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Brandi Queen, FNP-C, Family Nurse Practitioner, welcome new patients.

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Brandi S. Queen  
FNP-C

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arrange your  
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**COMMUNITY MEDICAL, PA Family Practice / Medical Care**  
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"...and he painted this piece after getting an eye exam from Dr. Kiker."

**Accepting  
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Most Insurances**

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Locally Owned & Operated



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**ANSON FAMILY  
OPTOMETRIC, PLLC.**

1134 Holly Street in Wadesboro (On Hwy 74 across from CVS)

Mon-Thurs 8:30-5 & Closed Fridays 704-694-3618



## UNAUTHORIZED HYDRANT USE



The use of Anson County Water Department fire hydrants for obtaining water for agricultural or any other purpose without written consent of the Anson County Water Department is a violation of state and federal law.

Hydrants are for use by written-permitted users, water company or fire department personnel only.

The Anson County Water Department will take legal action against any individual or business that unlawfully obtains water from the Anson County water system. **PLEASE REPORT SUSPICIOUS ACTIVITY** to the

- Anson County Sheriff's Office 704-694-4188, or the
- Anson County Water Department 704-694-5208.

Hydrant use permit information is available from the Anson County Water Department. Information is available at 704-694-5208.



**THINK YOU MAY BE  
ELIGIBLE FOR WIC?**

WIC is a nutritional supplemental program for pregnant, postpartum, or breastfeeding women, infants and children under 5 years of age

Program benefits include...

**FOOD BENEFITS • NUTRITION EDUCATION • BREASTFEEDING SUPPORT  
REFERRALS TO OTHER HEALTH AND COMMUNITY RESOURCES**

### ELIGIBILITY REQUIREMENTS - WIC INCOME GUIDELINES

To be eligible for WIC you must live in North Carolina. If you receive Medicaid, Work First Families Assistance, or SNAP you automatically meet the income eligibility requirements.

A family may be eligible for WIC based on your household income, even if you do NOT receive Medicaid, Work First Families Assistance, or SNAP.

The following list is income guideline that went into effect June 3, 2024.

- **Family of 1:** monthly income \$2,322 / weekly income \$536
- **Family of 2:** monthly income \$3,152 / weekly income \$728
- **Family of 3:** monthly income \$3,981 / weekly income \$919
- **Family of 4:** monthly income \$4,810 / weekly income \$1,110
- **Family of 5:** monthly income \$5,640 / weekly income \$1,302
- **Family of 6:** monthly income \$6,469 / weekly income \$1,493
- **Family of 7:** monthly income \$7,299 / weekly income \$1,685
- **Family of 8:** monthly income \$8,128 / weekly income \$1,876

For a family size greater than 8, or income based on Annual, Bi-weekly, or Twice a Month please call our office at 704-694-9844.

**ANSON COUNTY HEALTH DEPARTMENT**

110 Ashe Street, Wadesboro, NC 28170 704-694-5188

This institution is an equal opportunity provider.

## Top 10 Essentials for Caring for Your Dog

Your dog gives you a lifetime of unconditional love, loyalty, and friendship. In return, she counts on you to provide her with food, water, safe shelter, regular veterinary care, exercise, companionship, and more. Take care of these ten essentials, and you'll be guaranteed to develop a rewarding relationship with your canine companion.

**1) Follow this simple rule - off property, on leash.** Even a dog with a valid license, rabies tag, and ID tag should not be allowed to roam outside of your home or fenced yard. It is best for you, your community, and your dog to keep your pet under control at all times.

**THE TOWN OF WADESBORO HAS AN ENFORCED LEASH LAW.**

**ALL DOGS OUTDOORS THAT ARE NOT FENCED OR TETHERED MUST BE ON A LEASH.**

**2) Follow local laws for licensing your dog and vaccinating for rabies.** Check with your local shelter or humane society for information regarding legal requirements, where to obtain tags, and where to have your pet vaccinated.

**3) Outfit your dog with a collar and ID tag** that includes your name, address, and telephone number. No matter how careful you are, there's a chance your companion may become lost - an ID tag greatly increases the chance that your pet will be returned home safely.

**4) Give your dog proper shelter.** A fenced yard with a doghouse is a bonus, especially for large and active dogs; however, dogs should never be left outside alone or for extended periods of time. This is especially important during hot or cold weather. Dogs need and crave companionship and should spend most of their time inside with their family.

**5) Take your dog to the veterinarian for regular check-ups.** If you do not have a veterinarian, ask your local animal shelter or a pet-owning friend for a referral.

**6) Spay or neuter your dog.** Dogs who have this routine surgery tend to live longer, be healthier, and have fewer behavior problems (e.g., biting, running away). By spaying or neutering your dog, you are helping to reduce the problem of pet overpopulation.

**7) Give your pooch a nutritionally balanced diet, including constant access to fresh water.** Ask your veterinarian for advice on what and how often to feed your pet.

**8) Enroll your dog in a training class.** Positive training will allow you to control your companion's behavior safely and humanely, and the experience offers a terrific opportunity to enhance the bond you share with your dog.

