

JANUARY 2024 ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Monday Morning Bridge 9:00 One-Day Oil Painting (3rd Monday) 9:30 Chair Yoga 12:00 Beginning Canasta 12:30 Monday Afternoon Bridge 2:00 Chair Yoga 5:00 Monday Night Bingo 5:30 Zumba	9:45 Carolina Line Dancers (Returning Jan. 16) 10:00 Acrylic Painting 11:00 Tai-Chi 12:00 Canasta For Beginners 1:00 Chair Volleyball 1:00 Tax Training (Until Feb. 6, 2024)	9:00 The Sewing Circle 9:30 Chair Yoga 10:00 Beginner Spanish 11:00 Zumba Gold 11:00 Piedmont Rook 12:00 Canasta For Beginners 12:30 Knit Pickers 1:00 Packing Out 2:00 Chair Yoga 2:00 Euchre 10:00 Carolina Singers (will return in Feb.)	9:30 Chair Volleyball 10:00 Daytime Friends (2nd & 4th Thursdays) 1:00 Thursday Afternoon Bridge 1:00 Mexican Train Dominoes	11:00-12:00 Zumba Gold Center closes at 12:00 pm

WHAT'S COMING IN FUTURE ISSUES?

- When you feel "left out"
- Updates for the Cleveland Co. Senior Games
- The story behind a favorite chocolate treat
- How to shop and cook for two people

Want to start receiving this newsletter by email? Contact Daniel Dedmon, Neal Center Program Coordinator, at 704/481-7387 and provide your email address.



“The Senior Informer” January 2024



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



Something to think about

"You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police."

- Joan Rivers

NEW YEAR PRAYER:

Thank You Lord for giving me
The brand new year ahead.
Help me live the way I should
As each new day I tread.
Give me gentle wisdom
That I might help a friend,
Give me strength and courage
So a shoulder I might lend.
The year ahead is empty,
Help me fill it with good things
Each new day filled with joy
And happiness it brings.
Amen.





I Wish in this New Year God gives you

- 12 Months of Happiness
- 52 weeks of Fun
- 365 Days of Success
- 8760 Hours of Good Health
- 525600 Minutes of Love
- 31536000 Seconds of Joy!

Happy New Year!

NewYearWiki.Com



The Neal Center staff wishes everyone....



Neal Center Staff and Contact Information

Have a question? A specific need? Not sure what to do?

Neal Center main number: 704/482-3488

Paulette Putnam, Executive Dir.

Daniel Dedmon, Program Dir.

Teresia Ladd, Administrative Asst.

Dolores Ashworth, Volunteer Coor.

Heather Ledbetter, Nutrition Coor.

Jane Wright, Administrative Sec.

April Wheatley, Bookkeeper

Betsy Lavender, Housing Coor.

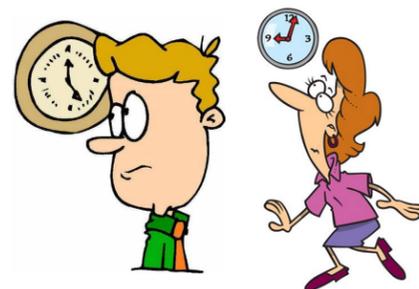
Stephanie Baxter, Housekeeping

What are the hours for the Neal Senior Center?

Monday-Thursday, 8:30am-4:00pm

Friday, 8:30am-12:00pm

Not sure if the center is open? Call our
"Weather Line" at 704/481-7398!



It's almost that time.....



**Time for the annual CLEVELAND COUNTY SENIOR GAMES AND
SILVERARTS!**



Please make plans to come to our annual "Kick-Off" and find out the latest updates for the 2024 games!

The Neal Senior Center on Thursday, January 25, 2024

At 1:00 PM

or

The Patrick Senior Center on Friday, January 26, 2024

At 10:00 AM

Please RSVP by calling Daniel Dedmon at the Neal Senior Center at 704/481-7387 no later than Monday, January 22, 2024.

Are you looking for a place to live that's affordable?

Are you at least 62 years of age?

LOOK NO FURTHER!

**West Warren Manor
934 West Warren St.
Shelby, NC 28150**

**SPONSORED BY THE COUNCIL ON
AGING & THE LIONS CLUB**

PHONE: 704/480-6786



**Marion West Housing
110 Philbeck St.
Shelby, NC 28150**

**SPONSORED BY THE COUNCIL ON
AGING**

PHONE: 704/482-0030



**For further information, please contact Phyllis Hosch, Site Manager, at
704/480-6786 or 704/482-0030.**

Laff-A-Little!



