



“The Senior Informer” May 2024



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

Did you know?



German chocolate cake was invented in Texas

The “German” part of German Chocolate Cake comes from an American man—not a European country. Specifically, it’s named after Sam German, who in 1852 created the formula for a mild, dark baking chocolate bar for Baker’s Chocolate Company, which was subsequently named “Baker’s German’s Sweet Chocolate”. In 1957, the *Dallas Morning Star* published the recipe for the cake, which was invented and submitted by a reader identified as Mrs. George Clay, according to *What’s Cooking, America*.

Something to think about

"Life is like a coin. You can spend it anyway you wish, but you only spend it once."
— Lillian Dickinson



WHAT'S INSIDE?

- What Will They Think of Next?

- Firing up the grill for a Memorial Day treat!

From the Executive Director's Desk...

Paulette Putnam, Neal Center Executive Director

May is "Older Americans Month". The Senior Center will start celebrating our seniors with our Open House and Reverse Raffle. Friday, May 3rd will kick-off all the great events that day. The Outside Vendor Fair is from 8:30 AM-2:00 PM. Come check out the neat items for sale. Also, we will be offering a free shred truck event. Pet adoption will also be going on from 9:00 AM-1:00 PM. Take a tour inside and go through the Information Fair. Don't forget to purchase your \$100.00 ticket for the raffle. A \$10,000 Grand Prize, other cash prizes, and door prizes will be given away and you don't have to be present to win.

Be sure to come join the fun on May 23rd at our May Dance. Get your tickets in advance for \$6.00 at the Reception Desk in the front lobby of the Neal Center. Or, you can get tickets the night of the dance for \$8.00 at the door.

See you in May!

*Paulette Putnam
Executive Director*

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 Dir.

Stephanie Baxter, Housekeeping

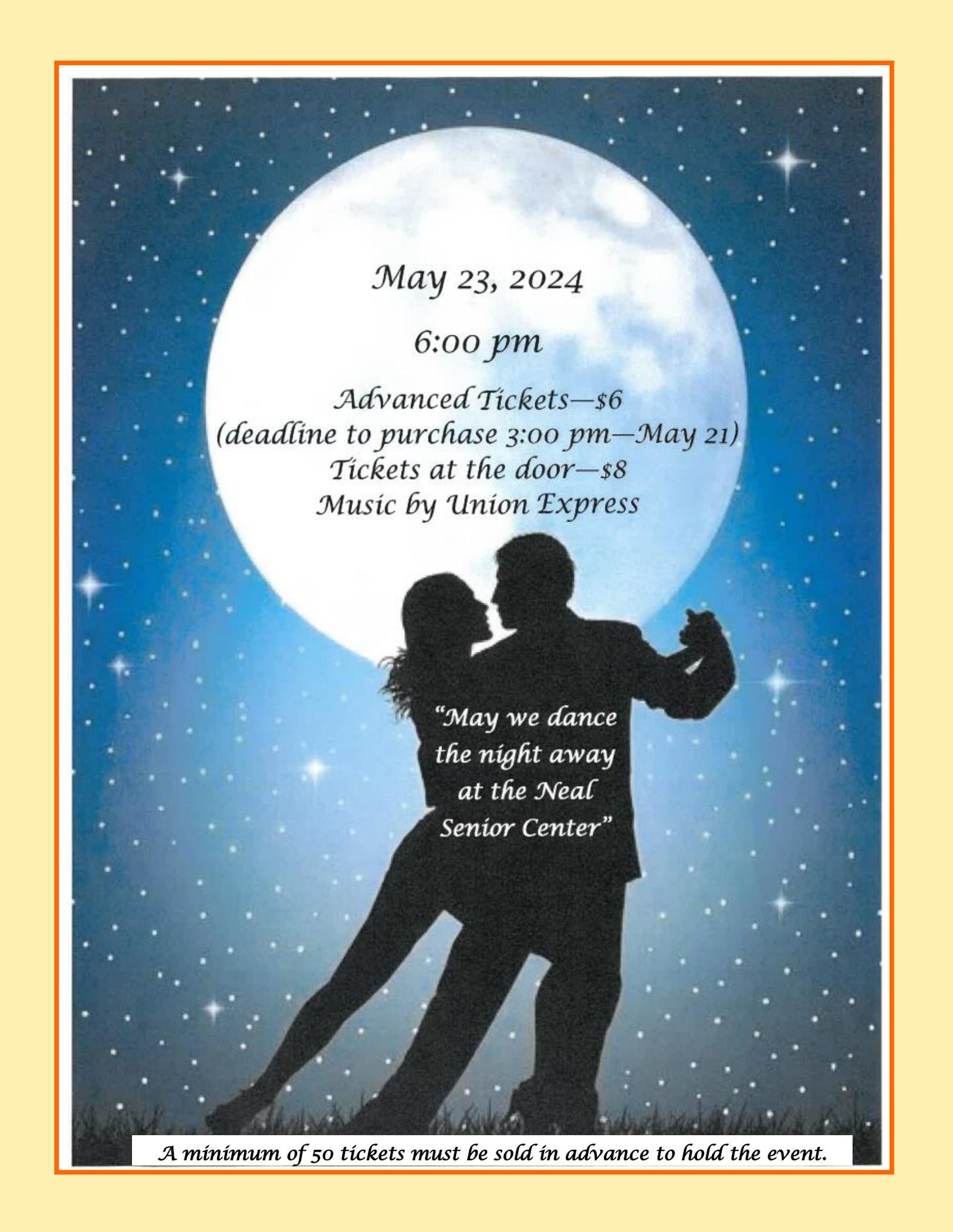
What are the hours for the Neal Senior Center?

