



# The Martin News

Covering Worth County and Surrounding Counties

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(229) 272-4356

July 18, 2022

Coming Soon.....

## Aged To Perfection

agedtoperfection2022@gmail.com



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### Ruth's Cottage and The Patticake House launches Annual Campaign

(June 27, 2022 , Tifton, Ga.) – This July, the Tifton Judicial Circuit Shelter, Inc., DBA Ruth’s Cottage and The Patticake House (RCPCH) is hosting their second Annual Campaign, with a goal of raising \$50,000 to help fund the work they do for survivors of domestic violence, child abuse, and sexual assault. “We need your help,” said Nancy Bryan, Executive Director of RCPCH. “If we want to continue to keep our programs running, continue to add programs and services that will help us to better serve our communities through direct prevention or outreach and education, we need our communities’ assistance.” RCPCH serves the Tifton Judicial Circuit, providing direct services and outreach/education to Tift, Turner, Irwin, and Worth Counties and has been incorporated as a 501(c)3 agency since 2002. Its mission is to end domestic and sexual violence, as well as child sexual and physical abuse, through a collaborative, multidisciplinary approach to investigations, advocacy, and support, while working in the community to change attitudes, beliefs, and behaviors. The conception of the organization was that it be one to provide three distinct services: domestic violence prevention/shelter, child advocacy, and be a sexual assault center. In 2018 RCPCH became the only state certified triple program in South Georgia and is currently one of only three in the State of Georgia. RCPCH serves victims of domestic violence, sexual assault, and child abuse through a 24/7 emergency hotline, individual direct services, and support groups. It also offers legal advocacy for domestic violence/stalking victims and personal advocacy, accompaniment, and assistance to sexual assault victims. RCPCH also offers emergency shelter (25 beds) and relocation assistance to domestic violence and sexual assault victims. The Patticake House Child Advocacy Center provides forensic interviews for child abuse victims and support services through a family advocate. This summer the provision of forensic medical exams for child/youth victims of sexual assault will be added to the PCH services. Due to an expected 15% decrease this fall, in federal funding from budget constraints related to COVID-19, the agency is seeking to strengthen the diversification of their funding profile. “This is why it is so important that we are successful with this annual campaign,” said Bryan. “We need our communities’ help to continue serving these victims and offering life changing and often lifesaving help to them, no matter the availability of grant funding. Even a small donation can make a big impact. Just \$5 can help us provide transportation to local victims for job interviews and necessary appointments, and \$100 or more could mean their life-saving trip away from their abuser.” Those interested in donating to RCPCH can do so online at [www.stopthehurtga.org/donations/](http://www.stopthehurtga.org/donations/), through Venmo with the username @ruthscottage thepatticakehouse, mailing a check to PO Box 2727, Tifton, GA 31793, or by bringing checks or cash by in person to the RCPCH Administrative Building, located at 211 Chesnutt Avenue in Tifton. “Please join us in our efforts to ‘Stop the Hurt’ this July by contributing to this campaign,” said Bryan. “We thank you in advance for your support.” Ruth’s Cottage is a 501 (c) 3 non-profit agency that was incorporated in 2002. Non-Profit status was also achieved that year, making it an umbrella agency with the following mission: to end domestic and sexual violence, as well as child sexual and physical abuse, through a collaborative, multidisciplinary approach to investigations, advocacy, and support, while working in the community to change attitudes, beliefs, and behaviors. The conception of the organization was that it be one to provide three distinct services: domestic violence prevention/shelter, child advocacy, and be a sexual assault center. As of January 2018, all three of these goals have been realized. Visit [www.stopthehurtga.org](http://www.stopthehurtga.org) to learn more.



# Worth County Schools

## 2022 – 2023 Calendar

Planning (no students)	Holiday (no students or staff)	Last Day of 9-Weeks	1 <sup>st</sup> Day of School
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JULY 2022						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST 2022						
S	M	T	W	Th	F	S
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SEPTEMBER 2022						
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OCTOBER 2022						
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30	31					

NOVEMBER 2022						
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DECEMBER 2022						
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JANUARY 2023						
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FEBRUARY 2023						
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MARCH 2023						
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APRIL 2023						
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30						

MAY 2023						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 8/3 First Day of School
- 9/5 Labor Day
- 10/7 & 10 Fall Break
- 11/21-25 Thanksgiving Break
- 12/16 Half-Day
- 12/19-30 Christmas Break
- 1/16 MLK Day
- 2/20 President's Day
- 3/10 & 13 Winter Break
- 4/3 7 Spring Break
- 5/24 Last Day of School
- 5/24 Half-Day
- 5/27 Graduation

