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the responsibilities of caring for someone living with dementia.

"Our latest Alzheimer's Disease Facts and Figures report shows that dementia caregivers in North Carolina face significant emotional, physical and health-related challenges as a result of caregiving," said Katherine Lambert, CEO, Alzheimer's Association - Western Carolina Chapter. "Our goal with this collaboration with Isaac Health is to offer tools and education to help caregivers feel supported and see pathways forward."

The Empowered Caregiver education series will be offered via live webinar each Thursday in February from 6:00-7:30 p.m. Caregivers can register for individual courses or the entire series. Each week will cover a new topic with expert speakers:

**Week 1** Understanding Dementia and Foundations of Caregiving - February 6. Discover the differences between Alzheimer's and dementia, understand the evolving role of caregivers, and learn how to build a support team and manage caregiver stress. Speaker: Joel Salinas, MD, co-founder and chief medical officer, Isaac Health

**Week 2** Supporting Independence - February 13. Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations. Speaker: Debbie Prouty, assistant professor, Doctor of Physical Therapy, Wingate University

**Week 3** Communication and Behavior Changes and Strategies - February 20. Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals. Also, common behavior changes and how they're a form of communication, non-medical approaches to behaviors and recognizing when help is needed. Speaker: Nancy Swigert, speech-language pathologist and Alzheimer's community educator

**Week 4** Care and Support Services - February 27. Examines how best to prepare for future care decisions and changes, including respite care, residential care and end of life care. Panelists include: David Fisher, MD, retired physician and Alzheimer's community educator, Joel Salinas, MD, co-founder and chief medical officer, Isaac Health, Venitra White Dean, founder, Frankie Mae Foundation

There is no charge to participate, but registration is required to receive the Zoom link for the series. To sign-up, visit [tinyurl.com/TheEmpoweredCaregiver](http://tinyurl.com/TheEmpoweredCaregiver) or call 800-272-3900.

"At Isaac Health, we're deeply committed to empowering caregivers with the knowledge and tools they need to provide the best possible care for their loved ones while taking care of their own needs," said Joel Salinas, MD, co-founder and chief medical officer of Isaac Health. "By partnering with the Alzheimer's Association, we aim to provide families with the resources and support they need at every stage of the caregiving journey."

### Additional Facts and Figures: ([alz.org/facts](http://alz.org/facts))

- Alzheimer's disease is the sixth-leading cause of death in the United States.
- An estimated 6.9 million Americans aged 65 and older are living with Alzheimer's dementia, including more than 210,000 in North Carolina.
- More than 11 million family and friends, including 373,000 in North Carolina, provide unpaid care to people with Alzheimer's or other dementias in the United States.
- In 2023, friends and family of those with Alzheimer's in North Carolina provided an estimated 723 million hours of unpaid care, a contribution valued at \$10.9 billion.

## NC Insurance Commission Negotiates Settlement on Homeowners' Insurance Increase Request

### Anson County to get 4.9% increase in June

Insurance Commissioner Mike Causey announced today that the N.C. Department of Insurance has ended its legal dispute with insurance companies about their proposed homeowners' insurance rate increase filed in January 2024. The N.C. Rate Bureau originally requested an average 42.2% increase last year, with proposed increases of up to 99.4% in some areas.

Under the agreement signed by Commissioner Causey and the Rate Bureau, the average statewide base rate will increase by 7.5% on June 1, 2025, and 7.5% on June 1, 2026. The Rate Bureau is not a part of the Department of Insurance and represents homeowners' insurance companies in North Carolina.

In Anson County the requested rate increase was 26.1%. The negotiated agreement calls for a 4.9% increase in June 2025 and another 4.5% increase in June 2026.

"The insurance companies wanted to raise our homeowners' rates up to 99.4% in some areas and an average 42.2% statewide in a single year," Commissioner Causey said. "I fought for consumers and knocked them back to 7.5% increases over two years with a maximum of 35% in any territory. We consider this settlement a big win for both homeowners and North Carolina."

In addition, the agreement prohibits the Rate Bureau from undertaking an effort to increase rates again before June 1, 2027.

"North Carolina homeowners will save approximately \$777 million in insurance premiums over the next two years compared to what the insurance companies requested. This also protects homeowners from future base rate increase requests until June 2027," said Commissioner Causey. "These rates are sufficient to make sure that insurance companies, who have paid out large sums due to natural disasters and face increasing reinsurance costs due to national catastrophes, have adequate funds on hand to pay claims."

You may view the changes by territory at: [ncdoi.gov/negotiation](http://ncdoi.gov/negotiation).

## Respiratory Etiquette - Stop Germs at the Source

Here are a few tips for those suffering from a cold, to not impose on others around them.

- 1) Cover your mouth and nose with a tissue or your upper sleeve when you cough or sneeze.
- 2) Do not cover your mouth or nose with your hands when you sneeze.
- 3) Always place your used tissue in the waste basket.
- 4) You may be asked to put on a surgical mask to protect others.
- 5) Coughing persons should sit at least three feet away from others.
- 6) Regularly wash your hands with soap and water or clean with alcohol-based hand cleaner.

## Parent / Teacher Conferences in February

- **February 6 - Middle School & High Schools Parent / Teacher Conferences** will be held on Thursday, February 6. Early dismissal for middle & high schools only at 1:00 p.m. Conferences 2:00 to 7:00 p.m.
- **February 13 - Elementary Schools Parent / Teacher Conferences** will be held on Thursday, February 13. Early dismissal for elementary schools only at 12:30 p.m. Conferences 1:00 to 6:00 p.m.

## Alzheimer's Association in N.C. and Isaac Health to Host Weekly Statewide Education Series for Caregivers in February

**Free virtual sessions will help caregivers learn how to navigate the responsibilities of caring for someone living with dementia.**

The Alzheimer's Association - Western Carolina and Eastern North Carolina Chapters, in partnership with Isaac Health, a leading national provider of brain health and dementia care, are offering a free virtual weekly education series called The Empowered Caregiver to help caregivers navigate

## Black History Month: SPCC Invites the Community to Performance of Award-Winning One-Actor Show with Ron Jones

As part of its annual Black History Month celebration, South Piedmont Community College welcomes the community to a special performance of the award-winning play, "The Movement: 50 Years of Love and Struggle," performed by Emmy Award-winning actor Ron Jones.

"This show is aptly named because you can't help but be moved by 'The Movement,'" said Student Activities Coordinator Heather O'Leary. "It's funny but weighty. It's a history lesson and a riveting story. It is immensely satisfying. Anyone who attends will leave feeling both informed about the African-American experience and inspired to contribute to a better future for us all."

In "The Movement" Ron Jones plays 10 different characters, who take the audience on a journey through the ever-changing face of the African American experience. Jones' performance is supported by interactive video, stock historical footage, quotes, and some of the most memorable music of the last two generations. "The Movement" combines these elements to tell the story of African Americans' struggles and triumphs in the 50 years since the passage of the Voting Rights Act of 1965.

The Boston Globe wrote of "The Movement": "It 'puts a human face to the historic timeline.'"

"The Movement: Fifty Years of Love and Struggle" will take place in the Building A Conference Center at South Piedmont's Old Charlotte Highway campus, 4209 Old Charlotte Highway, from 4-5 p.m. on Tuesday, Feb. 18. The performance is free and open to the public. Registration is requested but not required.

To register to attend, visit: [events.spcc.edu/TheMovement](http://events.spcc.edu/TheMovement).

To learn more about "The Movement," visit: [dialoguesondiversity.com/the-movement](http://dialoguesondiversity.com/the-movement).

The performance will be followed by an open discussion with the audience.



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