

THE EXPRESS

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Serving Anson County and the Municipalities of Ansonville, Lilesville, McFarlan, Morven, Peachland, Polkton and Wadesboro.

SHIIP Helps Save N.C. Medicare Beneficiaries Millions

North Carolina Insurance Commissioner Mike Causey announced that the Seniors' Health Insurance Information Program (SHIIP) saved the state's seniors \$30 million last year. Many retirees and Medicare beneficiaries on a fixed income want to save money wherever they can. Each year, thousands of people contact SHIIP throughout the state to help them identify savings in their Medicare coverages.

"These savings are valuable to older North Carolinians, many of whom are on a fixed income," Commissioner Causey said. "Now they can use them to spend as they see fit."

Throughout the year, but particularly during the Medicare Open Enrollment period from Oct. 15 to Dec. 7, Medicare beneficiaries are urged to compare their current coverage for the Part D prescription drug plan to determine if their current plan is still the most appropriate for the coming year. Each year formularies, prices and programs change. Often, Medicare beneficiaries are unaware of the differences.

In 2022, SHIIP and its coordinating sites statewide assisted 52,482 consumers in saving on their healthcare. In addition, nearly 1,200 consumers received assistance applying for the Extra Help program.

If you have questions about Medicare or the Extra Help program, contact SHIIP at 1-855-408-1212 to speak with a trained counselor or to request a free brochure. Contact information for local coordinating sites in each county in North Carolina can be found by visiting www.ncshiip.com.



Anson High School Staff Takes on AHS Seniors in Annual Softball Game

The Anson High School staff softball team officially remains undefeated after the annual Staff Versus Seniors game held on Saturday, May 20. The staff said, "Class of 2024, start practicing now!"



Pictured above are, from left, Jaydah Hardin, Memoreh Marsh and Nova Melton.

NAUW Wadesboro Branch Green & White Pageant

The Wadesboro Branch of the National Association of University Women presented its Green & White Pageant on Saturday, April 23 at the Morven Elementary School Ballroom. Greetings were extended by NAUW 2nd Vice President Dr. Dionnya Pratt. The MCs for the program were Kim Harrington and Leon Gatewood. Decorations were provided by Marlene Richardson with the assistance of Jannie Liles, Bertha Hardin and Dionnya Pratt.

Chairing this year's event were Dionnya Pratt and Patricia Bennett. Music was provided by Leon Gatewood. Each contestant was announced as they showcased their talent. The audience was delighted with dancing, singing and poetry. Afterwards the girls changed into their white dresses and were escorted to the stage. There, each contestant was presented a green and white wristlet. Their escorts were dressed in the NAUW's color - green cummerbund and tie to wear along with their white shirt and black pants.

The NAUW's Green & White Queen for 2023 was Memoreh Marsh, daughter of Brice and Twinkles Marsh Taylor. Her escort was Tyshawn Kendall. Marlene Richardson sponsored her. She was crowned by 2019 Queen Rehyndia Smith. Memoreh was presented the winning trophy, rewards, and gifts along with a bouquet of flowers. The queen took her place on the court, and she was joined by the 1st Runner Up Nova Melton, daughter of Chalise Allen and Trey Melton. Nova was escorted by Carter Mack and sponsored by Sherika Staton. 2nd Place was Jaydah Hardin, daughter of Tamika Brown and Jamar Hardin. Jaydah was escorted by Jer'Quan Smith and sponsored by Sarah Dean.

Other contestants and escorts were as follows: Marianna Bennett escorted by Davion Bennett, Legacy Brice escorted by Braylen Davis, Kenslei Burns escorted by Jah'sreal Hailey, Kennedy Griffin escorted by Ayden Griffin, DiMond Little escorted by Kenston Liles, Malayah Little escorted by Brayden Little, Jalena Reed escorted by King Lisenby, Kali Sturdivant escorted by Eric Sturdivant, Brylee Teal escorted by Skyler Liles and Faith Wall escorted by Thomas Maye.

All contestants received a trophy and gifts from their sponsor. The escorts were given a trophy and gift certificates as well.

Members of NAUW are: Sarah Dean - President, Marlene Richardson- 1st Vice President Dr. Dionnya Pratt is 2nd Vice President. Secretaries are Hester Spencer and Lorri Bennett. Financial Secretary is Thomasina Montgomery. Treasurer is Bertha Hardin. Corresponding Secretary is Brenda Broadway-Calliste. Parliamentarian is Patricia Bennett. Other members of the Wadesboro Branch are: Dr. Altheria Patton, Claretta Little, Denise Cannon, Jannie Liles, Kellie Sturdivant, Heather Watkins, Janice Ratliff, Sherika Staton and Patricia McGregor-DeBerry.

NAUW Pageant Tea held for contestants. The tea for contestants was held on April 16 at 3 p.m. at the SPCC Baldwin Theater. Contestants wore their favorite dress with matching hat and gloves. The tables had been set by Mrs. Richardson. The young ladies were shown proper etiquette on drinking tea and eating sandwiches. Members brought tea cakes, fruit and sandwiches.