Approved 3/10/2022



# Roberts & Co.

## JEWELERS

**SPOIL YOURSELF**



**HOME**



**OSTBYE**



Swimming is the fourth most popular sports activity in the United States and a good way to get regular aerobic physical activity. Just two and a half hours per week of aerobic physical activity, such as swimming, bicycling, or running, can decrease the risk of chronic illnesses. This can also lead to improved health for people with diabetes and heart disease. Swimmers have about half the risk of death compared with inactive people. People report enjoying water-based exercise more than exercising on land. They can also exercise longer in water than on land without increased effort or joint or muscle pain.

Water-based exercise can help people with arthritis improve the use of their arthritic joints without worsening symptoms. People with rheumatoid arthritis have shown more health improvements after participating in hydrotherapy (exercising in warm water) than with other activities. Water-based exercise can also improve the use of affected joints and decrease pain from osteoarthritis.

Swimming can improve mood in both men and women. For people with fibromyalgia, swimming can decrease anxiety, and exercise therapy in warm water can decrease depression and improve mood. Water-based exercise can improve the health of pregnant people and has a positive effect on the pregnant person's mental health. Parents of children with developmental disabilities find that recreational activities, such as swimming, improve family connections.

Water-based exercise can benefit older adults by improving their quality of life and decreasing disability. It can also improve or help maintain the bone health of post-menopausal women.

Exercising in water offers many physical and mental health benefits and is a good choice for anyone who wants to be more active. When in the water, remember to protect yourself and others from illness and injury by practicing healthy and safe swimming behaviors.

Source: Web MD

**A Day At Wild Adventures**



The Martin News partnered with Wild Adventures this year to give back to our community and we have had a blast doing so! The Martin News gives away tickets weekly on our Facebook page. We have done simple contests such as like the post, comment your favorite thing about Wild Adventures, share and the latest contest was pick a number. The contests have been so much fun and interacting with everyone on our Facebook page has been exciting. The best part is we are continuing to give away tickets during the month of July. Pictured is Cody Conley and his family enjoying a day at the park with the tickets he won! Cody is one of the lucky winners this season. Thank you to everyone that has participated and continuing watching our Facebook page for more give aways.

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*Carly Patterson &  
John Michael Brooks  
September 10, 2022*

*Andi Branch & Avery Mathis  
September 10, 2022*

*Littney Turner & Ashton Black  
October 1, 2022*

*Amy Bartley & Jeremy Doss  
October 22, 2022*

*Sarah Beth Bennett & Kyle Rhodes  
November 12, 2022*

*Kallie Kimbrough &  
Tucker Matthews  
November 26, 2022*

*Avery Barber & Denzell Gowdy  
December 17, 2022*

*Molly Jones & Layton Gatwood  
December 31, 2022*

*Tonya Webb & Ryan Marchant  
February 25, 2023*



# Worth County High School Competition Cheerleader Mini Cheer Camp 2022

When: July 25<sup>th</sup> - July 27<sup>th</sup> from 9am - 12pm

Where: Worth County High School Gym

Cost: \$45.00/ child by June 30<sup>th</sup>, 2022

\$55.00/ child after June 30<sup>th</sup>, 2022

PRE-K - 5<sup>th</sup> Grade **ONLY**

**Submit paperwork and payment to WCHS front office or  
Contact Coach Burrell at 229-344-1389**

**\*\*\*If unable to attend for any reason, NO REFUNDS WILL BE GIVEN!**

**CHECKS MADE PAYABLE TO: "WC Cheer Parents"**

Name of participant: \_\_\_\_\_ Grade ENTERING 22-23: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Phone #: \_\_\_\_\_

Medical Concerns: \_\_\_\_\_

Allergies: \_\_\_\_\_

\_\_\_\_\_ I allow my child's photo to be taken and published on social media / newspaper for advertisement.

\_\_\_\_\_ I DO NOT allow my child's photo to be taken or published for any reason.