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!**



The background of the entire page is a romantic scene. It features a large, bright full moon in the center, set against a dark blue night sky filled with numerous small, twinkling stars. In the foreground, the silhouettes of a man and a woman are shown in a romantic embrace, dancing. The man is on the right, wearing a suit, and the woman is on the left, wearing a dress. They are positioned in front of the moon, which creates a soft, ethereal glow around them. The overall mood is romantic and nostalgic.

May 23, 2024

6:00 pm

*Advanced Tickets—\$6
(deadline to purchase 3:00 pm—May 21)*

*Tickets at the door—\$8
Music by Union Express*

*“May we dance
the night away
at the Neal
Senior Center”*

A minimum of 50 tickets must be sold in advance to hold the event.



Council on Aging
of Cleveland County

100 T. R. Harris Drive * Shelby, NC 28150 * 704-482-3488



May 3, 2024

OPEN HOUSE & REVERSE RAFFLE

IN CONJUNCTION WITH:



POWERED BY CONNECTION: MAY 2024

EVENT SCHEDULE:

VENDOR FAIR – 8:30am – 2:00pm

FREE SHRED TRUCK – 8:30am – 2:00pm

PET ADOPTION – 9:00am – 1:00pm

INFORMATION FAIR – 10:00am – NOON

MEDICARE 101 – 11:00am – 1:00pm

HOT DOG SUPPER – Begins at 5:00pm

REVERSE RAFFLE – Begins at 6:00pm

HOT DOG SUPPER

– FREE –

to all participants & contributors

DONATIONS ACCEPTED

Reverse Raffle Tickets: \$100.00 each

* 400 TICKETS AVAILABLE *

BUY 4 TICKETS & GET ONE FREE!!!

For a chance to win \$10,000

★ Reverse Raffle PRIZES ★

(Taxes will be deducted)

(1) GRAND PRIZE WINNER \$10,000

(9) \$250 WINNERS

(Multiple) DOOR PRIZES

*You DO NOT have to be present to win!!

****TICKETS ON SALE NOW****

Contact COA/Neal Senior Center
for more information!!

To Purchase Tickets Contact:
April Wheatley 704-481-7382



**LADIES' SUPPORT COFFEE AND CHAT
WISHES TO INVITE YOU TO JOIN THE
CONVERSATION AND COFFEE IN MAY!**

Date: Tuesday, May 28, 2024 (4th Tuesday of each month)

Time: 10:00 am—11:00 am

Place: Neal Senior Center

**Program: Stacy Farmer, Senior Life Style Counselor,
Terra Bella, Shelby, NC**

**RSVP Before May 22, 2024 at 3:00pm
704-482-3488**



LET'S EAT!

Memorial Day Barbecued Chicken

This recipe is a great Memorial Day BBQ idea that uses ingredients already on hand—wonderful and perfect for grilling!



- ½ cup Worcestershire sauce
- 2 ½ tablespoons brown sugar
- 1 ½ tablespoons ketchup
- 1 teaspoon Cajun seasoning
- 1 teaspoon garlic powder
- 6 skinless, boneless chicken breast halves

Blend together Worcestershire sauce, brown sugar, ketchup, Cajun seasoning, and garlic powder in a large bowl. Place chicken into the bowl and coat thoroughly with sauce mixture. Cover and refrigerate for 8 hours to overnight.

