

Obituaries

Mr. Rodney Kristen Russell

Mr. Rodney Kristen Russell, 78, of Charlotte and formerly of Wadesboro, passed away at his home in Charlotte on Saturday, August 1, 2020. Funeral services will be held at 3:00 p.m. on Wednesday, August 5, 2020, in the Chapel of Leavitt Funeral Home. Interment will be in Anson Memorial Park.

The family will greet friends one hour prior to the service on Wednesday at the funeral home.

Rodney was born August 3, 1941, in Anson County, and was a son of the late John Travis Russell and the late Georgia Elizabeth Trexler Russell. He was a graduate of Wadesboro High School and received a Bachelor of Science Degree in Accounting from the University of North Carolina at Charlotte in 1976.

He was a veteran of the United States Air Force, having served during the Vietnam War. He retired from AEA Technology in Mooresville. He was a member of Hickory Grove Baptist Church in Charlotte.

Left to cherish his memories are his wife of 58 years, Barbara Carter Russell; his sons, Keith Russell and Brett Russell (Michelle) all of Locust; his granddaughters, Trisha Bui (Anthony) of Charlotte; and his great-grandchildren, Alyssa and Tai.

In addition to his parents, he was preceded in death by his brother John T. "Sonny" Russell, Jr. and his father-in-law and mother-in-law, Ben and Janie Kate Maxwell Carter.

In lieu of flowers, memorials may be made to Hickory Grove Baptist Church, 7200 E. W.T. Harris Blvd., Charlotte, NC 28215 or to Forestville United Methodist Church, P.O. Box 452, Lilesville, NC 28091.

The arrangements are in care of Leavitt Funeral Home. Online condolences may be made at www.leavittfh.com.

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Alzheimer's Association Adds New Topics to Virtual Program Lineup

Special August topics include healthy living during a pandemic and early-stage caregiver series

While the on-going coronavirus (COVID-19) pandemic still threatens the health of millions in this country and around the world, it continues to create additional challenges for people living with Alzheimer's and all dementia, their families and caregivers, including 180,000 in North Carolina and their estimated 479,000 caregivers.

The Alzheimer's Association, Western Carolina Chapter and the Alzheimer's Association, Eastern North Carolina Chapter are continuing to offer free virtual education programs and online support groups to help all North Carolina caregivers and their families. Launched in May in response to the impact COVID-19 was having on those affected by dementia, the Alzheimer's Association now offers a number of education programs that can help those living with Alzheimer's and their families understand what to expect so they can be prepared to meet the changes ahead.

"We serve a vulnerable population, so we see it as our duty to ensure that all North Carolina caregivers have access to Alzheimer's Association resources," said Katherine L. Lambert, CEO of the Western Carolina Chapter. "The COVID-19 crisis continues to alter daily lives, but the needs of Alzheimer's caregivers persist. These online programs allow us to connect with caregivers and provide necessary information especially amid the on-going crisis."

New topics being added in August include a three-part series "Living with Alzheimer's for Caregivers - Early-stage" and "Healthy Living for Your Brain and Body During a Pandemic", both of which are even more important in light of the COVID-19 pandemic as caregivers strive to care for individuals living with dementia at home or at a distance.

• Living with Alzheimer's for Caregivers - Early-stage In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? This three-part series provides practical answers to the questions that arise in the early stages. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

Living with Alzheimer's for Caregivers - Early-stage is being offered on August 11, August 18, and August 25. Participants are not required to attend all three parts, but it is recommended.

• Healthy Living for Your Brain and Body During a Pandemic Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Talk with our special guest to explore challenges and tips particularly relevant to healthy living through a pandemic.

Healthy Living for Your Brain and Body During a Pandemic is being offered on August 19.

Other programs in August include: 10 Warning Signs of Alzheimer's, Understanding Alzheimer's and Dementia, Understanding and Responding to Dementia-Related Behavior, Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning, Effective Communication Strategies and Healthy Living for Your Brain and Body (in Spanish).

Each virtual education program is approximately one hour and allows the audience to ask questions and engage with others going through the journey online.

Attendees are invited to join via video/webinar or through a toll-free number. There is no charge to participate, but registration is required. For a complete list of upcoming virtual programs or to register for a class, visit alz.org/northcarolina/helping_you/virtual-offerings or call 800-272-3900. Participants will be sent conferencing details prior to the date of each virtual program.

More than 16 million family and friends, including 479,000 in North Carolina, provide unpaid care to people with Alzheimer's or other dementias in the United States. To help family caregivers navigate the current complex and quickly changing environment, the Alzheimer's Association has also offered additional guidance to families at alz.org/covid19help.

For more information, visit alz.org/northcarolina or call the 24/7 Helpline at 800.272.3900.

Additional Facts and Figures (www.alz.org/facts)

- Alzheimer's disease is the sixth-leading cause of death in the United States.
- More than five million Americans are living with the disease, including 180,000 North Carolina residents - a number estimated to grow to as many as 210,000 by year 2025.
- More than 16 million family and friends, including 479,000 in North Carolina, provide unpaid care to people with Alzheimer's or other dementias in the United States.
- In 2019, friends and family of those with Alzheimer's in North Carolina provided an estimated 545 million hours of unpaid care, a contribution valued at \$7.15 billion.

About the Alzheimer's Association The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.

About the Alzheimer's Association - Western Carolina Chapter The Western Carolina Chapter provides patient and family services, information and referral, education, and advocacy in 49 central and western North Carolina counties. It offers opportunities to get involved and to make a difference, in addition to a variety of services including: a 24/7 Helpline, support groups, educational programs, and MedicAlert®. For more information about Alzheimer's disease or the Alzheimer's Association Western Carolina Chapter, visit www.alz.org/northcarolina or call (800) 272-3900. For the latest news and updates, follow us on Facebook, Twitter and Instagram.

August Webinars Through Sandhills Center in Partnership with NC Families United

Here are August webinars that are open to the public through Sandhills Center Family Support and Community Collaboration Programs in partnership with NC Families United:

- **August 18** What Does Facility Based Crisis & Behavioral Health Urgent Care Mean & How Can You Help webinar will be held virtually from 1:00-2:30 p.m. This event is free and open to the community. Please contact Brenda Goss via email at randmontadvfsp@gmail.com or toll free at 877-211-7252 to register. Deadline to register is Friday, August 14, 2020 by 4:00 p.m.
- **August 20** Children's Mental Health Disorders: Signs, Symptoms and Treatment webinar will be held virtually from 12 noon - 1:00 pm. Cristina DeAguilar with Atrium Health will be the guest speaker. Contact Suzanne Maness at (910) 627-1769, toll free (877) 211-5995 or by email at connectionsfsf@gmail.com for more information and to register. Registration deadline is August 17, 2020.
- **August 20** Anxiety & OCD in Children webinar will be held from 1:00-2:00 pm via Webex. Becky Givens will be the presenter. Contact Shirlyn Morrison-Sims toll free at 1-877- 776-6599, or by email at search.family.support.program@gmail.com to register. Upon registration, you will be sent the link to the webinar.
- **August 25** Communicating with Teens: A Collaborative Problem-Solving Approach webinar will be held from 3:00-4:30 p.m. on Tuesday, August 25, 2020. Representatives from Youth Villages will lead discussion on WebEx. Collaborative Problem Solving as an evidence-based practice will be discussed including having conversations with youth to work through behaviors such as runaway/elopement. To register, contact Adrian Standish at leeharnettfsf@yahoo.com or 877-776-6702. Upon registration, you will be sent the link to the webinar.

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