



“The Senior Informer” January 2025



Your source of current news and information from The Neal Center,
100 T.R. Harris Drive, Shelby, NC 28150



Something to think about

“If laughter is the best medicine, then how come people die laughing?”

-Anonymous

Did you know?....

Canadians say “sorry” so much, that a law was passed in 2009 declaring that an apology can’t be used as evidence of admission to guilt.



WHAT'S INSIDE?

**New Year's resolutions
and your health**

What happened in 1977?

The Neal Senior Center Board of Directors 2024-2025

Janice Morton- President & Chairman of the Board

Stephanie Costner- First Vice-President

Rev. Marcus McGill- Treasurer

Lisa Whisnant- Secretary

Don Costner

Ruth Huffstetler

Sarah Chambers

Chad Chastain

Robin Costner

Kevin Gordon

Johnny Hutchins

Shearra Miller

Dr. Lori Nanney

Beth Thomas

Brandi Willis

Neal Senior Center Staff



Paulette Putnam, Executive Director

Teresia Ladd, Finance Director

Daniel Dedmon, Program Director

Dolores Ashworth, Volunteer Coordinator

Heather Ledbetter, Nutrition Director

Jane Wright, Administrative Secretary

Stephanie Baxter, Maintenance

H  **OURS**
of
OPERATION

Monday-Thursday, 8:00am-4:00pm

Friday, 8:00am-12:00pm

Main Phone: 704-482-3488

Weather Line: 704-481-7398

Mobile Library Service in Lower and Upper Cleveland County

**Will be at the Neal Center on
Tuesday, January 7th and 21st,
10:30 am - 12 noon.**



Winter/Spring 2025

Starting in January 2025, the Cleveland County Library System will be relaunching its mobile library service. Residents of Cleveland County will be able to come aboard the bookmobile and check out books, DVDs, audiobooks, and a library of things at a community stop near you. The mobile library service will also offer preschool storytimes, workforce development training, a seed library, a mobile makerspace with a 3D printer, a Cricut vinyl cutter, and craft supplies and tools. Please call (704) 487- 9069 ext. 140 or email Richard.Dellinger@clevelandcountync.gov for more information.



This grant is made possible by funding from the federal Institute of Museum and Library Services (IMLS) under the provisions of the Library Services and a Technology Act (LSTA) as administered by the State Library of North Carolina, a division of the Department of Natural and Cultural Resources (IMLS grant number LS-252476-OLS-22)



It's time to talk about the 2025 Cleveland County Senior Games!



Surprisingly, it's already that time again!

***Find out about the changes with the 2025 Senior Games by
coming to one of our "kick-off" events!***

Neal Senior Center

Thursday, January 30, 2025, at 2 pm

The Patrick Center

Friday, January 31, 2025, at 10 am

***Please RSVP by contacting Daniel Dedmon, Neal
Center Program Director, at 704/481-7387 no later
than Friday, January 24, 2025, at Noon.***

While you feed your body....



...feed your soul!



Bring your lunch and join us for a fascinating Bible study about "Heaven—What to Expect." Alison Carswell will lead the study. It is divided into ten sections and will meet in the Card Game room beginning Thursday, January 2, 2025, from 11:15 a.m. to 12:30 p.m. No reservations are required. Please bring your Bible.

The group will also use an additional supplement, "Heaven" by Randy Alcorn. It can be purchased from the instructor for \$15.

*If you have questions, please contact Alison at
704/473-0876.*

Low-Income Energy Assistance (LIEAP)

The Low-Income Energy Assistance Program (LIEAP) is a federally-funded program that provides for a one-time vendor payment to help eligible households pay their heating bills. Households including a person aged 60 or older or disabled persons receiving services through the NC Division of Aging and Adult Services are eligible to sign up for assistance from Dec. 1 – 31. All other households may apply from Jan. 1 – March 31 or until funds are exhausted.

Households that meet the following criteria may be eligible:

- Have at least one U.S. citizen or non-citizen who meets the eligibility criteria.
- Meet an income test.
- Have reserves at or below \$2,250. (Resources will not be counted for this year's Season from December 1, 2022-March 31, 2023)
- Be responsible for its heating costs.

Contact your local Department of Social Services at 704-487-0661 for the application dates and for additional information on LIEAP. To apply for Energy Assistance online, please visit NCDHHS - ePASS.



WE THANK YOU!

