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Army's Robin Sage Exercise Scheduled

This month, Special Forces candidates will participate in the Robin Sage training exercise, held within multiple North Carolina counties as the final test of their Special Forces Qualification Course training.

Between January 22 through February 4, students will participate in this exercise before graduating the course and moving on to their first assignments in the Army's Special Forces community. Robin Sage is a two-week culmination exercise. The participants are students at the U.S. Army John F. Kennedy Special Warfare Center and School, based out of Fort Bragg.

The exercise's notional country of Pineland encompasses Alamance, Anson, Bladen, Brunswick, Cabarrus, Chatham, Columbus, Cumberland, Davidson, Guilford, Harnett, Hoke, Lee, Montgomery, Moore, New Hanover, Randolph, Richmond, Robeson, Rowan, Sampson, Scotland, Stanly, Union, and Wake counties in North Carolina and the South Carolina counties of Chesterfield, Dillon and Marlboro. Throughout the exercise, military and civilian support personnel, as well as community volunteers who serve as auxiliary, will participate in and/or provide support during each of these exercises. Military service members from units across Fort Bragg will also support the exercise. These military members act as realistic opposing forces and guerrilla freedom fighters, also known as Pineland's resistance movement. These troops play a critical role in the training exercise. To add realism of the exercise, civilian volunteers throughout the state act as role-players. Participation by these volunteers is crucial to the success of this training, and past trainees attest to the realism they add to the exercise.

All Robin Sage movements and events have been coordinated with public safety officials throughout and within the towns and counties hosting the training. Residents may hear blank gunfire and see occasional flares. Controls are in place to ensure there is no risk to persons or property. Residents with concerns should contact local law enforcement officials, who will immediately contact exercise control officials.

For the U.S. Army John F. Kennedy Special Warfare Center and School, safety is always the command's top priority during all training events. The following measures have been implemented:

- Formal written notification to the chiefs of law enforcement agencies in the affected counties, with a follow-up visit from a unit representative.
- All civilian and non-student military participants are briefed on procedures to follow if there is contact with law enforcement officials.
- Students will only wear civilian clothes if the situation warrants, as determined by the instructors, and will wear a distinctive brown armband during these instances.
- Training areas and vehicles used during exercises are clearly labeled.

Robin Sage is the U.S. military's premiere unconventional warfare exercise and the final test of over a year's worth of training for aspiring Special Forces Soldiers. Candidates are placed in an environment of political instability characterized by armed conflict, forcing Soldiers to analyze and solve problems to meet the challenges of this "real-world" training.

A spokesman stated, "We appreciate the support and consideration the citizens of North Carolina extend to the Soldiers participating in the exercise and thank them for their understanding of any inconveniences the training may cause. Questions concerning the exercise should be referred to the U.S. Army John F. Kennedy Special Warfare Center and School Public Affairs Office at (910) 396-9394, or by email at pao_swcs@socom.mil."

In the event of an emergency, please contact your local law enforcement agency.

Support Alzheimer's Caregivers

Alzheimer's Association is Here for North Carolina Dementia Caregivers

The Alzheimer's Association's Western Carolina Chapter and Eastern North Carolina Chapter is recognizing and honoring the 358,000 family members and friends across North Carolina who are currently caring for a person living with Alzheimer's or another form of dementia.

In 2020, friends and family of those with Alzheimer's in North Carolina provided an estimated 517 million hours of unpaid care, a contribution valued at \$7.3 billion. According to the 2021 Alzheimer's Association Facts and Figures report, 83 percent of the help provided to older adults in the U.S. comes from family members, friends or other unpaid caregivers. And nearly half of all caregivers (48 percent) who provide help to older adults do so for someone with Alzheimer's or another dementia. Caregivers of people with dementia report providing an average of 92 hours of care per month.

The demands of being an Alzheimer's caregiver are all-encompassing and increase over time as the disease progresses. The Alzheimer's Association is encouraging people to recognize Alzheimer's caregivers for all they do every day to support people with dementia.

"Throughout the year we celebrate the heroic contributions of Alzheimer's and dementia caregivers, while also raising awareness about the unique challenges caregivers face," said Katherine L. Lambert, CEO of the Alzheimer's Association, Western Carolina Chapter. "Never have the efforts of caregivers been tested more than during the past year and a half. That is why we are committed to supporting caregivers now more than ever."

Caring for someone with Alzheimer's or other dementias is exceptionally demanding and especially challenging. Providing help and support to caregivers can be easier than most people think. Even little acts can make a big difference. The Alzheimer's Association offers the ideas below to encourage people to lend a hand to a caregiver this month and year-round:

