

A family caregiver is someone who helps a relative or friend with the things that he or she can no longer do because of an illness or if they have become frail. Most caregiving experiences start with taking them to the doctor or grocery store and gradually increases to doing housework, preparing meals and assistance with bathing and dressing.

Powerful Tools for Caregivers is a free educational series designed to provide the Caregiver with the tools needed to take care of themselves so they can continue to provide good quality care.

Classes consist of six 90 minute sessions held once a week. Lisa Ledford and Rita Short co-lead the series and both are experienced caregivers themselves who have successfully applied the techniques they teach.

Classes will be held at Anson Health and Rehab, located at 405 South Greene Street in Wadesboro. Sessions will be held each Tuesday from 2:00 to 4:00 p.m. beginning on Tuesday, October 13 and ending on Tuesday, November 18.

For more information or to register contact Debbie Malarz at 704-690-3421 or Lisa Ledford at 704-221-7724. Powerful Tools for Caregivers is provided by Anson Health and Rehab, the Anson County Council on Aging, and Liberty Home Care and Hospice.

Dancing with the Stars Coming to Wadesboro!

Dancing with the Stars is coming to Wadesboro! Based on the popular TV show, the event features local dancers and talent. The contest will be held at Wadesboro Primary School beginning at 6:30 p.m. on Saturday, October 18.

The dancers are Jacob Thomas and Shannon Caudle, William Truett and Ross Huntley, Tim Bennett and Crystal McLendon, Landreic and Cassandra Reid, Gary Henderson and Chrissy Cabbage, Frank and Marlene Richardson, Robert and Kimberly Burr, Chris and Melody Stinson, and Steve James and Vancine Sturdivant.

Joe Dutton is Master of Ceremonies, and music will be provided by DJ Kenwon.

There will be two First Place winning teams, one chosen by the judges and one by popular vote. The judges are Patsy Brasington, Thedis Spencer and Steve Whitlock.

Refreshments will be available for purchase from the Anson Women's League.

Proceeds will fund programs for Circles of Hope, a nation-wide initiative to eradicate generational poverty, that is at work right here in Anson County. Circles meets every Thursday at 5:30 p.m. at First United Methodist Church. For more information about the local program, call 704-994-2333 or visit www.circlesofhopeanson.org.

Shop With a Cop Motorcycle Ride is October 18

The Wadesboro Police Department has a terrific program they call Shop with a Cop. During the year WPD raises money from the community, and at Christmastime police officers take children from families in need Christmas shopping for toys, clothes and other items.

In support of Shop with a Cop, the Wadesboro Police Department is holding a motorcycle ride to raise funds. On Saturday, October 18 participants can enjoy a day full of fun, centered around the ride. There will be a drawing for money and lunch too.

To join in on the fun come to the Wadesboro Police Department for registration between 10 and 11 a.m. The cost is \$15 for single riders, \$20 for two up. For more information contact Chief Thedis Spencer at 704-475-2695 or Sgt. Cannon at 704-475-2997.

Democratic Party Meets October 16

The Anson County Democratic Party will have their monthly meeting at Hampton B. Allen Library beginning 6 p.m. All candidates are invited to come speak.

The public is invited. For more information please contact Mark Hammond or Vancine Sturdivant at 704-848-4412.

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