### Wear camp shirt on WEDNESDAY:

Please circle participant shirt size:

YS YM YL AS AM AL AXL

**\*\* Forms and money must be turned in by June 30th to receive shirt.**

**\*\* Snacks will be provided daily.**

For parent/guardian:

I give permission for my child, \_\_\_\_\_, to participate in the Worth County High School Competition cheerleading mini-camp and certify that my child is in good health to participate in jumps, stunts, tumbling, and other activities. I understand that the Worth County High School Competition Cheerleaders, Worth County School System, and Worth County High School are not responsible for any injuries that may occur while my child participates. I also give permission for medical assistance to be given if necessary. I understand that no refunds will be given for any reason.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



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## **Eight Tips For Managing Chronic Pain**

If you are like at least 3 out of 10 people in the U.S. who experience chronic pain, you know what a big problem it is. While short-term pain typically heals, chronic pain lasts longer than three months, hurts most of the time and gets in the way of things daily activities. Chronic pain has many causes, including injuries, illnesses, and prolonged physical, emotional, or social stress. The brain decides when you are in pain, but that does not mean that pain is in your head. For example, pain is not always caused by a broken or worn-out body part. Chronic pain can be due to the brain reading signals sent from the body and sending signals back to your body. The more signals to the brain and the more the brain labels the signals as pain, often the longer the difficulties with pain can last. Everyone's pain is different, and there are many causes of worsening pain. Stress, depression, anger, anxiety or fear, unhelpful thoughts, isolation, underdoing and overdoing can create more pain signals in the body. Putting yourself in charge helps you manage chronic pain better. That's where chronic pain management comes in. The goal of chronic pain management is to help you have the best function and quality of life possible. You and your providers can create a pain plan that can put you in control. These techniques are tried-and-true strategies — when used consistently and together — to help you manage chronic pain:

### **1. Stretch, practice good posture and move gently.**

Try full body stretches, gentle yoga or tai chi for about 10 to 15 minutes daily.

### **2. Stay active.**

An activity routine, as recommended by your health care provider, can strengthen muscles, improve mood and distract from pain.

### **3. Reduce stress and practice relaxation techniques.**

This can include the use of relaxed breathing, passive or progressive muscle relaxation, or mindfulness. Smartphone applications that focus on relaxation and mindfulness can be useful for this.

### **4. Pace yourself.**

Doing too much or too little can increase pain. Daily planning with a balance of daily tasks, recreation and other responsibilities can help with structure and routine. Taking breaks before the pain level is too high can decrease the frustration that may happen with a pain flare.

### **5. Address other conditions that worsen pain.**

Studies have shown treating anxiety and depression may reduce pain and improve quality of life. Speak with your health care provider if you notice difficulties with anxiety or depression.

### **6. Maintain a positive outlook by scheduling enjoyable activities.**

Managing pain often means creating opportunities to be positive. Taking part in enjoyable activities has been shown to decrease the effects of pain signals in the body.

### **7. Stay connected with others.**

Spending time with friends and family, in-person or via video chat, can decrease focus on pain.

### **8. Get the sleep you need.**

Poor sleep often can worsen pain. Good sleep hygiene, relaxation techniques and a calming nighttime routine can improve sleep. These self-management tools, along with appropriate use of over the counter and prescription medications, provide a full treatment plan for managing persistent pain. If you have difficulty with pain, speak with your health care provider regarding a comprehensive pain treatment plan that will help put you back in control of your life.

# Project Appleseed 2022 Tour

is coming to

## Martin, GA

Red Hill Range  
2208 Toms Creek Rd

## Marksmanship and History Events

April 2-3, April 16, May 14, May 15, June 12, September 10-11, November 5, November 6

Events start at 08:30. Please arrive early to allow time for setup and sign in.

### Heritage

&

### Marksmanship

- The Debt We Owe To Our Forefathers
- The Duty We Owe To Our Posterity
- The Story Of Our Nation`s Birth
- The Lessons Of April 19, 1775.
- New Shooters - Learn fundamentals and make quick progress
- Experienced Shooters - learn new techniques
- Experts - polish skills and become an RWVA Instructor in Training
- Master the Riflemans Quarter Mile

Project Appleseed is a nationwide program that teaches rifle marksmanship skills that have been passed down from generation to generation and reconnects Americans with the people and events of colonial America. Participants are taught skills that allow a Rifleman to be accurate out to 500 yards using a standard rifle with iron sights. This ability is traditionally known as mastering the 'Rifleman's Quarter Mile' and is an American tradition that has been part of this nation from its very first days. So join us and hear some little-known Revolutionary War history, reaffirm your heritage, and make America a better place.