Preheat an outdoor grill for medium heat and lightly oil the grate. Discard marinade and grill chicken on the preheated grill until no longer pink and the juices run clear, 6 to 8 minutes per side. An instant-read thermometer inserted into the center of chicken should read at least 165 degrees F (74 degrees C). Yield: 6 servings



**IF YOU'RE A U.S. VETERAN,
YOU'RE INVITED TO OUR
"VETERAN'S COFFEE & CHAT"
TUESDAY, MAY 28, 2024, 10 AM
AT THE NEAL SENIOR CENTER
100 T.R. HARRIS DRIVE, SHELBY**

**A great opportunity to have coffee with other veterans and
discuss the many issues veterans deal with in today's world.
FREE OF CHARGE....JUST SHOW UP!**



**The Neal Center is in need of volunteers for
Monday Night Bingo!**

Volunteer opportunities include:

- **Check Runners (Deliver prize money to winners)**
- **Floor Runners (sell Bingo cards on the floor)**
- **Kitchen Assistance (preparing and serving concessions)**

Hours are typically from 4:30 PM-8:30 PM

**For more information, please contact Dolores Ashworth, Neal
Center Volunteer Coordinator, at 704/481-7386**

Bingo is an ongoing fundraiser for the Neal Center, located at
100 T.R. Harris Drive, Shelby



When: Friday, May 3, 2024

Where: Council on Aging, Neal Senior Center
100 TR Harris Drive Shelby, NC 28150

Time: 8:30 am - 2:00 pm

Follow signs to drive up to the Shred Truck.
For more information, call 704-482-3488.

The Neal Senior Center will be closed on Monday, May 27, 2024 in observance of Memorial Day. The center will reopen on Tuesday, May 28, 2024 at 8:30 AM.



What will they think of next?

Dawn Dishwashing Detergent

According to research done by consumer product giant Procter & Gamble, when it comes to housework, washing dishes is consumers' second least-favorite household chore, right behind cleaning the toilet. One of the main goals of P&G is to find ways to make housekeeping and everyday living more enjoyable through the many products the company makes. Here's an example of how this goal led to the creation of one of their biggest selling products.

For years, Americans have been bombarded by the media promoting dishwashing products that "make your life easier" or "make you beautiful". The "Big 3" consumer product companies, Procter & Gamble, Colgate-Palmolive, and Unilever (formerly Lever Brothers) have spent loads of advertising dollars attempting to persuade the consumer that their product was "the best".

Until the late 1940's, dishwashing was done with soap powder or even a bar of soap. P&G changed the way people washed dishes by introducing "Joy" dishwashing liquid. It proved very popular, making dishwashing more pleasant. In 1957, P&G launched "Ivory Liquid" for those that preferred a dishwashing product that cleaned effectively and was also easy on the hands. It also became a favorite with consumers. Meanwhile, in 1958, P&G developed a bar soap designed to dissolve grease on the skin. The company chose the name "Dawn", as it was a new phase in skin care and was put in to test markets in various cities around the country. The product didn't sell well enough to get out of test market, so it was discontinued. However, P&G remembered the name "Dawn" and the premise of what the bar soap was designed to do: to dissolve grease.

In 1966, the Colgate-Palmolive company came up with a new, innovative product that caught the attention of the consumer fast: "Palmolive Dishwashing Liquid". Packaged in a clear, plastic container with an easy-to-open cap, and a striking emerald green color, sales took off. It was further enhanced by TV ads with "Madge, the Manicurist", promoting not only its mildness to hands but its ability to clean exceptionally well.

Procter & Gamble soon noticed the popularity of this new product and wasn't about to let Colgate-Palmolive overtake their share of the dishwashing liquid market. P&G began interviewing consumers to find out what their biggest complaint about dishwashing was. The most common answer was simple...grease. From this research, a 26-year old chemist named Paul Andrecola at P&G began working on a dishwashing product that would single handedly dissolve grease from dishes. By 1972, Andrecola developed a product that met this criteria, plus it also had a clean scent with an eye-catching blue color. When deciding on a brand name, the company remembered their bar soap that was designed to dissolve grease on the skin and felt it was fitting to name this product "Dawn".

P&G launched this new dishwashing product in test markets, first in the state of Idaho. By 1973, the product's popularity helped it to expand into Utah and Nebraska, then soon into Arkansas and New Mexico. By 1976, its great popularity enabled it to be made available nationally. Its selling point was "Dawn gets to grease before it gets to you!" As it rose to fame as a trusted dishwashing liquid, its impact already extended beyond the kitchen sink. In the late 1970s, wildlife experts discovered the remarkable cleaning properties of Dawn when used to remove oil from animals affected by oil spills. It was found that Dawn was not only effective at cutting through grease in dishes but could also gently cleanse the feathers and fur of wildlife without causing any harm.