LET'S MEET A NEAL CENTER VOLUNTEER

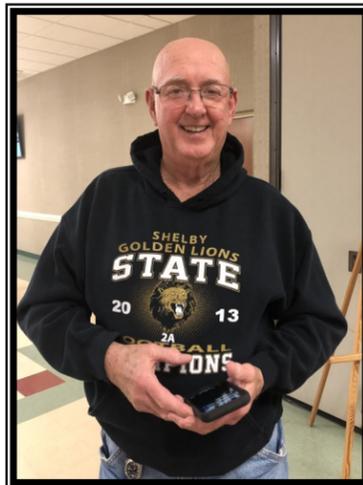
In this New Year, you may be looking for activities to fill your time. One of the ways the Neal Senior Center suggests is by volunteering. Many volunteers speak from experience about the benefits of volunteering and keeping busy. One of the Neal Center's longest-acting volunteers can back up those facts. Larry Gamble has been an active volunteer for 14 years, mostly working with the Monday Night Bingo games. Active in many other ways as well, Larry has been a hometown resident of Shelby for most of all of his 74 years. He attended the Shelby school system and graduated from Shelby High School in 1967. Larry recalled his early years very positively.

"I was an average student, in both my grades and behavior", he recalled. He remembered being told that if he got in trouble at school, he would be in trouble at home, too! "That didn't happen often", he added. His best school subject was math, and he advanced as high as second-level algebra. While his family wasn't poor, he knew his family couldn't send him to college, so he didn't make any plans to attend. "I felt since I didn't plan to go to college, I didn't feel I needed more math than Algebra. I can still do things in my head", he stated. "My goal was to graduate and go to work, so that's what I did", Larry added.

Right after graduating, Larry joined the Navy, signing up for two years of active duty. The Vietnam War was gathering strength by this time, and he hoped by his volunteering, he wouldn't be sent to Vietnam. "I wound up going to the very place I was hoping to avoid", he recalled. He spent one year, two months, and 29 days in Vietnam. "By this time, the war was starting to come down. I found out that if you served with less than a year to go, you could get out." Though he was no longer in active service, he signed for four years of inactive service, being available in the event of a national emergency. His service completely ended in 1974.

His first career was with the Coca-Cola Company. He began as a route salesman and worked his way up the corporate ladder, even superseding his own supervisor. "My supervisor was reporting to me", Larry said laughing. He recalls working for Coca-Cola as a very positive experience and looks back at it with good memories. One special memory was when he was a district manager. It was 1985 and Larry was working at the Gaffney High School concession stand when he received a phone call from his supervisor at Coca-Cola. He was told to pack a bag for one night and to be ready to leave on a plane to Atlanta in two hours, with his ticket waiting for him in Charlotte. It turns out that his supervisor was sending him for a one-day visit to the Coca-Cola main headquarters in Atlanta. Larry recalled, "They took one person from every Coke district to be photographed for the cover of their 1984 Annual Report," he explained. "We had limousine service the entire time we were there and had dinner with the company president", he remembers. The company president also took Larry and the group to the "Coca-Cola" store, which was full of collectables, memorabilia and anything bearing the Coca-Cola logo. The group was told that they could help themselves to anything in the store that they would like to have that they could carry on the plane returning home.

(Continued on the next page)



"I had a room in my house dedicated to Coke", he recalled, and this was where the company memorabilia he obtained was displayed. Referring to that special Atlanta experience, Larry stated positively, "It was very neat and I enjoyed every minute of it." Larry had been with Coca-Cola for a few years when he met his future wife, Melody. Melody was from Dayton, Ohio and relocated to Tampa, Florida before coming to Shelby. Larry recalls that first encounter. "We met at City Restaurant where she was a waitress. We went to an "Alabama" concert and started dating regularly. We dated six months and I approved enough of her to marry." However, some of Larry's family was far from excited upon learning of their engagement. "My own family tried to talk her out of marrying me!" Larry remembered. "But, she wasn't listening!", he concluded. They were married in November 1983. In 1985, they became parents of their son, Brian. Larry added with a laugh, "Brian's first words were 'Coca-Cola'". In 1987, Larry decided to leave the Coca-Cola Company and accepted a position with "RC Cola". He was with RC Cola until 1994, then went into a completely new area: owning and operating a convenience store. He did this until 2009, when he decided to retire completely.