Learn More, Find Directions and Register at:  
[www.appleseedinfo.org/search-states-location.php?locationid=755](http://www.appleseedinfo.org/search-states-location.php?locationid=755)

For more information contact:  
GA State Coordinator [GA@appleseedinfo.org](mailto:GA@appleseedinfo.org)

*Attendees are responsible for determining applicable firearms laws.*

Sponsored by the Revolutionary War Veterans Association, a 501(c)(3) organization



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# **SIGNATURE BALLOONS & HELIUM**

**ABAC Makes Several Administrative Changes**



President David Bridges recently made several new appointments at Abraham Baldwin Agricultural College. Dr. Amy Willis has been named acting provost and vice president for academic affairs; Mike Chason is acting vice president for communications and transition; and Dr. Alan Kramer has been named acting dean of students. Willis, who was serving as assistant vice president for academic affairs, will also continue her duties as registrar and academic data officer. Dr. Jerry Baker, current provost and vice president for academic affairs, retires July 31. "Dr. Willis will provide continuity in the provost's office during this time of transition," Bridges said. "She will be spending time with Dr. Baker to become more familiar with the office." Chason, public relations director emeritus, heads up the communications and transition team for Dr. Tracy Brundage, who begins as ABAC's 11th president on Aug. 1. Bridges will retire on July 31. Kramer has been assistant dean of students and athletics director. Donna Webb retired from the dean's position on June 30. Also, Jordan Beard, executive assistant to the president, takes on an additional role as campus communications coordinator. Abby Smith-Clark is the new marketing media coordinator. "It's a very busy time for ABAC as we prepare for the new semester," Bridges said. "These personnel changes are essential to ensure a smooth start for the next semester and the arrival of the new president." Pictured top left is Dr. Amy Willis, middle is Mike Chason and on the far right is Dr. Alan Kramer

Source: Tifton Grapevine



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Performing Arts to Culinary Arts

Picking Fruit to Picking Strings

History to Southern Culture



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[TiftonTourism.com](http://TiftonTourism.com)



### South Health District Says Covid Cases Show Upticks In Past Month

COVID-19 cases continue to rise across the Ga. Department of Public Health’s South Health District, and health officials remind residents to remain vigilant. From June 2 to July 6, there were 1,900 new cases reported across the 10 counties served by the district – Ben Hill, Berrien, Brooks, Cook, Echols, Irwin, Lanier, Lowndes, Tift, and Turner.

Total cases for each county and increases for that monthly period were:

- Ben Hill – Total Cases: 4,402; Increase: 84
- Berrien – Total Cases: 5,079; Increase: 103
- Brooks – Total Cases: 3,525; Increase: 86
- Cook – Total Cases: 5,059; Increase: 145
- Echols – Total Cases: 950; Increase: 12
- Irwin – Total Cases: 1,957; Increase: 46
- Lanier – Total Cases: 2,353; Increase: 62
- Lowndes – Total Cases: 32,399; Increase: 968
- Tift – Total Cases: 11,973; Increase: 327
- Turner – Total Cases: 2,649; Increase: 67

These totals include both antigen (rapid) and PCR positive cases. With increased access to at-home COVID tests, the totals only account for new cases reported to public health. The South Health District asks that anyone who tests positive with an at-home test to stay at home for at least five days and until all symptoms have resolved. Vaccines remain the best public health measure to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging, health officials said. “While we are not seeing the rate of increase that we have seen in previous surges, any increase is something to be taken extremely seriously,” said District Health Director Dr. William Grow. “If you have not been vaccinated or are not up-to-date on your booster schedule, now is the perfect time.” Free at-home COVID test kits are available at all South Health District health departments.

Source: Tifton Grapevine



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HOME OF THE RAMS



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WORTH COUNTY



8/19

8/26

9/2

9/9

9/23

9/30

10/7

10/21

10/28

11/4



2022 SCHEDULE

**Summer fun still continuing at the Margaret Jones Public Library last week. They gathered together to make sand art and build Lego castles. Please make sure to follow the Margaret Jones Public Library on Facebook for all the upcoming events.**