The Neal Center would like to thank everyone who donated money, food, paper products, and medical equipment from November-December 2024:

Poplar Springs Baptist Church

Karen Burton

Rita Jackson

Jean Foster

Rodney & Pat Dotson

Linda Bogan

Mary Lou Scism

Beverly Quinn

Bruce & Jan Dumas

Double Shoals UMC

Beaver Dam Baptist Church

Craig & Donna Faries

Johnny Adams & Carol Earls

Lois & John Dellinger

And a special thanks to all our anonymous donors!

Let's Eat!

- 1 stick butter
- 4 ounces unsweetened chocolate, chopped into small bits
- 1 $\frac{3}{4}$ cup sugar
- 1 teaspoon vanilla
- 2 eggs, beaten
- 1 cup all-purpose flour
- 1 cup chopped walnuts (optional but good!)

"Saucepan Brownies"

Preheat your oven to 350 and line an 8x8 square pan with parchment paper or nonstick foil. Let some of the paper or foil extend over two sides of the pan (this will make it easier to get the brownies out when they are done!) Melt butter in a medium saucepan over medium heat. Remove from heat and add the chocolate, stirring until melted. Add the sugar and vanilla to the saucepan and stir. Now stir in the eggs, then the flour, then the nuts. Pour into the baking pan and bake for 35-40 minutes. Cool completely and then use the edges of the parchment or foil to lift out of the pan. Cut into squares . Yield: 16 brownies.

**Scamming is becoming a critical problem....
especially for Medicare recipients!**



(RESCHEDULED FROM AN EARLIER DATE)

Diane Trainor, Program Coordinator with SHIP, will have information on how to avoid getting involved in a Medicare scam and a victim of fraud.

The presentation will be on Wednesday, January 22, 2025, at 10 AM and will last about an hour. To reserve a seat, please call the Neal Center at 704/482-3488 by Monday, January 20, 2025, at 3 PM.

WINTER WEATHER IS KNOCKING ON OUR DOORS!

In case of snow, ice, sleet, or freezing rain this winter, call the Neal Center's "Weather Line" to see if we are open, delayed or closed. Call 704/481-7398 and the information will be updated as conditions change.



Be prepared! Keep this number handy!

Let's Eat!

"Mary Sweeney's Original Spiced Tea"

In these winter months, hot beverages certainly fit the bill! For years, the recipe for "Russian Tea Mix" has been circulated far and wide. Here's a variation of that and it IS just the thing to sip on a cold day or evening!

- 2 C. Instant Orange-Flavored Breakfast Drink Mix, such as "Tang"
- 1-1/2 C. Instant Iced Tea Mix With Lemon and Sugar, regular or decaf*
- 2 C. Alpine Apple Cider Mix* (about 20 envelopes)
- 1 (3 oz.) pkg. each of Lemon, Pineapple, and Orange Gelatin
- 1 Tbls. Apple Pie Spice
- 1 Tbls. Ground Cinnamon



Combine all ingredients in a large bowl. Transfer to a storage container with a tight-fitting lid. To prepare, place 3-4 teaspoons of the mix in a mug to 1 cup of boiling water. More or less of the mix may be used according to personal taste. Store in a cool, dry place tightly covered. **Sugar-Free version may be substituted.*

Laff-A-Little!

"Spectickles" by Bill Abbott



"Hurry! Our New Year's resolutions start in ten minutes."

"The Lockhorns" by Bunny Hoest & John Reiner



"WE'RE INVITED TO THE LENHARTS' NEW YEAR'S PARTY, BUT ONLY IF WE PUT UP A \$200 DAMAGE DEPOSIT."

ATTENTION CLEVELAND COUNTY RESIDENTS!

Need to get your taxes done?



The Neal Center's Tax Preparation Service can help....

and do it while you wait!

Beginning January 13, tax preparation appointments may be scheduled by calling the Neal Senior Center at 704/482-3488.

Appointments will be scheduled on Tuesdays, Wednesdays, and Thursdays from 8:30 am-2:30 pm.

YOUR HINT PARADE!

- If you are a fan of natural peanut butter, store it upside down so it won't separate as much.
- If you put something down temporarily, say it out loud. ("I've put my phone on the dresser.") This engages many more areas of the brain (particularly the language centers) which creates a richer memory and makes it less likely you'll forget where you put things.
- If you have a spare minute at home, always take a few seconds to just pet your dog or cat and really appreciate them. Remember that pets are only a part of your life but you are your pet's entire life.
- A natural solution to having a fresh-smelling car might just be in your kitchen. Grab a couple of your favorite scented tea bags - mint, lavender, citrus, you name it. Hang them up or tuck them under your seats. Not only do these tea bags leave your car smelling fresh, they also absorb unwanted odors, making your drive a more pleasant experience. It's a simple, eco-friendly way to add a personal touch to your car's atmosphere.
- Throw a few ice cubes or a wet washcloth in the dryer with your wrinkled clothes. As the ice melts and the water turns to steam, it will remove the wrinkles. This trick isn't as effective with heavier clothing but is a miracle for lighter fabrics. The best part is that it only takes 10 minutes for it to work!