His association with the Neal Center began with his attending the Monday Night Bingo games. "Gene Matheney and Mary Ann Trice started the Bingo games at the center. I and my wife, Melody, and two friends went there to play Bingo." Soon after, I ran into Gene in the Burger King parking lot and he invited me to be on the Board of the Neal Center. Then, he told me that they wanted me to start calling the Bingo games". At first, Larry wasn't at all interested in calling Bingo, but Gene encouraged him to try it. When he auditioned, he sat with Mary Ann Trice, as she called Bingo for a little while, then Larry tried his hand at it. "They wanted me to stay, and I ended up calling almost every week", he recalled. Referring to calling the games, he added "It takes a unique person to do it. Right now, we need at least one to two more people to call." Larry added, "Paulette (Putnam) came to me after that about joining the Executive Board. I thought about how I was really getting involved around the Center." Larry was Board President for two years.

What are his thoughts about the Neal Senior Center? "The center is the best thing around for older Americans....a diamond in the rough that more people need to know about and support." He is still calling Bingo, though just one night a month. He's also active with Zoar Baptist Church, where he has been a lifelong member and continues to attend with his wife, Melody. Larry also makes time to visit his son, Brian, and his family, who live in Wilson, NC. Brian and his wife are employed as pharmacists and are parents of two girls, with whom Larry loves spending plenty of quality time.

FUN FACT: For over forty years, Larry has been a deputy sheriff. He was sworn in in 1980, working as a uniformed public official until 1992. He was then sworn in as a "special deputy". Larry explained, "I can do anything that I'm being told to do as a special deputy."

ATTENTION NEAL CENTER BINGO PLAYERS!

**THERE WILL BE NO BINGO GAME ON
MONDAY, JANUARY 1, 2024.
BINGO WILL RESUME ON
MONDAY, JANUARY 8, 2024.**



**WHAT WILL THEY THINK OF
NEXT?**

Karo Syrup

With the numerous brands of syrups on the market, it seems everyone has their favorite to pour over their stack of pancakes, slices of French toast, or plate of waffles. There's something out there for most everyone's taste, according to the flavor, thickness, and reputation of the product. Yet, one brand of syrup has a huge fan base, not only for its flavor, but the versatile uses it provides: KARO syrup.

Karo is instantly synonymous when the words "corn syrup" are mentioned, as Karo is a syrup made from the starch of corn. It also contains additional sweeteners, including glucose and maltose. From this, two types of syrup are made: *Light corn syrup*, which is corn syrup flavored with vanilla and salt. It is a nearly clear color. The other is *Dark corn syrup*, which is a combination of corn syrup and refiner's syrup, caramel color, caramel flavor, salt, and the preservative sodium benzoate. Its color is dark brown.

Corn syrup was initially used as a livestock feed. Eventually, it was made available at grocery stores in the 19th century, sold from a barrel. In 1902, the Corn Products Refining Company introduced clear, bottled corn syrup under the brand name of **Karo Syrup**. The name "Karo" was said to be chosen by a company chemist and expert syrup maker in honor of his wife, Caroline.

In 1910, the company launched one of the largest advertising campaigns ever seen. This included full-page advertisements in women's magazines and free cookbooks full of recipes that called for Karo brand syrup. Later, they promoted it as an alternative to maple syrup for waffles. Karo Syrup was a main ingredient for producing creamy fudge, a smooth Seven-Minute cake frosting, and even as a glaze for a baked ham. In the 1930's, the wife of a Karo corporate sales executive dreamed up a pie recipe that called for Karo syrup, sugar, eggs, vanilla, and pecans, all baked up in a pie shell. Karo promoted this pecan pie recipe in a bid to drive sales— and that very recipe put Karo on the map!

The Karo Syrup people eventually put their Pecan Pie recipe on the backs of the labels of Karo. Simple as the pie is to make, over the years, some cooks experienced problems with the pie not turning out like it should. In the early 1980's, Karo launched an 800 phone line to field

calls around Thanksgiving and Christmas from consumers who requested help with making the pie. What's one common problem bakers have with the pie? The pie not setting up after baking. The Karo consumer experts say that store-bought pie shells often cause this problem. By making your own pie shell from scratch and using a Pyrex pie dish, the pie will turn out perfectly.



Want the recipe? <https://www.karosyrup.com>

We all know that what we eat affects our physical health...



... but did you know that it can affect our mental health, too?



For years, everyone's been told that should eat a "heart-healthy" diet. However, there's evidence that what we eat DOES affect our heart, brain, and overall health. How do we choose foods that are good for us physically AND mentally?

