

Matter of Balance Class at Grace Senior Center

Do you have concerns about falling? A Matter of Balance can reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

The Matter of Balance classes help participants learn to:

- view falls and fear of falling as controllable
- set realistic goals for increasing activity
- change their environment to reduce fall risk factors
- promote exercise to increase strength and balance

The Matter of Balance class is designed to benefit community-dwelling older adults who:

- are concerned about falls
- have sustained a fall in the past
- restrict activities because of concerns about falling
- are interested in improving flexibility, balance and strength
- are age 60 or older, ambulatory and able to problem-solve

Grace Senior Center is offering A Matter of Balance Managing Concerns About Falls Class, October 7 to October 30. This class will meet twice a week for four weeks on Tuesdays and Thursdays, from 1:30 to 3:30 p.m. at Grace Senior Center. Call Wanda Talbert or Findey Knotts at (704) 694-6616 to register or for information.

Veterans Enhancement Fair Deemed a Big Success

On Wednesday, September 3 Anson County held its 3rd Annual Veterans Enhancement Fair at the Lockhart-Taylor Center in Wadesboro. The event was hosted by Anson County Veteran Services Officer Ted Ward. It offered veterans direct contact with many sources of support and services that are available to them.

"See VA employees and other agencies face-to-face in the local community was significant to all the veterans in attendance," said Ward. "That is an important part of building trust and providing encouragement to our veterans."

The event was declared a success because of the efforts of many in support of our veteran community including the Anson County Health Department, Grace Senior Center, Department of Social Services, Chiropractor Brian Dial of Wadesboro Chiropractic, a Humana Representative, Pathway to Peace Ministries, Anson County Hospice, SPCC Representatives, HOLLA! Community Center, Congressman Hudson's local staff and more.

Ward continued, "There were many community members who came out to show support of this worthy cause. We had over 120 people in attendance, and the VA encountered 48 veterans out of the 69 who signed in. Everything from enrollment into VA Health Care, claims, pensions and many other entitlements were addressed by VA representatives and me. Also partnerships are being established with the VA and Local Resources such as the Health Department and Social Services. Edwina Gray-Wright (Integration Program Manager for the Rural Health Program in Salisbury); Dr. Fred Thompson (Director, Anson Health Department); Dr. Kathleen Sellars (physician at Anson Health Department); Lula Jackson (Director of Anson DSS) and Humana Representative Ken Sawyer were able to meet and discuss partnership possibilities to help enhance our veteran community."

In conclusion Ward said, "I would like to personally thank all who supported and attended this event. The Veteran Services Office is looking forward to the future of Anson County veterans. Remember, 'An Informed Veteran is an Empowered Veteran!' Thanks For Serving!"

Do You Need a Coat or Blanket? Would You Like to Donate?

The Faith-Based Center of Hope has begun their "Warm Coats, Warm Hearts" program. They have distributed coats to several of the churches and schools in Anson County.

Blankets for the elderly are also available.

To donate coats and blankets or to request help, please contact Vancine Sturdivant at 704-848-4412 or Ester Lindsey at 704-848-8452.

Call for Area Artists and Craftsmen

The Anson County Arts Council is seeking vendors for its fourth annual Christmas in November Art and Crafts sale on Saturday, November 15. This event is designed to provide local and regional artists and craftsmen a venue at which to sell their work at a time of the year when many people are shopping for holiday gifts. The Arts Council offers this event as a service to artists and craftsmen as well as to area residents. Admission is free for shoppers.

This year's Christmas in November will be held at South Piedmont Community College's Lockhart-Taylor Center, located at 514 North Washington Street in Wadesboro, from 10 a.m. until 3 p.m. Table rental is \$40 or two tables (for the same artist) for \$60. Each vendor keeps 100% of the sales revenue.

This event precedes Black Friday, the traditional day after Thanksgiving when holiday shopping begins in earnest. It will offer shoppers a unique shopping experience and unusual gift ideas.

This is an opportunity to introduce your work to a new audience and to showcase it for those who are already familiar with it. Contact the Anson County Arts Council at 704-694-4950 or ansonarts@windstream.net if you are interested in being a part of Christmas in November or have questions.

Abby Ward Paints Uptown Wadesboro Fire Hydrant

Have you noticed anything different about this uptown Wadesboro fire hydrant, which looks very much like a fire-fighter? This artistic impression was painted by Abby Ward, daughter of Josh and Nikki Leviner. Abby will share her skills by painting a second fire hydrant soon!



Stomp Out Cancer Walk October 4

There will be a Patricia Harrison Stomp Out Cancer Walk held on Saturday, October 4 at Ansonville United Methodist Church. Registration begins at 8:30 a.m., and the walk begins at 9:30 a.m. This event will feature the Royalty Street Ryders M/C.

Bearcat Football Tickets are Available at Lacy's

All varsity home football game tickets will be available for purchase at Lacy's in Wadesboro prior to each home game. Lacy's is located at 121 South Greene Street in uptown Wadesboro, across from the Hampton B. Allen Library. The telephone number is 704-694-4646.



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