8 Ways Support an Alzheimer's/Dementia Caregiver

- 1) **Learn:** Educate yourself about Alzheimer's disease and dementia – its symptoms, its progression and the common challenges facing caregivers. The more you know, the easier it will be to find ways to help. Visit alz.org/alzheimer_s_dementia.
- 2) **Build a Team:** Organize family and friends who want to help with caregiving. The Alzheimer's Association offers links to several free, online care calendar resources that families can use to build their care team, share takes and coordinate helpers. alz.org/help-support/caregiving/care-options/care-team-calendar.
- 3) **Give Caregivers a Break:** Make a standing appointment to give the caregiver a break. Spend time with the person living with dementia and allow the caregiver a chance to run errands, go to their own doctor's appointment, participate in a support group or engage in an activity that helps them recharge. Even one hour could make a big difference in providing the caregiver some relief.
- 4) **Check In:** Many Alzheimer's and dementia caregivers report feeling isolated or alone. So start the conversation – a phone call to check in, sending a note, or stopping by for a visit can make a big difference in a caregiver's day and help them feel supported.
- 5) **Tackle the To-Do List:** Ask for a list of errands that need to be run – such as picking up groceries or prescriptions. Offer to do yard work or other household chores. It can be hard for a caregiver to find time to complete these simple tasks that we often take for granted.
- 6) **Be Specific and Be Flexible:** Open-ended offers of support ("call me if you need anything" or "let me know if I can help") may be well-intended, but are often dismissed. Be specific in your offer ("I'm going to the store, what do you need?"). Continue to let the caregiver know that you are there and ready to help.
- 7) **Help for the Holidays:** Holiday celebrations are often joyous occasions, but they can be challenging and stressful for families facing Alzheimer's. Help caregivers around the holidays by offering to help with cooking, cleaning or gift shopping. If a caregiver has traditionally hosted family celebrations, offer your home instead.
- 8) **Join the Fight:** Honor a person living with the disease and their caregiver by joining the fight against Alzheimer's. You can volunteer with your local Alzheimer's Association chapter, participate in fundraising events such as Walk to End Alzheimer's and The Longest Day, advocate for more research funding, or sign up to participate in a clinical study through the Alzheimer's Association's Trial Match.

To learn more about Alzheimer's disease and ways you can support families and people living with the disease, visit alz.org/honor.

Additional Facts and Figures: (alz.org/facts)

- Alzheimer's disease is the sixth-leading cause of death in the United States.
- More than six million Americans are living with the disease, including 180,000 North Carolina residents — a number estimated to grow to as many as 210,000 by year 2025.
- More than 11 million family and friends, including 358,000 in North Carolina, provide unpaid care to people with Alzheimer's or other dementias in the United States.
- One in three seniors dies with Alzheimer's or another form of dementia.

About the Alzheimer's Association: The Alzheimer's Association is the leading voluntary health organization in Alzheimer's 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.

About the Alzheimer's Association - Western Carolina Chapter: The Western Carolina Chapter provides patient and family services, information and referral, education, and advocacy in 49 central and western North Carolina counties. We provide a variety of services including a 24/7 Helpline, support groups, educational programs, and MedicAlert. We offer opportunities to get involved and to make a difference. For more information about Alzheimer's disease or the Alzheimer's Association Western Carolina Chapter, visit alz.org/northcarolina or call (800) 272-3900.



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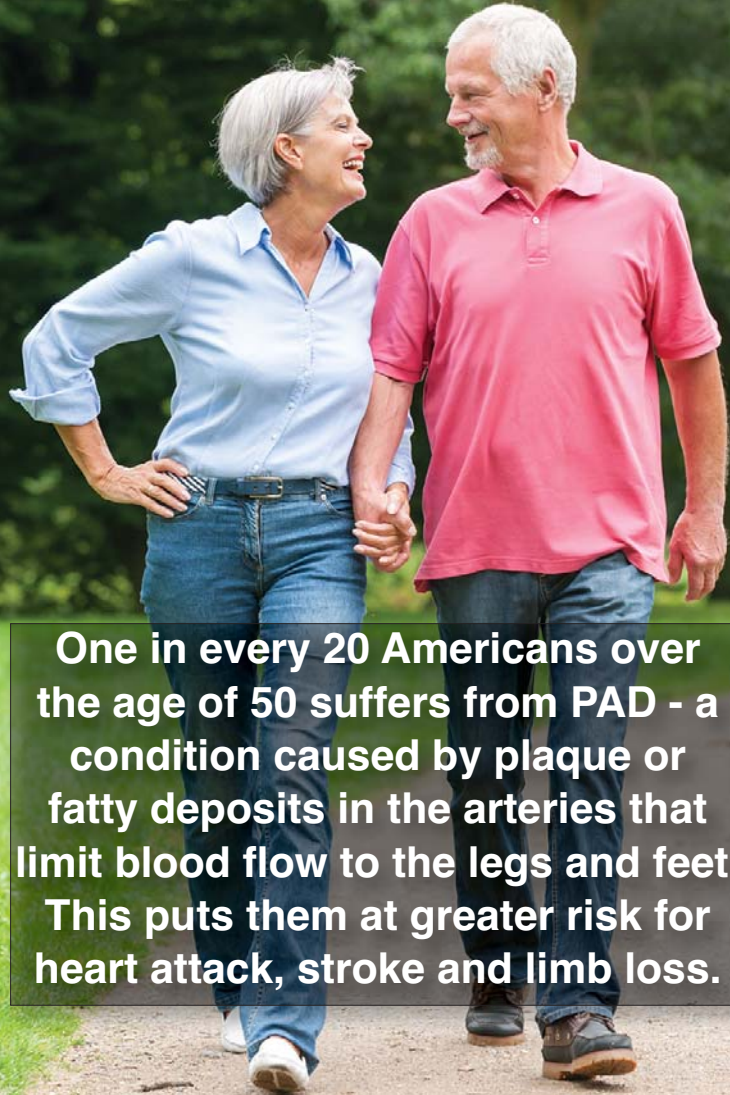


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