**Source: MJPL**



**Proud Sponsor  
of This Weeks'  
SCHOOL  
SNAPSHOTS!**



**FRIDAY NIGHTS  
IN JUNE & JULY**

**WILD ADVENTURES**  
THEME PARK

# Dates to Remember

## July

- 18th ~ Alien Invaders Summer Camp at Chehaw in Albany 9am
- 18th ~ Super Senses Summer Camp at Chehaw in Albany 9am
- 18th ~ Monster Among Us Summer Camp at Chehaw in Albany 9am
- 18th ~ Vacation Bible School at Gordy New Bethel Baptist Church 5:30pm
- 18th ~ City of Sylvester Council Meeting 6pm
- 19th ~ Alien Invaders Summer Camp at Chehaw in Albany 9am
- 19th ~ Super Senses Summer Camp at Chehaw in Albany 9am
- 19th ~ Monster Among Us Summer Camp at Chehaw in Albany 9am
- 19th ~ Books & Bubbles at Margaret Jones Public Library 10:30am
- 19th ~ American Red Cross Blood Drive at Tifton Methodist Church 12:30pm - 5:30pm
- 19th ~ Vacation Bible School at Gordy New Bethel Baptist Church 5:30pm
- 19th ~ Margaret Jones Public Library July Book Club 5:30pm
- 19th ~ City of Warwick Council Meeting 7pm
- 20th ~ Alien Invaders Summer Camp at Chehaw in Albany 9am
- 20th ~ Super Senses Summer Camp at Chehaw in Albany 9am
- 20th ~ Monster Among Us Summer Camp at Chehaw in Albany 9am
- 20th ~ Kiwanis Meeting at Noon
- 20th ~ Vacation Bible School at Gordy New Bethel Baptist Church 5:30pm
- 21st ~ Alien Invaders Summer Camp at Chehaw in Albany 9am
- 21st ~ Super Senses Summer Camp at Chehaw in Albany 9am
- 21st ~ Monster Among Us Summer Camp at Chehaw in Albany 9am
- 21st ~ Hometown Heroes Kids Event at Conger LP Gas 9am - 12noon
- 21st ~ The Atlanta Braves Trophy Display at Tifton Recreation Department 4pm
- 22nd ~ Alien Invaders Summer Camp at Chehaw in Albany 9am
- 22nd ~ Super Senses Summer Camp at Chehaw in Albany 9am
- 22nd ~ Monster Among Us Summer Camp at Chehaw in Albany 9am
- 22nd ~ Virtual Alzheimer's Learning - 10 Warning Signs of Alzheimer's 12pm-1pm
- 25th ~ Mini Cheer Camp 2022 at Worth County High School Gym 9am
- 25th ~ Nightcrawlers Summer Camp at Chehaw in Albany 9am
- 25th ~ Dinosaur Discovery Summer Camp at Chehaw in Albany 9am
- 25th ~ Expedition Earth Summer Camp at Chehaw in Albany 9am
- 26th ~ Mini Cheer Camp 2022 at Worth County High School Gym 9am
- 26th ~ Nightcrawlers Summer Camp at Chehaw in Albany 9am
- 26th ~ Dinosaur Discovery Summer Camp at Chehaw in Albany 9am
- 26th ~ Expedition Earth Summer Camp at Chehaw in Albany 9am
- 26th ~ Books & Bubbles at Margaret Jones Public Library 10:30am
- 26th ~ Virtual Alzheimer's Learning - Advancing the Science: The Latest in Research 12pm-1pm
- 26th ~ City of Poulan Council Meeting 6:30pm
- 27th ~ Mini Cheer Camp 2022 at Worth County High School Gym 9am
- 27th ~ Nightcrawlers Summer Camp at Chehaw in Albany 9am
- 27th ~ Dinosaur Discovery Summer Camp at Chehaw in Albany 9am
- 27th ~ Expedition Earth Summer Camp at Chehaw in Albany 9am
- 27th ~ Kiwanis Meeting at Noon
- 28th ~ Nightcrawlers Summer Camp at Chehaw in Albany 9am
- 28th ~ Dinosaur Discovery Summer Camp at Chehaw in Albany 9am
- 28th ~ Expedition Earth Summer Camp at Chehaw in Albany 9am
- 29th ~ Nightcrawlers Summer Camp at Chehaw in Albany 9am
- 29th ~ Dinosaur Discovery Summer Camp at Chehaw in Albany 9am
- 29th ~ Expedition Earth Summer Camp at Chehaw in Albany 9am
- 29th ~ Downtown Sylvester Concert with Kollektive 7pm
- 30th ~ Ma Flora's Helping Hands presents Back to School Supply Drive 10am



 24 hour roadside spill response

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 Hazardous materials removal and disposal

 Non-roadside recoveries and cleanups

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*Autumn Smith*

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Presents:

# KIDS DAY IN THE PARK!

Saturday, September 3, 2022

**TC JEFFORDS PARK Sylvester, GA**

**11am-4pm**



PRESENTED BY: MEN UNITED CLUB, INC.

SYLVESTER - WORTH COUNTY FAMILY CONNECTION

L&H COMMUNITY OUTREACH

## Caleb's Christian Academy

- Private, Christian School
- Located in Worth County
- Serving students in Worth County and surrounding counties
  - Pre-K through 8th grade
- Enroll now for the 2022-2023 school year



Jennifer Thompson  
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Sylvester, Georgia 31791  
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## Where Are Your Driving Thru?