The NC Cooperative Extension Cleveland County Center and the Neal Senior Center, will sponsor a seminar, "Eating for Heart and Brain Health" on Wednesday, January 24, 2024, 10:00-11:30 AM, at the Neal Senior Center. It will also be offered virtually through www.facebook.com/nealseniorcenter.

Led by Nancy Abasiokong, Extension Agent Family & Consumer Sciences, you will discover the foods that benefit both heart and brain health! Learn how to feel better physically and mentally... by making small changes to choose the right types of food and increase physical activity!

Pre-Register to attend in person by calling: the Neal Center at 704/482-3488.

Registration deadline: Friday, January 19 at 3 PM. There's limited space, so please reserve your spot right away!



THIS IS A



FROM THE NEAL SENIOR CENTER

SPOTLIGHT ON Foothills Regional Commission Area Agency on Aging

**FOOTHILLS REGIONAL COMMISSION AREA AGENCY ON AGING
SERVING CLEVELAND, MCDOWELL, POLK AND RUTHERFORD COUNTY**

Home and Community Care Block Grant

The Home and Community Care Block Grant (HCCBG) combines federal and state funding to support home and community-based care for older adults. The Area Agency on Aging (AAA) is responsible for assisting with the implementation of the HCCBG by providing technical support to local service providers and monitoring those services and agencies in our four-county region.

Home and Community Care Block Grants services currently in our region are:

Adult Day Health Care: Life Enrichment Center: 704-484-0405

Care Management: Care Solutions: 980-487-4777

Congregate Nutrition: Council on Aging: 704-482-3488

Health Promotion & Disease Prevention: Area Agency on Aging –
828-287-2281

Senior Center Operations: Council on Aging: 704-482-3488

Home Delivered Meals: Council on Aging: 704-482-3488

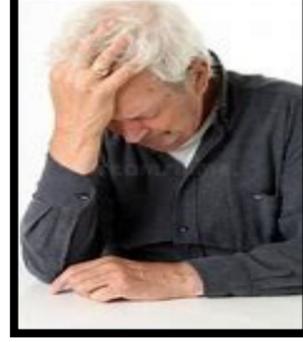
In-Home Aide: Department of Social Services – 704-487-0661

Legal Services: Legal Aid of NC-Gaston Office: 1-800-230-5812

For more information, please call 828-287-2281, Monday through Friday
8:30am – 5:00pm



IT'S VERY EASY TO BECOME DEPRESSED AFTER THE HOLIDAYS...



BUT, IT CAN BE PREVENTED!



GET INVOLVED IN SOME ACTIVITIES THIS NEW YEAR AT THE NEAL CENTER!

FOR EXAMPLE:

CHAIR YOGA: MONDAYS AND WEDNESDAYS AT 9:30 AM –10:30 AM AND FROM 2:00-3:00 PM.

ACRYLIC PAINTING: TUESDAY MORNINGS FROM 10:00 AM– 12 NOON.

BEGINNING CANASTA: MONDAYS, TUESDAYS, AND WEDNESDAYS FROM 12 NOON-3PM

CHAIR VOLLEYBALL: TUESDAY AFTERNOONS, 1:00 PM-2:30 PM; THURSDAY MORNINGS, 9:30 AM– 11:00 AM

AND MANY MORE TO CHOOSE FROM! A FULL LIST OF THE MONTHLY ACTIVITIES IS AVAILABLE ON THE NEAL CENTER WEBPAGE AND FACEBOOK PAGE. HARD COPIES ARE AVAILABLE IN THE NEAL CENTER LOBBY AREA. HAVE QUESTIONS ABOUT THESE ACTIVITIES? WANT TO SUGGEST AN ACTIVITY? REACH OUT TO DANIEL DEDMON, NEAL CENTER PROGRAM DIRECTOR, AT 704/481-7387.

NOW THAT WINTER IS OFFICIAL HERE...



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!

Wintertime Beef Stew

During these cold days of winter, it's a comfort to have a pot of something good simmering. This recipe for "Wintertime Beef Stew" is just the thing to have when it's cold outside.

- ◆ **1-1/2 to 3 lbs. Stewing Beef**
- ◆ **1 large Onion, sliced**
- ◆ **3 large Potatoes, peeled and quartered**
- ◆ **6 carrots, scraped and diced**
- ◆ **3 stalks Celery, diced**
- ◆ **1-1/2 C. Tomato Juice**
- ◆ **2 Tsp. Salt**
- ◆ **2 Tbls. Minute Tapioca**
- ◆ **2 Tsp. Sugar**



In a large Dutch Oven, place the beef and vegetables. Combine the tomato juice with the remaining ingredients and pour over the beef and vegetables. Cover the pot and bake at **250 degrees** for four hours. Great with coleslaw and garlic bread. **Yield: 6 servings.**

Note: this can also be prepared in a large capacity slow-cooker, cooking for **6-8 hours** on "Lo" setting.