(Sources: lifehackin.com, famiyhandiman.com)

YOUR GOOD HEALTH

New Year's Resolutions For Your Health

Do you make New Year's resolutions? If you're like many people, you start with the best of intentions, only to "fall off the wagon" in a matter of a few days...or a few weeks, if you're more disciplined! Habits are hard to break, especially when it comes to a person's health and well-being. Many resolutions often fail because they are unrealistic. When a person sets a goal to lose weight, quit smoking, or eat healthier, many who set their goals to where they can get fast results. A bad habit takes about three weeks to break and it's easy to see why people get discouraged and give up so easily: they want the habit fixed immediately, lose their patience and give up.

Here are some health habits that anyone can do everyday to better their health....and each one only takes one minute to do! These are quite easy and it's just a matter of self-discipline and a strong belief system to carry them out and enjoy the benefits!

- **Getting up early** All of us know how hard it is to get out of bed in the morning, especially on a work or school day. Try this: start a countdown from 20 to 0 in your head. There's actually neuroscience behind this small hack: our brain hates anticlimactic inactivity after a build-up, so by the time you will reach zero, you'll *want* to get out of the bed.
- **Drink lemon water every morning** This one-minute hack will change your morning for good: drink 8-12 oz. of water with lemon first thing in the morning and stand barefoot exposing your eyes to the sun. Water on an empty stomach revs up metabolism and helps you burn fat more effectively during the day while looking at the sun stimulates your pituitary gland regulating your circadian rhythm. Try it and you'll revise your morning cup of coffee habit and feel much more enthusiastic about your day.
- **Write a list of intentions for today** Setting your life goals isn't enough on its own. Goals define what we want in our lives, but they also make us dwell on the future too much making us less *settled* in the present. Setting intentions makes us more focused on the now, on our life values and sense of happiness rather than the sense of accomplishment. Write what you intend to be and feel this day, not just what you want to achieve. Start small like "I intend to smile more today" or "to have more pleasant conversations," or "compliment more people."
- **Ditch your smartphone for a book** On average, we touch our smartphones 2500 times a day, spending a whopping 4 hours a day on them! You're thinking it makes you more productive and helps you learn all the amazing new stuff on a go, but it's not. Most of it, according to Telecom and Network technology tracker, is wasted on Facebook addiction and idle-surfing. Plus, a recent survey by Huffington Post showed that people who dedicate their spare time surfing social media are more stressed and less focused when they return to their tasks.

(Continued on the next page)

(Continued from previous page)

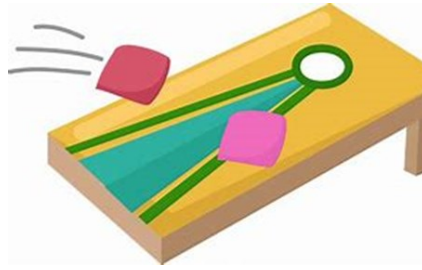
Always have an interesting book with you, so the next time you have a spare minute you can really enjoy it. As a bonus, reading promotes stronger analytical skills and reduces stress.

- **Put away “distraction” apps** We all have them. Here’s a useful small trick to spend less of your precious time on them: put all of the apps that distract you in some distant folder. Better yet, make them appear on the second page of that folder. The more time you’ll need to reach them, the slimmer the chances you’ll even try to. Place work-related or habit-building apps somewhere more reachable and you’ll automatically increase the probability of being less distracted.
- **Use apps to build good habits** Not all of the time we spend on our smartphones is positive, but we sure can put them to good use. Try habit-tracking apps like GrowApp to find great ideas and schedule healthy activities while creating a system of accountability for them. This is very important if you want good habits to stick. If you want to get rid of some bad habits, it’s better to identify what keystone habits you want to build and gradually replace the bad ones with the good ones. The main reason we fail to ditch bad habits is that we forget it took time to build them – the habit loop has to be repeated several times before forming a habit. More often than not, quitting cold turkey is less effective than gradual replacement.
- **Take a minute to listen** You can spend years trying to make yourself appear an interesting person and get people to love you. Or you can spend a minute making someone else appear interesting in your eyes and win them instantly. Being an attentive listener is all about paying the closest attention to what people are trying to say than to what they are actually saying. Notice the feelings behind their words, and be very reluctant to give any advice and only when asked for it directly.