National Drive Thru Day is Saturday, July 24th. Where will you drive thru on Saturday? Here in Sylvester alone, we have several drive thru places. Now I wonder if they are considering this drive thru places to eat or drive thru places to do business? Think about it. These days, we drive thru to get food, medicine and even clothes at the cleaners. We drive thru to drop off mail and to go to the bank. Many places have drive thru services so where will you drive thru on National Drive Thru Day?

## How Their First Library Card Teaches Kids Responsibility

Think of all the cards in your wallet right now. Visa? MasterCard? American Express? Starbucks? All those shiny plastic rectangles in your pocket signify bills to pay, money to spend, and all the other responsibilities that come with being a grown-up. But do you remember your first card? That first time you got a wallet and couldn't wait to fill it with grown-up things, like photos, money, and cards! Perhaps that first official card of your very own was a library card. But a library card isn't simply a way for kids to gain access to library materials, it's also an ideal way to start kids on a path to responsible adulthood. Kids can learn a great deal about responsibility (and how to be thoughtful members of society, in general) with a little guidance from wise adults and a trusty library card. Here are six lessons young people can learn by being proud bearers of a library card that will prepare them for the future: How to Participate in Civil Society. My library card was the first official document I was actually allowed to carry in my very own wallet. Being an avid fan of public libraries, our mother took us straight to the local branch's front desk so my brother and I could fill out a couple of crisp, official forms in exchange for keys to the magical kingdom of books. The cards were the first signal that we were part of a larger community. Who says bureaucracy can't be totally worth it once in a while? How to Keep Important Documents (or objects) safe and handy. You can't delve into the next installment of J. K. Rowling's universe of witchcraft and wizardry without keeping your library card free of damage and close at hand. Likewise, books, DVDs, and other items that belong to the community deserve some tender, loving care. A library card teaches kids to value meaningful objects and take special care of them for others' eventual use. How to Be a Good Borrower? Like looking both ways before you cross the street, certain rules in life are just common sense to adults. However, kids must be shown how to be respectful, polite, and law-abiding citizens. But becoming conscious of the span of time they get to enjoy that DVD or audiobook is not just about due dates. It's also about empathizing with that other kid who is patiently waiting to learn life lessons from Judy Blume, too. And you can be sure that when some thrilling adventure is coming due, your favorite kid will surely speed up those words-per-minute. How to Accept Consequences? A library card helps young people understand that forgetting (or refusing) to be responsible means suffering the consequences. Whether it's paying for overdue, lost, or damaged materials, kids benefit from learning that the effects of ignoring responsibilities can take a solid chunk of that cash they so proudly display in their wallets (as well as their trustworthiness). Ouch. How to Choose Thoughtfully? With row after row of books, DVDs, magazines, the library is a veritable cave of wonders—but one must choose wisely. Even though we'd like to take it all home with us, there are limits. A library card is an opportunity for youngsters to learn moderation and decision-making skills, as they grow to strike a balance between their desires, abilities, and means. That the System Works (if we're responsible together) Finally, a library card is symbolic of a society that takes responsibility for helping all people become more knowledgeable, better informed, and wiser. Libraries are places of discovery where everyone can learn about the universe, life, love, and all the things that make us human. That is, if the majority of people uses it appropriately. A library card is a key that allows kids to participate in what's right with society, while at the same time helping them to grow into decent adults. Of course, kids may not just accept these important responsibilities on their own. That is why wise adults must be there to offer guidance—a little nudge in the right direction—to help young people discover the awesome power of their first library card.



Ma Flora's Helping Hands presents

# BACK TO SCHOOL

## SUPPLY DRIVE

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**SATURDAY**

**JULY 30TH | 10AM - 1PM**

**IRENE P HALL PARK**

610 WEST STREET

Sylvester, GA 31791

FOR MORE INFO CALL OR TEXT 229.234.0640  
NATASHA PRICE



**Pre-K Supply List**  
**Worth County**  
**Primary School**  
**2022-2023**



\*\*\*\*\*

- 2 boxes of baby wipes
- 2 boxes of Kleenex tissues
- 1 box of gallon size Ziploc bags
- 1 box of sandwich size Ziploc bags
  - 2 rolls of paper towels
  - Pack of sheet protectors
  - Plastic pencil box

