

Free Groceries Available to Eligible Families this Saturday, March 11

A new shipment of USDA perishable and non-perishable foods will be distributed to all who qualify this Saturday, March 11, starting at 9 a.m. for as long as supplies last, at Burnsville Recreation & Learning Center (BRLC).

All families that are eligible will be served as long as food remains. All neighbors that are served must have a current application on file. Neighbors that have not previously registered will be asked to complete an eligibility application before being served. Families or family members who receive federal food assistance automatically qualify.

Registration will start at 9 a.m. Burnsville Fire & Rescue have made their parking area available for neighbors to park and register.

Neighbors who arrive early will have the opportunity to take advantage of various Care Corner items.

Children are not allowed during the registration or distribution process.

The North Carolina Department of Agriculture and Consumer Services Food Distribution Division provides these food items through the Second Harvest Food Bank of Metrolina in Charlotte and Feeding America.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political belief, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department.

You can contact BRLC at 704-826-8737 for information, from 8:30 a.m. to 12 p.m. Tuesday and Thursday. BRLC is located at 13349 Highway 742 North in Burnsville, across from the Fire Department. For more information check their Facebook page or www.burnsvilleelc.org.

Five Reasons Alzheimer's Caregiving is Challenging

There are more than 11 million family caregivers in the U.S and nearly half of these caregivers provide help to someone with Alzheimer's or another dementia. Here in North Carolina, there are 356,000 caregivers who provided 514 million hours valued at \$7.3 billion.

Caregivers for Alzheimer's and dementia face unique challenges. Here are 5 reasons why Alzheimer's caregiving is challenging:

- Caregiving for someone with memory loss is exceptionally demanding.**
 - Alzheimer's caregivers are often managing multiple conditions, not only memory loss, but:
 - Long-term physical conditions, including gradual loss of mobility
 - Emotional issues
 - Behavioral and personality changes
- Caregiving tasks are often more intensive and burdensome**
 - Caregivers of people with dementia report providing 27 hours more care per month on average (92 hours versus 65 hours) than caregivers of people without dementia.
 - Among all older adults with dementia, 77% receive assistance with at least one activity of daily living (ADL), such as bathing and dressing, in contrast to only 20% of older adults without dementia.
- Alzheimer's caregivers often have to provide care over a longer period of time**
 - Average life expectancy following a diagnosis is 4-8 years, but can be as long as 20.
 - During the course of the disease caregiving tasks escalate and become more intensive
- Alzheimer's caregivers report greater stress and personal health problems**
 - 59 % of Alzheimer's caregivers report their emotional stress as high or very high. (Non-Alzheimer's caregivers – 41 %)
 - 35 % report declining health because of caregiving (Non-Alz caregivers – 19 %)
 - A recent national poll found 27 % of caregivers for people with dementia delayed or did not do things they should for their own health.
- Impact on Employment**
 - 57% reported sometimes needing to go in late or leave early due to care responsibilities,
 - 18% reduced their work hours
 - 9% gave up working entirely.

"Caring for someone with Alzheimer's is overwhelming for many caregivers here in North Carolina," said Katherine L. Lambert, CEO of the Alzheimer's Association – Western Carolina Chapter. "However, there is support and resources available including local support groups, education programs and our 24/7 Helpline. No one should face this disease alone and the Alzheimer's Association is here to help."

As part of National Alzheimer's Disease Awareness Month and National Family Caregivers Month, the Alzheimer's Association's Chapters in North Carolina are offering free education programs and support groups to help all North Carolina caregivers and their families. For a complete list or to register for upcoming programs, visit act.alz.org/ncmonthlyprograms.

To learn more about Alzheimer's disease, support families and people living with the disease and information on the Alzheimer's Association - Western Carolina Chapter, visit alz.org/northcarolina or call 800.272.3900.

BBB of Charlotte and Asheville Release 2022 Annual Report

Better Business Bureau of Southern Piedmont and Western North Carolina released its 2022 annual report detailing consumer activity related to businesses located in the BBB's 37-county service area.

his report includes statistics on consumer complaints, verified customer reviews and the top five scams.

Consumer Complaints In 2022, consumers filed a record 24,000+ complaints against area businesses, showing a 6.5% increase from 2021. "Over the last year we've worked to make the consumer experience when filing a complaint seamless. We've updated our forms and made it very easy for consumers to differentiate between whether they're looking to file a complaint or leave a review," said BBB of Southern Piedmont and Western North Carolina President, Tom Bartholomy.