These incredible life hacks that can truly transform your daily routine in just one minute or less. From boosting your productivity to improving your well-being, these quick tricks can make a big difference in your life. The best part? They're easy to incorporate into your day, so you can start reaping the benefits right away. Remember, life is a journey, and every minute counts. So, why not make the most of those spare moments to simplify, streamline, and enhance your life? Whether it's organizing your space, boosting your energy, or just taking a moment for self-care, these one-minute life hacks are here to help. (Source: www.developgoodhabits.com)



Let's try something fun....



Let's see about adding "Corn Hole" to the regular schedule!

Every Monday and Wednesday in January beginning Monday, January 6, 2025, through Wednesday, January 29, 2025, you can come to the Neal Center to participate in this fun activity! This will be a series of test games to determine the interest to offer it regularly. The Monday group will meet from 11:00 am until 12:30 pm. The Wednesday group will meet from 12:30 pm until 1:45 pm. Have questions? Contact Daniel Dedmon, Neal Center Program Director at 704/481-7387.



Here's a reminder!

"Ladies Support" and "Veteran's Coffee and Chat" are back for 2025!

If you're a lady age 50+, please join us for "Ladies Support". It's held at the Neal Center on Tuesday, January 28, 2025 at 10 AM. If you're a veteran, male or female, you're invited to the "Veteran's Coffee & Chat", which will now be held on Tuesday, January 14, 2025 at 10 AM. For further information, please contact Jane Wright at 704/482-3488.

What went on in....

1977

What were some "firsts" in 1977?

- The weight-loss product, "Slim-Fast" was put on the market after initial hesitation by the FDA.
- The "Post-It" note, developed by 3M, is first marketed.
- The "Rubik's Cube", a 3-D combination puzzle cube invented in 1974, is placed in test markets. It went to full distribution in 1980.
- The TV mini-series "Roots" premieres and airs over eight consecutive nights on ABC Television.

What were the major headlines in 1977?

- In January, Jimmy Carter is sworn in as the 39th president of the United States.
- In January, convicted murderer Gary Gilmore is executed by a firing squad in Utah, ending a ten-year moratorium on capital punishment in the United States.
- In February, WBTV-Charlotte personality Betty Feezor gives up her weekday TV homemaking show after 23 years due to being diagnosed with cancer.
- In May, A. J. Foyt becomes the first driver to win the Indianapolis 500 race four times.
- In June, the Apple II, one of the first personal computers, goes on sale.
- In July, New York City experienced a major blackout that caused widespread looting and vandalism.
- In August, U.S. president Jimmy Carter signs legislation creating the "United States Department of Energy".
- In August, singer Elvis Presley dies at his Graceland home at the age of 42.
- In September, the modern Food Stamp Program begins when the Food Stamp Act of 1977 is enacted.
- In November, the Kelly Barnes Dam, located above "Toccoa Falls Bible College" near Toccoa, Georgia, bursts, killing 39.

What were the Top 10 songs in 1977?

1. "Tonight's the Night (Gonna Be Alright)", Rod Stewart
2. "I Just Want to Be Your Everything", Andy Gibb
3. "Best of My Love", The Emotions
4. "Evergreen (from "A Star Is Born)", Barbra Streisand
5. "Angel in Your Arms", Hot
6. "I Like Dreamin'", Kenny Nolan
7. "Don't Leave Me This Way", Thelma Houston
8. "(Your Love Has Lifted Me) Higher and Higher", Rita Coolidge
9. "Undercover Angel", Alan O' Day
10. "Torn Between Two Lovers", Mary MacGregor

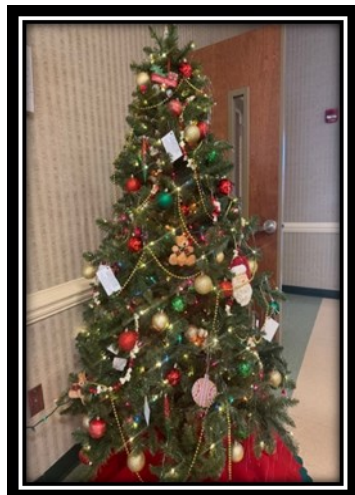
What were the Top 10 TV Shows of 1977?