**9) Give your dog enough exercise to keep him physically fit (but not exhausted).** Most dog owners find that playing with their canine companion, along with walking him twice a day, provides sufficient exercise. If you have questions about the level of exercise appropriate for your dog, consult your veterinarian.

**10) Be loyal to and patient with your faithful companion.** Make sure the expectations you have of your dog are reasonable and remember that the vast majority of behavior problems can be solved. If you are struggling with your pet's behavior, contact your veterinarian or local animal shelter for advice.

## Weekly Statewide Education Series for Caregivers in August

**These 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 Chapter ([alz.org/northcarolina](http://alz.org/northcarolina) or 800-272-3900) and the Alzheimer's Association - Eastern North Carolina Chapter, in partnership with Parkinson's Foundation Carolinas ([Parkinson.org/C Carolinas](http://Parkinson.org/C Carolinas)), are offering a free virtual weekly education series called The Empowered Caregiver to help care partners of persons living with dementia navigate the responsibilities and receive activities to apply person-centered care approaches specific to their situation.

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life, while Alzheimer's is a specific disease and the most common cause of dementia. Parkinson's disease dementia also falls under that umbrella term. While the disease states are different, there are similarities in caring for both forms of 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 L. Lambert, CEO of the Alzheimer's Association - Western Carolina Chapter. "Dementia is also common for individuals in later stage Parkinson's. Our goal with this collaboration with the Parkinson's Foundation 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 August, from 6:00-7:00 p.m. with each week covering a new topic.

- **Building Foundations of Caregiving - August 1** Explores the role of caregiver and changes they may experience building a support team and managing stress.
- **Supporting Independence - August 8** 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.
- **Communicating Effective - August 15** Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.
- **Responding to Dementia-Related Behaviors - August 22** Details common behavior changes and how they're a form of communication, non-medical approaches to behaviors and recognizing when help is needed.
- **Exploring Care and Support Services - August 29** Examines how best to prepare for future care decisions and changes, including respite care, residential care and end of life care.

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

"We are excited about this partnership with the Alzheimer's Association because no matter the disease, care partners need help," says Diana Parrish, senior advancement director, Carolinas Chapter of the Parkinson's Foundation. "As a care partner for 19 years, we have found that the Parkinson's Foundation's resources, services, and programs have helped us on this 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.

## BBB Tip: Enjoy supporting businesses during annual July sales, and stay alert for online scammers

The annual sales of big-name retailers often take place in July. More deals are great for consumers, and more people out shopping is great for businesses large and small. Just be careful, and don't get so caught up in the excitement that you fall for phishing scams, misleading advertisements, and look-alike websites. Ensure you know what to look for when shopping online for the big sales in July.

**Better Business Bureau (BBB) tips for online shopping the July retail sales:**

- Research the seller or retailer. Before you buy, check customer reviews of the product(s) you're interested in purchasing, and do some research on the retailer. Be sure you can find contact information for the seller, and make note of it. Look up the retailer on [BBB.org](http://BBB.org) to see if they are BBB Accredited and check out their profile to read customer reviews.
- Watch for email and text phishing attempts that appear to come from a popular retailer. Phishing increases during busy shopping days. These messages may claim you have a gift waiting for you, or that there is a problem with delivery. Know what you've opted in and out of before you click. When making many purchases, track your purchase, where it's from, and any tracking numbers. Watch out for fake package delivery text messages and don't click on any links that you receive that seem suspicious.
- Watch out for social media ads. You may come across lookalike websites that, at first glance, appear to belong to a trusted retailer. But looking more closely at the URL, you'll notice that the domain name is slightly different (i.e., Instead of [Popularstore.com](http://Popularstore.com), the URL might be [PopvlarStore.com](http://PopvlarStore.com) or [PopularStoreOnline.com](http://PopularStoreOnline.com)). Ensure websites use the correct business name spelling and have legitimate contact information and customer service numbers. Also, trust your gut when evaluating deals. If a company claims to sell the hottest item of the year at a super low price, it's probably untrue.
- Beware of look-alike websites: Check the URL, watch for bad grammar, research the age of the domain, search for contact information, and read online reviews.
- Professional photos do not mean it's a real offer. Photos can be stolen from other websites, so don't believe what you see. If logos or other images on the website appear blurry, take that as a red flag for a scam.
- Make sure the website is secure. Look for the "HTTPS" in the URL (the extra "s" is for "secure") and a small lock icon on the address bar. Never enter payment or personal information into a website with only "HTTP." It is NOT secure.
- Be careful when purchasing sought-after products. If something is sold out everywhere, don't be tempted by a seemingly great deal. Scammers often trick shoppers by offering the most popular products at low prices. Here's one example involving game consoles.
- Pay with a credit card. It's always best to make online purchases with your credit card. If any shady charges pop up later, you can contest them through your credit card company. Be very wary of any retailer that asks you to pay by digital wallet apps, prepaid money cards, or other non-traditional payment methods. These are red flags for scams.