Romana, Curacao, and Aruba. Brooklyn was also visited by Santa Claus Christmas day on the Carnival Breeze cruise ship during another trip.

The Legacy Premier had to be cancelled due to the icy roads. We hope to reschedule it for February, so keep a lookout in the McDowell News for the date and time.

It's good to see Margie Boyd back at the center.

Condolences



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

Doris Addison 1-13-2014

COOKIE CLUB

**Tuesday, February 18th &
Thursday, February 27th
12:45 pm in the
Senior Center Kitchen**



Come join the Cookie Club at the Senior Center, you will help make cookies that will be served at lunch in the dining room, also at each meeting you will receive cookie recipes and get to take some of the delicious cookies home with you. Please sign up at the Dining Room desk or call Tim Gautney @659-0829.

THE BUZZZ OF OLD FORT

We are glad to hear that Bonnie Setzer is doing better now.

Joe Harris and Robert Lavender are home now, and doing better.

Carolyn Parker broke her foot, but seems to be on the mend.

Donna Morris, Doris Davis and my sister, Carrie Padgett and Bonnie Autrey's son, Billy all had surgery. We hope they are all doing well.

I'd like to thank every one who came to see me (Latha) and prayed for me while I was in the hospital and at Ridgecrest. I love you all.

Hope Margie Boyd is doing much better by now. We love you Margie.

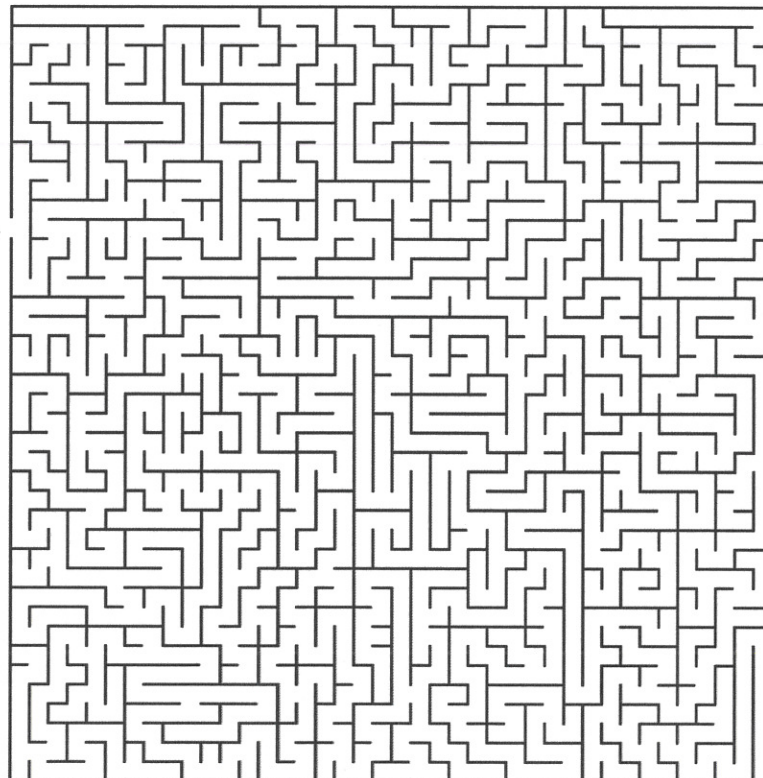
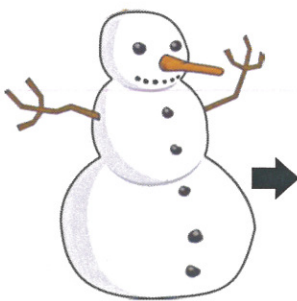
Please pray for our nation.

"A friend loveth at all times."

Latha Johnson

MAZE

Help the Snowman get to his hat.



FEBRUARY BIRTHDAYS



MARION

- Thelma Owen 2
- Steve Noe 4
- Linda Jackson 5
- Rita Myers 5
- Kathleen Scott 5
- Gayle Struble 5
- Bobbie Gumbert 6
- Marvin Hollifield 6
- William Wyatt 6
- Charles Miller 9
- Carolyn Weant 9
- Jill Bedsworth 11
- Mary Ann Guier 11
- Thelma Trent 11
- Alice Parker 13
- Alma Shuford 15

- Mildred Vashaw 16
- Opal Rankin 19
- Marie Ledford 25
- Dillard Payne 25
- Susan Zack 27
- Patricia Jones 28
- Joyce Edwards 29

OLD FORT

- Ronald Arthur 5
- Virginia Condrey 7
- Robert Lavender 7
- Joyce Noblitt 8
- Clarence Reed 15
- Peggy Duckett 17
- Norris Parker 22



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

Advanced Line Dance Class -Free

Tuesdays at 5:30 pm

Beginner Line Dance Class -Free

Tuesdays at 6:30 pm

FREE
TUESDAY NIGHT
LINE DANCE CLASS
Welcome Adults of All Ages

When: Tuesday Evenings
Advanced @ 5:30 pm
Beginner @ 6:30 pm
Where: McDowell Senior Center
Instructor: Mark Benedict

American



Heart Month

FEBRUARY IS AMERICAN HEART MONTH

HEART ATTACK WARNING SIGNS

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AR-

EAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach

SHORTNESS OF BREATH

Shortness of breath with or without chest discomfort.

OTHER SIGNS

Other signs may include breaking out in a cold sweat, nausea or light-headedness.

If you or someone you love is having any of these symptoms, please call 911. It is better to err on the side of caution and let the professionals decide if it is a heart attack or not.

From www.heart.org

Just one, me.

Riddle Answer:

MCDOWELL COUNTY SENIOR CENTER
CERTIFIED CENTER OF EXCELLENCE
100 SPAULDING ROAD
MARION N.C. 28752
Phone: 828-659-0821
Weyland Prebor, Director
FOCUS

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