



McFarlan has a Full Service Mayor!

In mid December heavy winds in McFarlan caused several dead and rotten trees to blow over along Braswell street. The large pine and elm trees blocked regular traffic and 911 emergency access.

Mayor Mark Holloway promptly responded, left, with his chainsaw, cutting up the fallen trees and restoring traffic flow.

It is believed that the elms were planted on Braswell Street around 1900, and the pine trees were volunteer growth.

Photo courtesy of Bill Foster

Early Detection of Alzheimer's Empowers Families to Plan for the Future

The holiday season is a time families gather and spend quality time with loved ones. It is also a time that can raise questions about the cognitive health of family members. With Alzheimer's disease in particular, it is important to know what it is and what it is not normal aging. Below is a list of warning signs along with examples of normal aging. If you notice any of the warning signs in your aging family members, it is recommended that you see a doctor.

Alzheimer's Association 10 Warning Signs of Alzheimer's

1) Memory loss that disrupts daily life. One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on one's own.

What's typical: Sometimes forgetting names or appointments, but remembering them later.

2) Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's typical: Making occasional errors when balancing a checkbook.

3) Difficulty completing familiar tasks at home, at work, or at leisure. People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's typical: Occasionally needing help to use the settings on a microwave or to record a television show.

4) Trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's typical: Getting confused about the day of the week but figuring it out later.

5) Trouble understanding visual images and spatial relationships. For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

What's typical: Vision changes related to cataracts.

6) New problems with words in speaking or writing. People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's typical: Sometimes having trouble finding the right word.

7) Misplacing things and losing the ability to retrace steps. A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's typical: Misplacing things from time to time, such as a pair of glasses or the remote control.

8) Decreased or poor judgment. People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's typical: Making a bad decision once in a while.

9) Withdrawal from work or social activities. A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite hobby or remembering how to complete a hobby.

What's typical: Sometimes feeling weary of work, family and social obligations.

10) Changes in mood and personality. The mood and personalities of people with Alzheimer's can change. They can be confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's typical: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Early detection of Alzheimer's disease or other dementias is an important step in getting appropriate treatment, care and support service. Additional benefits to early diagnosis are as follows:

- Benefits of an early diagnosis of Alzheimer's disease
- Benefit from treatments that may improve symptoms and help maintain a level of independence longer

- Have more time to plan for the future
- Increase chances of successfully finding a clinical drug trial through Alzheimer's Association TrialMatch, helping advance research
- Participate in decisions about their care, transportation, living options, financial and legal matters
- Develop a relationship with doctors and care partners
- Benefit from care and support services, making it easier for them and their family to manage the disease

Anyone with questions about Alzheimer's disease and/or seeking information should contact the Alzheimer's Association's 24/7 toll-free helpline at 800-272-3900. Experts are available to take calls from individuals concerned with their own cognitive health as well as from family members and friends who may be concerned about a loved one and are seeking resources.

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. Visit www.alz.org or call 800-272-3900.

REMEMBER SENIOR DAY



10 Dinners Starting at \$3.99 All Day Wednesday

Each meal includes coffee or 16oz iced tea

126 West Caswell Street in Wadesboro



HAPPY 1ST BIRTHDAY! Harmony Faith celebrated her 1st birthday on January 3rd. She is the granddaughter of Tony & Denise Baker of Wadesboro. Love, Aunt Britt & Uncle J

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Don't forget to use your flex spending & community eye care benefits before the end of the year!

MedCenter Air Helicopter Visits SPCC Class

Justin Jackimowicz's Emergency Medical Services class got a visit from a MedCenter Air Helicopter on Thursday, November 10, on South Piedmont Community College's Old Charlotte Highway Campus in Monroe. Students got an up-close look at the helicopter and heard what life is like for those who fly it.

Members of Bakers Volunteer Fire Department set up the landing zone and also listened to the presentation.

Pictured here, crew member Tera Leach, left, talks with the class, including Melissa Patera, center, and Melonie Faircloth about how the stretcher is loaded. For more information about EMS classes at SPCC, contact EMS Coordinator Robby Smith at 704-290-5817 or rsmith@spcc.edu.



11TH ANNIVERSARY SALE

WADESBORO LUMBER & BARN

213 Salisbury Street, Wadesboro, NC

Hours: Monday-Friday 8am-5pm • Saturday 8am-1pm

704-694-3996

TREATED PINE	2x4x8... \$1.99	2x6x8... \$2.99	2x8x8... \$4.99	
	2x4x10... \$2.99	2x6x10... \$3.99	2x8x10... \$5.99	
	2x4x12... \$3.49	2x6x12... \$4.99	2x8x12... \$6.49	
	2x4x16... \$4.99	2x6x16... \$6.49	2x8x16... \$7.99	
	2x4x8... \$2.99	2x6x8... \$3.99	2x8x8... \$5.49	4x4x8... \$6.99
	2x4x10... \$3.49	2x6x10... \$4.99	2x8x10... \$7.99	4x4x10... \$8.49
	2x4x12... \$4.49	2x6x12... \$5.99	2x8x12... \$8.99	4x4x12... \$9.49
	2x4x16... \$5.99	2x6x16... \$7.49	2x8x16... \$10.95	4x4x16... \$12.95

Landscape Timbers
\$199 Each

DECKING BOARDS
8'... \$3.29
10'... \$4.29
12'... \$5.29
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Plywood
1/2.....\$12.99
5/8.....\$13.99
3/4.....\$14.95

CARPET
Starting @ \$4.99 /sq. yd.

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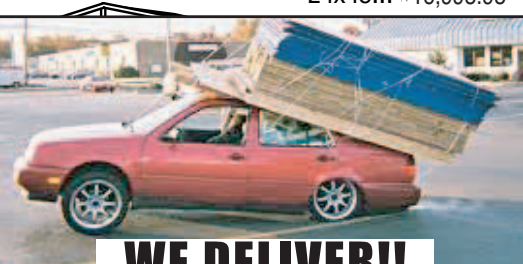
8x8...	\$799.95
8x10...	\$999.95
8x12...	\$1,099.95
10x12...	\$1,199.95
12x12...	\$1,399.95
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WILL BUILD OR DELIVER ON YOUR LOT

Garages

12x20...	\$4,995.95
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24x24...	\$8,999.95
24x24...	\$9,995.95
24x32...	\$11,995.95
24x48...	\$16,995.95

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6x6...	\$399.95	12x12...	\$999.95
8x8...	\$499.95	12x16...	\$1,299.95
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