Rank	Program	Network	Rating
1.	"Laverne & Shirley"	ABC	31.6
2.	"Happy Days"	ABC	31.4
3.	"Three's Company"	ABC	28.3
4.	"60 Minutes"	CBS	24.4)
4.	"Charlie's Angels"	ABC	24.4) 3-way tie
4.	"All in the Family"	CBS	24.4)
7.	"Little House on the Prairie"	NBC	24.1
8.	"Alice"	CBS	23.2)
8.	"M*A*S*H"	CBS	23.2) 2-way tie
10.	"One Day at a Time"	CBS	23.0

What did things cost in 1977?

- Long-sleeved polyester Western Jumpsuit: \$29.97
- Solid-State Men's Quartz Watch: \$49.99
- 1977 Chrysler Lebaron: \$5758
- Gasoline: .63/gallon
- "Swiss Miss" Instant Cocoa: .89/12 oz. pkg.
- Tropicana Frozen Orange Juice: 6 (6 oz.) cans/\$1.00
- Lipton Tea Bags: .99/100 count pkg.
- Keebler Fudge-Stripe Cookies: .79/12 oz. pkg.
- Sara Lee Pound Cake: .87/11 oz. pkg.
- Bisquick Baking Mix: .97/40 oz. pkg.
- Naval Oranges: \$1.00/12 large oranges
- Krispy Saltine Crackers: \$1.00/2 (16 oz.) pkgs.
- Bean-Bag Chair: \$34.95
- 8-track tape player & recorder: \$149.95

Last month, the Neal Center hosted a contest, “The Parade of Trees”. Local businesses were invited to enter a Christmas tree and decorate it as they preferred. Here are the entries, including the name of the business and the prize awarded.



LINCOLNTON
REHABILITATION



HELPING HANDS
1ST PLACE



CENTERWELL
HEALTH



CONTRACTED
PYROTECHNICS
3RD PLACE



VIA HEALTH CARE
2ND PLACE



TLC DAYCARE
CENTER

A BIG “thanks” to all who participated!

*It may be cold outside, but a dance inside
will warm your spirit!*



*Join us for our "Winter's Night Dance"
To be held Thursday, January 16, 2025 at 6 p.m.
at the Neal Senior Center
100 T.R. Harris Drive, Shelby*

*Music provided by "Union Express"
Concessions will be available for sale.*

*Advanced tickets are \$6 each
(The deadline to purchase advanced tickets is
Tuesday, January 14 at 3 pm)
Or, they may be purchased at the door for \$8 each.
A minimum of 50 tickets must be sold to have the dance.*

JANUARY 2025 ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Monday Morning Bridge 9:30 Chair Yoga (Returning Jan. 13) 11:00 Corn Hole (Beginning Jan. 6) 12:00 Beginning Canasta (Returning Jan. 7) 12:30 Monday Afternoon Bridge 2:00 Chair Yoga (Returning Jan. 13) 5:00 Monday Night Bingo 5:30 Zumba (Returning Jan. 6)	9:45 Carolina Line Dancers (Returning Jan. 7) 10:00 Acrylic Painting (Returning Jan. 7) 11:00 Tai-Chi (Returning Jan. 7) 12:00 Canasta For Beginners (Returning Jan. 7) 1:00 Chair Volleyball (Returning Jan. 7)	9:00 The Sewing Circle (Returning Jan. 8) 9:30 Chair Yoga (Returning Jan. 15) 10:00 Carolina Singers (Returning Jan. 8) 11:00 Zumba Gold (Returning Jan. 8) 11:00 Beginner Spanish (Returning Jan. 15) 11:30 Piedmont Rook (Returning Jan. 8) 12:30 Knit Pickers (Returning Jan. 8) 12:30 Corn Hole (Beginning Jan. 8) 1:00 Packing Out (Returning Jan. 8) 2:00 Chair Yoga (Returning Jan. 15) 2:00 Euchre (Returning Jan. 8)	9:00 Canasta For Beginners (Returning Jan. 9) 9:30 Chair Volleyball (Returning Jan. 2) 10:00 Daytime Friends (Returning Jan. 9) 11:00 Corn Hole (Jan. 2-30) 11:15 Bible Study "Heaven-What to Expect" 1:00 Thursday Afternoon Bridge (Returning Jan. 2) 1:00 Mexican Train Dominoes (Returning Jan. 2)	9:30 Fun Friday Bingo (Jan. 3 & 17) 11:00 Zumba Gold (Returning Jan. 3) (Center closes at 12:00 noon)

Laff-A-Little!

"Hi & Lois" by Brian & Greg Walker