Since then, Dawn has expanded its product line to include a concentrated version, an "E-Z Squeeze" bottle, a version free of perfume and dyes, and its newest addition, "Dawn Powerwash", which enables the consumer to wash dishes with a small amount of water. The uses go well past dishwashing as it is used for pre-treating laundry, getting rid of ants, washing windows and even unclogging a sink. Now, after over 50 years on the market, Dawn is the number one selling dishwashing liquid in the USA. Incidentally, Paul Andrecola later invented another highly successful P&G product: Febreze!



"Dawn" wasn't always a dish detergent...in 1958, it was the name for a grease-dissolving bath soap.



In 1972, Procter & Gamble launched "Dawn" in test markets as a dishwashing product.



"Dawn" as it is today.

PROGRAM TO ENCOURAGE ACTIVE, REWARDING LIVES (PEARLS)

The Program to Encourage Active, Rewarding Lives is an individualized evidence-based program, delivered in nine sessions over a five-month period by a trained PEARLS coach in-person, virtually by ZOOM or telephone through Healthy Aging NC. It is designed to reduce depressive symptoms and social isolation in adults 60 years of age and over. Sessions are highly participative, where support and success build the participants' confidence in their ability to improve their emotional health and maintain active/fulfilling lives.

The PEARLS program helps people with depressive symptoms to gain self-confidence in their ability to recognize their symptoms and learn how to solve problems affecting their lives. In addition, PEARLS focuses on increasing physical activity and social connections which often improves the mood of participants with depression.

PEARLS has been shown to improve quality of life for individuals having difficulty in coping with life changes such as living with a chronic illness, loss of a loved one, social isolation, etc.

Trained PEARLS Coaches support individuals one-on-one to build confidence and skills to:

- Better recognize the symptoms of depression
- Utilize a seven-step approach to identify and solve problems
- Plan social, physical, and enjoyable activities



Get connected to PEARLS if you or someone you know is experiencing little interest or pleasure doing things, feeling down, sad or hopeless, lasting more than 2 weeks. Healthy Aging NC's referral form makes it easy to make the referral for yourself, a friend, a relative. You may access the referral form through the link below or by contacting Healthy Aging NC at (828) 258-7712.

<https://healthyagingnc.com/program-to-encourage-active-rewarding-lives-pearls/>

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, May 23, 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!

Monday Night Bingo @ COA/Neal Senior Center

2024

January 2024						
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July 2024						
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September 2024						
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November 2024						
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December 2024						
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PLEASE NOTE:

ALL Dates subject to change at the discretion of COA/Neal Senior Center.

Minimum player count must be met.

Holiday – COA/Neal Senior Center – CLOSED – NO Bingo

1/1 New Year's Day – 5/27 Memorial Day – 9/2 Labor Day

Monday Night Bingo – Regular Schedule

See calendar

Special Events



*What creative activity
would you like to learn?*



The Neal Senior Center is all about providing activities for those aged 50+ in the Cleveland County area. And, the center needs your input! Is there an art form, a craft, or any creative activity that you've always wanted to learn? Then, let the Neal Senior Center know what you're interested in!

Some suggestions include Needlework for Beginners, Tie-Dying, Macrame, and Paper Art... but there's much more out there, so tell us what creative activities interest you! Your responses will give the center an idea of what future classes to make available.

Have an idea for a creative class? Please contact Daniel Dedmon, Neal Senior Center Program Director, at 704/481-7387 and share your suggestion...it may turn into a regular class at the Neal Senior Center!

MAY 2024 ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Monday Morning Bridge	9:45 Carolina Line Dancers	9:00 The Sewing Circle	9:30 Chair Volleyball	11:00-12:00 Zumba Gold
9:00 One-Day Oil Painting (3rd Monday)	10:00 Acrylic Painting	9:30 Chair Yoga	10:00 Daytime Friends (2nd & 4th Thurs.)	Center closes at 12:00 pm
9:30 Chair Yoga	Ladies Support (4th Tues.)	10:00 Beginner Spanish	12:00 Canasta For Beginners	
12:00 Beginning Canasta	Veteran's Coffee & Chat (4th Tues.)	10:00 Carolina Singers (1st & 3rd Weds.)	1:00 Thursday Afternoon Bridge	
12:30 Monday Afternoon Bridge	11:00 Tai-Chi	11:00 Zumba Gold	1:00 Mexican Train Dominoes	
2:00 Chair Yoga	12:00 Canasta For Beginners	11:00 Piedmont Rook	4:00 Dine-Around (4th Thurs.)	
5:00 Monday Night Bingo	1:00 Chair Volleyball	12:30 Knit Pickers		
5:30 Zumba		1:00 Packing Out		
<i>(Center will be closed Monday, May 27 for Memorial Day.)</i>		2:00 Chair Yoga		
		2:00 Euchre		

Laff-A-Little!

