

A family caregiver is someone who helps a relative or friend with the things that he or she can no longer do because of an illness or if they have become frail. Most caregiving experiences start with taking them to the doctor or grocery store and gradually increases to doing housework, preparing meals and assistance with bathing and dressing. In most situations the care continues, and as time goes by more and more of your time will be needed. Often caregivers neglect themselves while providing compassionate comfort and support for a loved one. Many studies have shown caregivers are twice as likely to develop a chronic illness due to the prolonged stress.

Powerful Tools for Caregivers is a free educational series designed to provide the Caregiver with the tools needed to take care of themselves so they can continue to provide good quality care.

Classes consist of six 90 minute sessions held once a week. Lisa Ledford and Rita Short co-lead the series and both are experienced caregivers themselves who have successfully applied the techniques they teach. Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action.

Classes will be held at Anson Health and Rehab, located at 405 South Greene Street in Wadesboro. Sessions will be held each Tuesday from 2:00 to 4:00 p.m. beginning on Tuesday, October 13 and ending on Tuesday, November 18. For more information or to register contact Debbie Malarz at 704-690-3421 or Lisa Ledford at 704-221-7724.

Powerful Tools for Caregivers is provided by Anson Health and Rehab, the Anson County Council on Aging, and Liberty Home Care and Hospice.



Timothy "Tim" Williams: A Changed Life

Timothy "Tim" Williams, an ACCESS CDC graduate, has proven that hard work and a desire for change can take you from where you are to where you want to be. Early in his life Tim made a lot of wrong decisions that not only impacted his family, but other people. He is committed to "righting his wrongs" by ministering to those he pulled along with him during those times of wrong life choices.

Tim currently works at Tyson Foods, is an active member of Greater St. Mark Church, an addiction recovery counselor and part of the prison ministry, Overcoming the Cycle.

Please Join Tim and ACCESS CDC for "Neighborhood Awareness: Crime Scene Relived" on Saturday, October 4 at these locations:

- 10 a.m. on Salisbury Street, in the grass area in front of the Belivers Christian Center (old Faison School)
- 2 p.m. near the Lower Projects

For more information call 704-294-0491

Trip to Harrah's Casino in Cherokee

The East Polkton School Alumni Anson/Union Group is sponsoring a trip to Harrah's Casino in Cherokee, NC on Saturday, October 4. The trip is open to everyone for a cost of only \$50, and a portion of the cost will be returned to you.

Pick up locations are: Wal-Mart in Wadesboro, 5:30 a.m.; Polkton at Old Highway 74, 5:45 a.m.; and Food Lion in Wingate, 6:15 a.m. For more information call Fred Ledbetter at 704-272-7622 or Minnie Staton at 704-272-8736.

Peachland Fire Department BBQ is October 11

Everyone is invited to visit the Peachland Fire Department for some of the best BBQ this side of the Grand Canyon on Saturday, October 11. They will be offering both chicken and pork bbq, and you can eat in or carry it home. The plates cost \$9, and will be served from 11 a.m. until 8 p.m. But, be sure to go before it gets too late because they just might sell out!

Chesterfield Genealogy Society Open House

You are invited to The Chesterfield District Chapter, South Carolina Genealogy Society open house, on Sunday, October 12 at 3 p.m. at the Visitors Center (The Old Court House) at 100 Main Street in Chesterfield. If you wish to learn more about genealogy research this is the meeting you should attend. Their library will be open for research and there will be researchers at the library to show you around and to help you with your research.

This is a great opportunity for the public to see the kinds and amount of research materials in their library. This will be a good time for you to make contact with other researchers who may be researching your family. Join them for an interesting and informative afternoon.

The Library is open each Saturday, from 10 a.m. to 3 p.m. The phone number is 843-623-2244.

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