Miss Sydnee Davis, a special guest speaker, talked about being a good student and learning. She will be graduating from Anson Early College this year and going to Spelman College in Atlanta. Miss Davis referenced a book, "From Momma's House to College: The Parents Guide to Getting Their Child into College" by Subrina Hough. Another special guest for the students was former First Lady, Michelle Obama. She wanted to pick out a dress for her daughters to wear to a tea party. This was a beautiful occasion.



Harvard Street Band Concert at the Library

The Hampton B. Allen Library will have a musical event on Monday, June 12 at 10:30 a.m. in the Little Theater. The Harvard Street Band will be performing. Band members are Brady Greene, Robbie Griffin, Don Shell and Rick Hansen. Everyone is invited to come and enjoy the beautiful country and gospel music.

Any questions please call 704-694-5177.

Arts Council's Bach's Lunch is Wednesday, June 14

Support the arts in Anson County by enjoying a delicious lunch. The Anson County Arts Council is hosting their first Bach's Lunch of the summer season on Wednesday, June 14. The meals are "to go."

The meals are by reservation only. Please call 704-694-4950 or text 704-221-3038 and give your name and the number of orders you would like to pick up. Pick up takes place at the Arts Council office, located at 110 South Rutherford Street in Wadesboro, from 11 a.m. until 12:30 p.m.

80's Party Fundraiser

Get your 80's gear ready to Party for a Purpose on Saturday, June 17, from 7 to 11 p.m. at the HOLLA! Center, located at 229 East Main Street in Morven. Come out to support the upcoming 'Creative Arts Youth Summer Camp at HOLLA!' by donating a minimum \$5 entry fee. There will be food trucks, entertainment, karaoke and two DJs!

Tips for Discussing Cognitive Concerns with Your Doctor During Alzheimer's & Brain Awareness Month in June

Today, there are more than 6 million people 65 and older who are living with Alzheimer's dementia, with 180,000 in North Carolina.

According to the recent Alzheimer's Association Facts and Figures report, too often individuals with memory concerns are not discussing the issue with their doctor - only 4 in 10 would talk to their doctor right away. Individuals hesitate because they believe their experiences are related to normal aging, rather than a potential diagnosable medical condition. Yet, 7 in 10 would want to know early if they have Alzheimer's disease if it could allow for earlier treatment.

"While discussing cognitive concerns with your health care provider can be challenging, it's really important," said Katherine L. Lambert, CEO of the Alzheimer's Association - Western Carolina Chapter. "Having these conversations with a doctor can help facilitate early detection and diagnosis, offering individuals and families important benefits, not only treatments, but emotional and social benefits, access to clinical trials and more time to plan the future. It is also important to note that some forms of cognitive decline are treatable."

This June, during Alzheimer's & Brain Awareness Month, the Alzheimer's Association offers these three tips to help individuals discuss their cognitive concerns with health professionals more confidently:

- **Find the right doctor.** In most cases, the first point of contact for concerns about memory and thinking is with your primary care physician. Ask your physician how comfortable they are identifying and diagnosing cognitive problems and whether there are circumstances in which he or she would refer to a specialist. Most often, your physician will perform an initial assessment, and if cognitive decline is detected, order more advanced testing or refer you to a specialist for a more definitive diagnosis. If your doctor doesn't take your concerns seriously, seek a second opinion.
- **Be prepared.** Come to your visit with a list of any changes in your health, including your mood, memory and behaviors. Include a list of past and current medical problems, current prescriptions, over-the-counter medications, including vitamins or supplements. Most importantly, be sure to have your list of questions and be prepared to answer the doctor's questions openly and honestly.
- **Get educated.** When speaking to the doctor, be sure to ask what tests will be performed, what the tests involve, how long each test takes and when the results will be available. Information on testing can be found at alz.org/medicaltests. The Alzheimer's Association also offers an interactive tour of what to expect when being evaluated for memory and thinking problems which can be found at alz.org/evaluating-memory.

"For the first time in nearly two decades, there are treatments for individuals with early stages of the disease that can slow down the progression and give them more time with their families and loved ones," said Lambert. "More than ever before, these conversations about memory or other cognitive issues an individual is facing are critical and need to start at the earliest point of the concern."

The Alzheimer's Association's Chapters in North Carolina offer free education programs and support groups to help all North Carolina caregivers and their families. During June for Alzheimer's & Brain Awareness Month, the North Carolina chapters are hosting special programs on warning signs, understanding the disease, dementia conversations with healthcare providers, as well as others. For a complete list or to register for upcoming programs, visit act.alz.org/ncmonthlyprograms.

For more information on the Alzheimer's Association 2023 Alzheimer's Disease Facts & Figures report, go to alz.org/facts. To learn more about Alzheimer's or other related dementia or resources that can help individuals and their families, visit: alz.org/northcarolina

Or call the Alzheimer's Association 24/7 Helpline at 800.272.3900.

The Compassionate Friends Meet June 8

The Compassionate Friends, a support group for parents, grandparents and siblings who have lost a child of any age, welcomes you to attend their monthly meetings. They meet on the second Thursday each month, at 7 p.m. at First Baptist Church on Lee Avenue in Wadesboro. "We need not walk alone."

For more information call Ken Caulder at 704-694-2524.