**The following items should be LABELED with your child's name:**

- Personal Water Bottle
- Small towel for nap time (no beach towels or blankets)
- **NO NAP PADS/MATS/ROLLS** (due to limited space)
- **CLEAR** Book Bag (large enough for nap towel & student agenda)
- Change of clothes (including socks & underwear)
- **1-inch binder** with clear cover (for scrapbook)
- \$7.00 for class shirt (for field trips, programs, Field Day)
- Family picture for "Our Family" board

## Are You An Aunt or Uncle?

If you are an aunt or uncle then July 26th is YOUR day! We all know they recognize mothers and fathers but now I see they recognize aunts and uncles. I LOVE being an aunt! I only have two nephews; one is about to turn 21 on Saturday and one is the same age as my son which is 18. Being an aunt is fun because you can spoil them and send them home. I am also an aunt to those that are not related by blood. When I was growing up, for years and years, I use to think I had many aunts and uncles when all in all there was many that we called aunt and uncle that were just very close friends to the family. Aunts and uncles, whether blood related or not, are just an extra set of hands to the parents. They tend to love your children the same as you would all while teaching and guiding them the way you would as well. The Lord knew what he was doing when he added extra people to a child's life. The saying "it takes a village to raise children" stands true maybe even more today than ever.

## Wine and Its Benefits

The list of wines benefits is long—and getting more surprising all the time. Already well-known as heart healthy, wine in moderation might help you lose weight, reduce forgetfulness, boost your immunity, and help prevent bone loss. With America likely to edge out France and Italy in total wine consumption in the near future, according to one analyst, and with women buying more than 6 out of every 10 bottles sold in this country, were happy to report that wine may do all of the following:

1. Feed your head. Wine could preserve your memory. When researchers gave memory quizzes to women in their 70s, those who drank one drink or more every day scored much better than those who drank less or not at all. Wine helps prevent clots and reduce blood vessel inflammation, both of which have been linked to cognitive decline and heart disease. Alcohol also seems to raise HDL, the so-called good cholesterol, which helps unclog your arteries.
2. Keep the scale in your corner. Studies find that people who drink wine daily have lower body mass than those who indulge occasionally; moderate wine drinkers have narrower waists and less abdominal fat than people who drink liquor. Alcohol may encourage your body to burn extra calories for as long as 90 minutes after you down a glass. Beer seems to have a similar effect.
3. Boost your body's defenses. In one British study, those who drank roughly a glass of wine a day reduced by 11% their risk of infection by *Helicobacter pylori* bacteria, a major cause of gastritis, ulcers, and stomach cancers. As little as half a glass may also guard against food poisoning caused by germs like salmonella when people are exposed to contaminated food, according to a Spanish study.
4. Guard against ovarian woes. When Australian researchers recently compared women with ovarian cancer to cancer-free women, they found that roughly one glass of wine a day seemed to reduce the risk of the disease by as much as 50 percent. Earlier research at the University of Hawaii produced similar findings. Experts suspect this may be due to antioxidants or phytoestrogens, which have high anticancer properties and are prevalent in wine. And in a recent University of Michigan study, a red wine compound helped kill ovarian cancer cells in a test tube.
5. Build better bones. On average, women who drink moderately seem to have higher bone mass than abstainers. Alcohol appears to boost estrogen levels; the hormone seems to slow the body's destruction of old bone more than it slows the production of new bone.
6. Prevent blood-sugar trouble. Premenopausal women who drink one or two glasses of wine a day are 40 percent less likely than women who don't drink to develop type 2 diabetes, according to a 10-year study by Harvard Medical School. While the reasons aren't clear, wine seems to reduce insulin resistance in diabetic patients.

Source: Health.com

Get off the couch and on the road!

Worth County Residents

# FREE COOKIE

Just let us know you're from Worth Conty and enjoy one of our fresh-baked cookies on us!

How far would you go for a free cookie?

The Blue Goose is waiting for you!

