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**Agencies Accepting Applications for 2024 State Government Internships**

**Application deadline is January 8, 2024**

Beginning today, college students can apply for one of nearly 100 internship opportunities with North Carolina state government agencies. Governed by the NC Department of Administration's Council for Women and Youth Involvement, the annual State of North Carolina Internship Program offers a 10-week, paid internship for college students interested in careers in state government. "Each year, the state internship program offers a variety of hands-on projects that gives students experience beyond the classroom," said Department of Administration Secretary Pamela B. Cashwell. "If you're a student who is curious about state government and are looking for a jump start to your career, I strongly encourage you to apply."

Students can use the application portal to easily search and apply for internship opportunities by agency, location, and field of study. This year, the program is offering 99 internships from as far west as Buncombe County to along North Carolina's coast in Dare County. Applications will be accepted through January 8.

The internships integrate education, career development and public service into one, helping prepare students for the jobs of tomorrow. Opportunities exist in numerous recognized fields of study, from marketing to policy and research. Students can apply for summer projects such as network security, GIS shoreline mapping, tax policy, and wildlife education among many others.

All interns are expected to work 40 hours each week for 10 weeks, earning a stipend of \$15 per hour. In addition to hands-on professional development opportunities, interns will also participate in activities to broaden their knowledge of public service and state government including virtual seminars and executive chat sessions with state government leaders for career development. You can catch a glimpse into the life of a state government intern through these videos and testimonials.

Since 1969, more than 4,600 internship opportunities have been awarded to North Carolina college students across the state. The internship program is open to all North Carolina residents attending a college, university, technical institute, or community college. As in previous years, the pool of internships will be diverse ranging from in-person to hybrid depending on the project and location.

"The internship will run May 20 through July 26, 2024," said Internship and Youth Council Coordinator Anaja McClinton. "Don't miss out on this opportunity to build your resume and form lasting relationships."

Interns are selected through a process overseen by the North Carolina Internship Council. Selection is based on a thorough review of applications, including academic records and interest in state government. Qualified candidates also may be selected for a virtual interview with prospective supervisors.

For more information, please visit the State of North Carolina Internship website or contact the Internship and Youth Council Coordinator at [Anaja.McClinton@doa.nc.gov](mailto:Anaja.McClinton@doa.nc.gov). Information is also available in campus career services or cooperative education offices.

**About NCDOA and the NC Council for Women and Youth Involvement**  
The N.C. Department of Administration acts as the business manager for North Carolina state government. Under the leadership of Secretary Pamela B. Cashwell, the department oversees government operations and advocacy programs. The department's advocacy programs help to promote and assist diverse segments of the state's population that have been traditionally underserved. NCDOA's Council for Women and Youth Involvement division advises the governor, state legislators and state leaders on issues that impact women and youth.

**Tips to Help Caregivers Balance Priorities and Maintain Health and Well-being**

November is National Alzheimer's Disease Awareness Month and Family Caregivers Month. To mark these events, the Alzheimer's Association - Western Carolina Chapter is highlighting the unique challenges facing Alzheimer's and dementia caregivers and urging caregivers to take care of their own health. Currently, there are more than 369,000 caregivers in North Carolina providing care to more than 180,000 living with Alzheimer's.

"Caring for a person with Alzheimer's takes longer, lasts longer, is more personal and intrusive than most other diseases, and takes a heavy toll on the health of the caregivers themselves," said Katherine L. Lambert, CEO of the Alzheimer's Association - Western Carolina Chapter. "During the course of the disease, caregiving tasks escalate and become more intensive. Alzheimer's and dementia caregivers are often managing multiple conditions, including memory loss, comorbidities, loss of mobility, reduced communication skills and behavioral and personality changes."

To help caregivers balance competing priorities while maintaining their overall health and well-being, the Alzheimer's Association offers these tips:

- Find time for yourself. It's normal to need a break from caregiving duties. No one can do it all by themselves. Consider taking advantage of respite care or help from family and friends to spend time doing something you enjoy. ([alz.org/help-support/caregiving/care-options/respite-care](http://alz.org/help-support/caregiving/care-options/respite-care))
- Become an educated caregiver. Understand the disease, its progression and accompanying behavioral and physical changes. Know resources in your community that can help.
- Build a support network. Organize friends and family who want to help provide care and support. Access local caregiver support groups or online communities, such as ALZConnected ([alzconnected.org](http://alzconnected.org)), to connect with other caregivers. If stress becomes overwhelming, seek professional help. ([alz.org/help-support/community/support-groups](http://alz.org/help-support/community/support-groups))
- Take care of yourself. Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.
- Avoid caregiver burnout. Sustained caregiver stress can lead to caregiver burnout - a state of physical, emotional and mental exhaustion. The Alzheimer's Association offers Caregiver Stress Check to help caregivers identify and avoid caregiver burnout. ([alz.org/help-support/caregiving/caregiver-health/caregiver-stress-check](http://alz.org/help-support/caregiving/caregiver-health/caregiver-stress-check))
- Accept changes. Eventually your loved one will need more intensive kinds of care. Research care options now so you are ready for the changes as they occur. ([alz.org/help-support/caregiving/care-options](http://alz.org/help-support/caregiving/care-options))
- Know you're doing your best. It's normal to lose patience or feel like your care may fall short sometimes. You're doing the best you can. For support and encouragement, consider joining an online or in-person support group.

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](http://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](http://alz.org/northcarolina) or call 800.272.3900.

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