In spite of the large number of complaints filed, the BBB was still able to resolve 93% of all complaints submitted.

Verified Customer Reviews Additionally in 2022, customers submitted more than 21,000 verified reviews about businesses, showing an 11% increase from 2021. "Customer reviews continue to be on the rise," said Bartholomy. "Potential customers always want to know what third parties say about a business they're considering working with, and the BBB is a great resource for that. We also know how valuable these reviews are and continue to encourage businesses to ask their customers to leave them reviews on BBB.org."

Top 5 Scams of 2022

1. Online Purchase/Counterfeit Products
2. Employment
3. Phishing/Imposter Scams
4. Tech Support
5. Advance Fee Loan

Consumers can visit www.bbb.org to check out a business, file a complaint or leave a review.

Services for Consumers - Health Insurance

The North Carolina Department of Insurance (NC DOI) understands that choosing an insurance policy can be confusing. There are a lot of things to consider when selecting an insurance policy - will your doctor accept your insurance? How do I know what is covered? Do I have to use certain hospitals? Where do I get insurance? Once you start to use your insurance, there are other things that you may start to consider as well, such as - how much money will I have to pay? What if I have trouble getting my treatment covered or what if I'm denied?

The North Carolina Department of Insurance can help you with your health insurance questions and concerns. Their staff can help you:

- File a written complaint if you are not happy with an action taken by your insurance company
- Understand your rights and responsibilities regarding health insurance coverage
- File a medical appeal with your insurance company
- Request an external review if your claim was denied

How can the NC DOI help you? Call them toll-free at 855-408-1212.

Free Low Sensory Evening at Discovery Place Kids

There will be a low sensory event at Discovery Place Kids – Rockingham this Thursday, March 9. Families in the town of Rockingham and surrounding areas are invited to explore the wonders of science in an immersive environment where noise levels are low to ensure that everyone can experience the joys of learning in a calm, quiet environment.

- Date: Thursday, March 9
- Time: 5:00 – 7:00 p.m.
- Location: Discovery Place Kids – Rockingham, 233 E. Washington Street, Rockingham, NC 28379

The event is free and open to families and caregivers of those who would benefit from a low sensory environment. Those interested in attending can register at kids.discoveryplace.org.

Church News

THE CHURCH CALENDAR IS BROUGHT TO YOU BY THESE SPONSORS

MARCH 19

6th Anniversary Of Overseer Sylvia McLendon at Divine Unity H.O.R.M., 6090 Hwy 109 South in Wadesboro, 11am with Overseer Iris Tillman of Church of God of Prophecy in Morven.

Pastor's Appreciation Service for Bishop James Glenn & Lady Glenn at Victory Temple Miracle Center, 4pm. Public is invited.

MARCH 26

Twelve Tribes Program at Rock Hill Missionary Baptist Church, on Hwy 74 in Lilesville, 3pm. All are invited.

ONGOING

Bible Study Every Wed night, 7pm at Victory Temple Miracle Center
Prayer/Bible Study Thursdays 6:30-8:30pm at House of Faith
Bible Study Every Wednesday at noon at Expected End Ministries by Pastor Betty Tillman

Events

MARCH 11

Gulledge Fire Department BBQ

Chicken or pork plates at Gulledge Fire Dept. \$12 plate includes baked beans, slaw, rolls, homemade desserts & a drink. Cartons are available too. 11am until...

Class of 1973

50th Reunion Planning Meeting, 3pm at Lady Bug Restaurant in Wadesboro. All classmates are invited. Info Brenda S. Rorie 704-695-5196.

ONGOING EVENTS

Learning Center Hours Burnsville Recreation & Learning Center, Mon-Fri, 10:30-5:30pm. Computer lab (children & adults), copy service, fax service & resource library. All available to the public for a small fee

After School Program Kid Cafe Mon-Fri from 2:30-5:30p.m. at the Burnsville Recreation & Learning Center, 704-826-8737

Cub Scouts Pack #530

Meets each Thursday at Peachland UMC at 7pm. Info 704-994-9173

Free Food Distributed by Anson Crisis Ministries

Every Monday, Tuesday, Wednesday & Friday, 8am-1pm. It is located at 117 North Rutherford Street in uptown Wadesboro. Telephone is 704-694-2445

Free Food

Distribution at Feed My Lambs every Tuesday, Thursday & Friday, 1-4pm. Located at 2290 Hwy 74 West, Wadesboro. 704-695-1820

Writers' Club Meets

Fourth Sunday each month at First Presbyterian Church in Wadesboro, 3pm (except July & Dec). Open to public, new members of all ages invited. Info 704-694-5211

The Month of March

"March" is named for the Roman god of war, Mars. This was the time of year to resume military campaigns that had been interrupted by winter. In the early Roman calendar, March (or Martius) was the first month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings.

