

Join local photographer Ron Stafford on Saturday, January 14 10:30am to 12noon for a photography workshop at Old St. David's Episcopal Church in Cheraw. Ron will guide participants on a tour of this historic church.

This is a free workshop with registration required. All ages can participate. The workshop is limited to 10 participants. Phone cameras can be used for the workshop. Call the Cheraw Arts Commission 843.537.8420 x 12 to register and for additional information.

Anson Schools Sports Update

Anson High School Junior Varsity Boys Basketball

- Wednesday, December 21, Anson beat North Stanly 49-25. Nyzir Harrington: 21 points, Amari Ingram: 7 points, Jamaal Griffin: 5 points. Player of the Game: Nyzir Harrington.
- Thursday, December 22, Montgomery Central beat Anson 46-35. Amari Ingram: 9 points, Nyzir Harrington: 8 points, Dequan McKeever: 6 points.

ANSON PEDIATRICS

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Build a Family Emergency First Aid Kit

Does your family have a first aid kit for emergencies? What's in it? Here's a fun weekend activity to help you think through those emergency situations and create a practical first aid kit that you can do at home with your family.

Supplies: Index Cards Markers Pen Notebook Container to hold first aid supplies ie. shoe box, Ziplock bag, tote bag, etc. First aid supplies ie. band-aids, antiseptic wipes, scissors, gauze, tape, tweezers, gloves, and anything else.

Steps:

- Assign an index card for each type of emergency that could happen (burns, bites, breaks, nose bleeds, cuts, stings, etc.)
- Think about and ask your family what supplies would be most helpful to treat those emergencies. Ask probing questions like "When was the last time you got hurt?" "What were you doing?", "How did you treat the injury?" and "What did you wish you had with you when it happened?"
- Review your notes. What kinds of emergencies do you need to prepare for? On each index card, write down what kinds of supplies you would need for that type of emergency. If you can laminate them, that would be even better.
- Build your kit! First, notice what supplies you have at home and put them aside for your kit. Make a shopping list of the supplies you still need.
- Sort the cards into two piles: "injuries we might get" and "injuries we probably won't get." Rank the injuries from most likely to least likely in each pile.
- Put the cards into a folder you can easily find. You can even use a hole punch and tie them together to keep them inside your first aid kit.
- Have a family member discuss each section of the kit, where it will live, and what to do in case of an emergency. Feel free to add pictures or decorate the kit to make it easy to find.

This activity and more can be found on the National 4-H's Healthy Living Activity Guide (4-h.org/about/4-h-at-home/healthy-living-activity-guide). You can also call the Union County 4-H office at 704.283.3735 to learn more about other opportunities to get your family involved in activities.

By Crystal Starks, Extension Agent, 4-H Youth Development, Union County

All are invited to Barn Blast 2023

Fun, games and prizes, oh my! The Partnership for Children is ready for Barn Blast 2023. The 17th annual Barn Blast will be hosted on Friday, January 27 at 5:30 p.m. at the Lockhart-Taylor Center. Community members may get tickets through their website at www.ansonchildren.org or feel free to call 704-694-4036 to get tickets over the phone.

Since its founding in 1996, more than 6,500 children across Anson County have received Dolly Parton's Imagination Library books in the mail every month to add to their library. Approximately 50,000 educational resources from the Early Childhood Resource Center have been used by childcare providers, caregivers and community members.

Because of Barn Blast supporters, the Partnership is now able to offer children a larger space for parents and caregivers to be supported.

Now, the Anson County Partnership for Children is ready to be back in person, offering trainings for parents, families and childcare professionals.

"The success of Barn Blast and the Partnership as a whole is a testament to the determination and love of Anson County," said Caroline Goins.

Poisson, Poisson, & Bower, LLC and Uwharrie Bank will launch the night as presenting sponsors.

All proceeds benefit the Partnership's early childhood education programming.

Check out the Partnership's Facebook page for updates about Barn Blast. For more information on being a 2023 Barn Blast sponsor or getting tickets call 704-694-4036 or visit the Partnership's website at www.ansonchildren.org.