We Thank You!

The Neal Center would like to thank everyone who donated money, food, paper products, medical equipment, and anonymous donations from December 2023:

Jackie Putnam

Nancy Abasiokong

Shannon Blanton

Martha Whaley

Jo Ann Harmon

Sandra Avery

Wayne & Robin Hendrick

Ronald & Linda Mills

Jan & Bruce Dumas

Carol Earls & Johnny Adams

Amy & Colean Ledford

Mark & Robin Brulotte

Your Hint Parade

Do you or someone you know need to contact others when they need assistance with their personal needs? Here's an easy method to establish the equivalent of a nurse-call system:

Go to a hardware store and purchase an inexpensive, wireless doorbell unit (they usually run about \$20 and the bell unit measures about 1x1x3 inches.) Activate it, then place the doorbell and call button in individual Zip-Loc bags. Tie them shut with a length of heavy cord. They can be worn around the neck or hung up anywhere, including the shower.

FOOD FOR THOUGHT..

“When your children are teenagers, it’s important to have a dog so that someone in the house is happy to see you.”

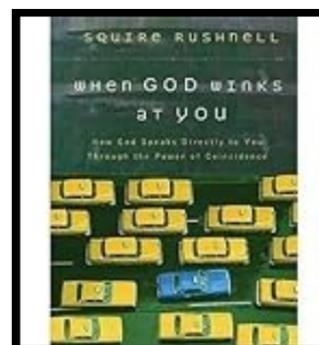
—Nora Ephron

**I'VE BEEN
READING.....**



**“When God Winks at You”
By Squire Rushnell**

Many of us deal with those times when we feel forgotten about by everyone. And sometimes, we may feel that God has forgotten about us. But of course, we know that will never happen. In fact, just by looking around your own life, we can always become aware of what God does for us...especially those times when we find ourselves saying, “Thank God!”. This book points out those very things. “When God Winks at You” by Squire Rushnell, is a great way to see those many extra things that God does for us that tend to come at the most critical times.



All of us have had times where we were in a complicated situation and something happens that makes the situation much better. This is an example of God “winking at you”! Something great may happen to us that’s completely unexpected. For instance, hearing from a special friend that we’d lost touch with, or receiving some unexpected funds that arrived at just the right time, such as the day a big bill is due. Or, even a great surprise about something you never thought would ever happen to you. These are the “God winks”!

This book makes you stop and realize that when you feel everyone has forgotten you, God won’t let that happen. It’s an excellent book to help you see that God sees his children through the worst of times. It also is a good reminder that when something wonderful happens to you, God’s grace provided it. It’s a very positively written book that prompts the reader to recognize that when something positive takes place in our lives we didn’t expect, we have God to thank for his “wink”!

Book Title: “When God Winks at You” **Publisher:** MJF Books

Format available: Hardcover **ISBN:** 1567319610

Author: Squire Rushnell **Published:** 2006

Where available: Amazon, bookstores

**NEED TO GET YOUR ESTATE
IN ORDER?
LEARN THE CORRECT WAY TO DO IT!**



Join us for a “Planning Your Estate” seminar at the Neal Senior Center. It will be held on Thursday, January 18, 2024, beginning at 10AM. It will be led by Brenton Begley, Elder Law Attorney. A light snack will be provided.

To pre-register, please contact Daniel Dedmon, Neal Senior Center Program Director, at 704/481-7387. Space is limited so please pre-register as soon as possible!



**ANNOUNCING A NEW WAY TO BECOME ACTIVE WITH
THE NEAL SENIOR CENTER!
BECOME A “GOLD STAR” DONOR!**

The Neal Senior Center is inviting residents of Cleveland County and former participants of the Gold Card Club, to become new donors of the GOLD STAR. If you're already familiar with our Gold Club here at the center, the Gold Star is very similar to it. The fee to be a Gold Star is \$100 per person and the date of giving begins on January 1, 2024, and ends on December 31, 2024. The center provides activities, educational seminars, classes, dances, car shows, market days, and services, both inside and out, throughout the year! There are too many to mention! You will also have the opportunity to donate to the center in memory of or in honor of someone. We'll be glad to answer any questions you have! Please contact Jane Wright at the Neal Senior Center at 704/482-3488.

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