March became the third month when January and February, which were added to the end of the Roman calendar around 700 BCE, instead became the first and second months around 450 BCE.

March Calendar

- March 8 is International Women's Day, which is a day that not only celebrates the achievements of women and the progress made toward women's rights.
- March 12 is the start of Daylight Saving Time, Spring Forward on your clocks!
- March 15 is the Ides of March! Legend surrounds this ill-fated day. Beware the Ides of March!
- March 17 is St. Patrick's Day. According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.
- March 20 brings about the March equinox - also called the vernal or spring equinox in the Northern Hemisphere - marking the beginning of spring. In the Southern Hemisphere, this date marks the autumnal equinox and the beginning of fall. On this day, the Sun stands directly over Earth's equator.
- March's birthstone is the aquamarine. This gem is a type of beryl; its color can be pale to dark blue, greenish-blue, or blue-green; deep, intense blue versions are more valuable.
- March's birth flower is the daffodil or jonquil. The daffodil signifies regard or unrequited love. The jonquil means "I desire a return of affection."

March is for Foodies!

March is a month with 23 Fun Foodie holidays such as National Peanut Butter Lovers' Day, National Potato Chip Day, National Oreo Cookie Day and more. The Town of Cheraw, Cheraw Recreation & Leisure Services and the Cheraw Arts Commission will be celebrating March and its special food days with March is for Foodies! featuring a week of food related happenings.

March EATS Week promotes our local restaurants and their food offerings during March 13-18. Customers will be eligible for \$25 Cash prizes in drawings at participating Cheraw restaurants. There will also be an opportunity to enter for a Cash Grand Prize of \$100. A list of participating restaurants will be available at Cheraw.com.

March is for Foodies! concludes on Saturday, March 18 with March MOBILE Meals. This "Grab & Go" event features Food Trucks at the Cheraw Community Center (200 Powe Street) from 11 a.m. until 3 p.m.

Join them for all the happenings during March is for Foodies! For additional information call 843.537.8420 x 12.

Chipmunks May Have Moved into Eastern North Carolina

A rare chipmunk sighting in Wilmington has N.C. Wildlife officials curious

Chipmunks in North Carolina are only known to live north and west of Wake county, however, a recent photograph submitted to the N.C. Wildlife Resources Commission has biologists wondering if its range has expanded to eastern North Carolina.

"We recently received an observation with photos of a chipmunk in the Wilmington area. It is likely a case of hitch hiking, however we'd like the public to notify us of any chipmunk sightings east of Wake county," stated Andrea Shipley, a mammalogist with the Wildlife Commission.

Staff biologists are specifically interested in sightings in New Hanover, Brunswick, Onslow, Duplin, Sampson, Bladen, Cumberland, Moore, Montgomery, Anson, Richmond and Robeson counties.

Chipmunks are found in both urban and rural habitats. The eastern chipmunk prefers open woodlands or forest edges, with plenty of cover and dry hillsides for digging burrows. The chipmunk is most active in early morning and late afternoon, gathering and storing seeds, nuts, acorns and berries. Unlike squirrels, chipmunks spend most of their time foraging on the ground, climbing trees only occasionally.

Chipmunks have distinctive coloring – reddish brown fur, a black stripe down the center of its back and a set of two black stripes. They are smaller than squirrels, measuring eight to 10 inches long, including three to four inches of tail. The chipmunk's most distinguishing feature is its large cheek pouches, usually full of nuts or seeds to unload in an underground storage burrow.

Burrows provide protection from predators such as hawks, owls, foxes and snakes, and safe quarters during winter months when cold weather brings on a state of deep sleep.

If you live in any of the counties specified and observe a chipmunk or its habitat, please take a picture, note the location (GPS coordinates preferred) and contact the Commission's NC Wildlife Helpline (www.ncwildlife.org/Have-A-Problem), Monday through Friday, 8 a.m. – 5 p.m., at 866-318-2401, or email anytime at HWI@ncwildlife.org.