

Charlette Rhue Bennett Play *The Letter* Presented on December 1



The Letter, an original play written, directed, and produced by Charlette Rhue Bennett, will be performed on Saturday, December 1 at 2 p.m. in the Cole Auditorium on the campus of Richmond Community College in Hamlet.

The story unfolds at the fictitious Highly Church in Anytown, USA. As the play begins, the audience is met with soul-stirring, hand-clapping songs of praise and worship. Just as everyone is immersed in the excitement and anticipation of a wonderful service to come, an unexpected visitor enters and changes the whole trajectory of events in a very unbelievable, yet comical way.

The Letter showcases candid, yet humorous dialogue between characters and how they set about resolving conflicts...and there definitely are conflicts.

This delightful play speaks to the issues of hope, redemption and love that elude us all at one time or another, yet, are never beyond reach.

Tickets to the play are \$15 in advance, \$20 at the door. They are available at Rhue's Too Salon, Lacy's and the Cole Auditorium. For information call 910-997-2559.



Alzheimer's Association Urges Support of Caregivers

During National Alzheimer's Disease Awareness Month and National Family Caregivers Month in November, the Alzheimer's Association - Western Carolina Chapter is raising awareness about the important role of Alzheimer's caregivers and how they can be supported.

Today, there are more than 16 million family members and friends across the U.S. serving as Alzheimer's caregivers. In North Carolina, there are an estimated 466,000 caregivers providing care to family members and friends living with Alzheimer's and other dementias. In 2017, these caregivers in North Carolina provided 531 million hours of unpaid care, valued at over \$6.7 billion.

The care provided to people with Alzheimer's disease and other dementias is wide-ranging and, in some instances, all-encompassing. Caregivers for people with dementia tend to provide more time-intensive and extensive assistance and experience more difficulty than caregivers of individuals without dementia.

Eighty-three percent of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers.

Caregivers of people with dementia report 27 hours more care per month on average (92 hours versus 65 hours) than caregivers of people without dementia, with over half providing more than 21 hours of care per week.

"Our research shows a growing financial, physical and emotional toll on Alzheimer's caregivers, which is why the Alzheimer's Association is urging support for all those affected by Alzheimer's and other dementias," said Katherine L. Lambert, CEO of the Western Carolina Chapter. "During this month and throughout the year, we encourage caregivers to reduce stress and be healthy, and for people to support caregivers and to let them know they are not alone on this journey."

The Alzheimer's Association offers the following ways that people can help caregivers and tips on being a healthy caregiver. For more information, visit www.alz.org/honor.

How to Help an Alzheimer's Caregiver

- **Learn:** Educate yourself about Alzheimer's disease - its symptoms, its progression and the common challenges facing caregivers. The Alzheimer's Association has a vast amount of resources and information available at www.alz.org.
- **Build a Team:** The Alzheimer's Association Care Team Calendar is a free, personalized online tool to organize family and friends who want to help with caregiving. Visit the Care Team Calendar here: www.alz.org/help-support/caregiving/care-options/care-team-calendar.
- **Give a Break:** Make a standing appointment to give the caregiver a break. Spend time with the person 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.
- **Join the Fight:** Honor a person living with the disease and their caregiver by joining the fight against Alzheimer's. You can volunteer at your local Alzheimer's Association office, participate in fundraising events such as the Walk to End Alzheimer's and The Longest Day, advocate for more research funding, or sign up to participate in a clinical study as a healthy volunteer through the Alzheimer's Association's Trial Match.

How to Be a Healthy Caregiver

- **See Your Doctor:** Visit your physician regularly and listen to what your body is telling you. Any exhaustion, stress, sleeplessness, or changes in appetite or behavior should be taken seriously.
- **Get Moving:** In addition to helping you stay healthy, exercise can help relieve stress, prevent disease and make you feel good.
- **Eat Well:** Heart-healthy eating patterns, such as the Mediterranean diet, are good for overall health and may help protect the brain.

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

- One in 10 people age 65 and older (10 percent) has Alzheimer's dementia.
- An estimated 5.7 million Americans, including 170,000 North Carolina residents, are living with Alzheimer's, a number estimated to grow to as many as 16 million by year 2050.
- Almost two-thirds of Americans with Alzheimer's are women.
- African-Americans are about twice as likely to have Alzheimer's or other dementias as older whites.
- Hispanics are about one and one-half times as likely to have Alzheimer's or other dementias as older whites.

Octavia Plays Presents
Intriguing Insights into the Lives of Ordinary People

The Letter

an original play by
Charlette Rhue Bennett

SHOW TIMES
Saturday, Dec. 1 2pm
 The Cole Auditorium Hamlet, NC

TICKETS
 \$15 IN ADVANCE
 \$20 AT THE DOOR

Tickets: Rhue's Too Salon & Lacy's
 Cole Auditorium Ticket Office Info (910) 997-2559

HAPPY THANKSGIVING!



TOWN OF MORVEN JOB NOTICE FULL TIME MAINTENANCE POSITION

The Town of Morven is now accepting applications to fill the position for Full-Time Maintenance.

Applicants must have a high school diploma or GED, possess a driver's license with a good driving record, pass a drug test, and criminal background.

Duties include but are not limited to reading water meters, fixing leaks, and checking sewer pump stations. Any mechanical, electrical and plumbing experience will be helpful in determining the desired applicant.

Applications must be received by November 30, 2018, at 4 p.m. They can be picked up at Morven Town Hall between the hours of 9 a.m. and 4 p.m., Monday through Friday. No Calls Please.

The Town of Morven is an Equal Opportunity Employer.

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