The Anson County Partnership for Children is a nonprofit organization formed in 1996 in response to the North Carolina Smart Start initiative. The Partnership's mission is "helping to make Anson County a better place to be a child and to raise a child."

Eight Ways to Support an Alzheimer's Caregiver

November is National Alzheimer's Disease Awareness Month and Family Caregivers Month. To mark these events, the Alzheimer's Association - Western Carolina Chapter is encouraging people to lend a helping hand to more than 356,000 family members and friends serving as Alzheimer's caregivers.

"The demands of being an Alzheimer's caregiver are all-encompassing and increase over time as the disease progresses, said Katherine L. Lambert, CEO of the Alzheimer's Association - Western Carolina Chapter. "This month, we are recognizing family caregivers for all they do every day to support people in their lives living with dementia, and invite the public to identify ways to support them as caregivers."

Providing help and support to caregivers can be easier than most people think. Even little acts can make a big difference. The Alzheimer's Association offers these suggestions:

- Learn: Educate yourself about Alzheimer's disease – its symptoms, its progression and the common challenges facing caregivers. The more you know, the easier it will be to find ways to help.
- Build a Team: Organize family and friends who want to help with caregiving.

The Alzheimer's Association offers links to several free, online care calendar resources that families can use to build their care team, share takes and coordinate helpers.

- Give Caregivers a Break: Make a standing appointment to give the caregiver a break. Spend time with the person living with dementia and allow the caregiver a chance to run errands, go to their own doctor's appointment, participate in a support group or engage in an activity that helps them recharge. Even one hour could make a big difference in providing the caregiver some relief.
- Check In: Many Alzheimer's and dementia caregivers report feeling isolated or alone. So start the conversation – a phone call to check in, sending a note, or stopping by for a visit can make a big difference in a caregiver's day and help them feel supported.
- Tackle the To-Do List: Ask for a list of errands that need to be run – such as picking up groceries or prescriptions. Offer to do yard work or other household chores. It can be hard for a caregiver to find time to complete these simple tasks that we often take for granted.
- Be Specific and Be Flexible: Open-ended offers of support ("call me if you need anything" or "let me know if I can help") may be well-intended, but are often dismissed. Be specific in your offer ("I'm going to the store, what do you need?"). Continue to let the caregiver know that you are there and ready to help.
- Help for the Holidays: Holiday celebrations are often joyous occasions, but they can be challenging and stressful for families facing Alzheimer's. Help caregivers around the holidays by offering to help with cooking, cleaning or gift shopping. If a caregiver has traditionally hosted family celebrations, offer your home instead.
- Join the Fight: Honor a person living with the disease and their caregiver by joining the fight against Alzheimer's. You can volunteer with your local Alzheimer's Association chapter, participate in fundraising events such as Walk to End Alzheimer's and The Longest Day, advocate for more research funding, or sign up to participate in a clinical study through the Alzheimer's Association's Trial Match.

As part of National Alzheimer's Disease Awareness Month and National Family Caregivers Month, the Alzheimer's Association's Chapters in North Carolina are offering free education programs and support groups to help all North Carolina caregivers and their families. For a complete list or to register for upcoming programs, visit act.alz.org/nmonthlyprograms.

To learn more about Alzheimer's disease, support families and people living with the disease and information on the Alzheimer's Association - Western Carolina Chapter, visit alz.org/northcarolina or call 800.272.3900.

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Anson County Tax Collector PROPERTY TAX REMINDER



**ANSON COUNTY TAXES
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Please see that all of your Anson County Property Taxes are paid in full prior to January 6, 2023.

FEES AND INTEREST BEGIN JANUARY 6, 2023.

Also, if you wish to use property taxes as an income tax deduction, payments should be made by December 31, 2022.

Please pay your taxes immediately. Mail your payment to:

**Anson County Tax Collector
101 South Greene Street
Wadesboro, NC 28170
Telephone 704-994-3220**

Or visit the office Monday through Friday, 8:30 a.m. to 5 p.m.

We accept cash, check or credit / debit card.

An after hours drop box is available too. Thank you.

You may call 704-994-3220 for total taxes owed.