128 East Main Street • Irwinton, Georgia  
looseatthegoose.com • 478-233-1548

Hours: Tues. - Fri. 10 to 6  
Most Saturdays 10 to 4



## 2022-2023 Worth County Primary School Supply Lists

Kindergarten	First Grade	Second Grade
<p>2 pack of 16 or 24 count crayons</p> <p>2 packs of 2 count pink erasers</p> <p>1 pair of blunt end scissors</p> <p>2 packs of pencils (no mechanical pencils) **Ticonderoga brand preferred*</p> <p>Pencil box or pouch</p> <p>6 large glue sticks *Elmer's brand preferred</p> <p>3 Boxes of Kleenex</p> <p>Headphones (not earbuds) *Your child will need headphones all year long. If he or she breaks or misplaces their pair you will need to provide another pair.</p> <p>2 packs of EXPO dry erase markers (1 thick &amp; 1 thin)</p> <p>4 rolls of paper towels</p> <p>Clear Book bag without wheels (large enough for an agenda to fit in)</p> <p>1 change of clothing (including underwear and socks) to be kept in the classroom. <b>Please LABEL all articles of clothing and store in a Ziploc bag labeled with your child's name.</b></p> <p>Rest towel (for the first two weeks of school ONLY)</p> <p>The following items are <b>not required</b> but, would be greatly appreciated:</p> <ul style="list-style-type: none"> <li>• 1 box gallon Ziploc bags</li> <li>• 1 box quart Ziploc bags</li> <li>• 2 boxes of baby wipes (one for class and one for art)</li> <li>• 1 box of Band-Aids</li> </ul>	<p>2 packs of 16 or 24 count crayons</p> <p>2 packs of 2 count pink erasers</p> <p>1 pair of blunt end scissors</p> <p>3 packs of pencils (no mechanical pencils) **Ticonderoga brand preferred*</p> <p>6 large glue sticks *Elmer's brand preferred</p> <p>1 pencil box</p> <p>3 Boxes of Kleenex</p> <p>1 pack of EXPO dry erase markers</p> <p>3 rolls of paper towels</p> <p>Headphones (not earbuds) *Your child will need headphones all year long. If he or she breaks or misplaces their pair you will need to provide another pair.</p> <p>Clear Book bag without wheels (large enough for an agenda to fit in)</p> <p>The following items are <b>not required</b> but, would be greatly appreciated:</p> <ul style="list-style-type: none"> <li>• 1 box gallon Ziploc bags</li> <li>• 1 box quart Ziploc bags</li> <li>• 2 boxes of baby wipes (one for class and one for art)</li> <li>• 1 box of Band-Aids</li> </ul>	<p>2 packs of 16 or 24 count crayons</p> <p>3 packs of 2 count pink erasers</p> <p>1 pair of blunt end scissors</p> <p>4 packs of pencils (no mechanical pencils) **Ticonderoga brand preferred*</p> <p>12 large glue sticks *Elmer's brand preferred</p> <p>1 zippered pencil pouch</p> <p>1 pack of EXPO dry erase markers</p> <p>3 Boxes of Kleenex</p> <p>3 rolls of paper towels</p> <p>Headphones (not earbuds) *Your child will need headphones all year long. If he or she breaks or misplaces their pair you will need to provide another pair.</p> <p>Clear Book bag without wheels (large enough for an agenda to fit in)</p> <p>The following items are <b>not required</b> but, would be greatly appreciated:</p> <ul style="list-style-type: none"> <li>• 1 box gallon Ziploc bags</li> <li>• 1 box quart Ziploc bags</li> <li>• 2 boxes of baby wipes (one for class and one for art)</li> <li>• 1 box of Band-Aids</li> </ul>

# Worth County Elementary School

## 2022-2023 Supply List



### 3rd Grade

- Clear Book Bag (no wheels)
- Pencil Pouch
- Number 2 pencils with erasers
- Black or blue pens
- 1 small pack of crayons
- Colored pencils
- Student scissors
- Glue sticks
- Medium sized pink erasers
- Wide ruled notebook paper

The following are not required but are recommended:

- Headphones/Earbuds (nothing expensive, to be used on computers; and only if you want your child to have their own)
- Water Bottle

\*\*\*See homeroom teacher for specifics on type and quantity of folders/binders/notebooks. One 3 ring notebook will be sufficient for first few days of school.

### 4<sup>th</sup> Grade

- Clear Book Bag (no wheels)
- Pencil Pouch
- Number 2 pencils with erasers
- Black or blue pens
- 1 small pack of crayons
- Colored pencils
- Highlighters
- Glue sticks
- Student scissors
- Wide ruled notebook paper

The following are not required but are recommended:

- Headphones/Earbuds (nothing expensive, to be used on computers; and only if you want your child to have their own)
- Water Bottle

\*\*\*See homeroom teacher for specifics on type and quantity of folders/binders/notebooks. One 3 ring notebook will be sufficient for first few days of school.

### 5<sup>th</sup> Grade

- Clear Book Bag (no wheels)
- Pencil Pouch
- Number 2 pencils with eraser
- Black or blue pens
- Highlighters
- Colored pencils
- Glue sticks
- Student Scissors
- Index cards
- Post-it/sticky notes
- Wide ruled notebook paper

The following are not required but are recommended:

- Headphones/Earbuds (nothing expensive, to be used on computers; and only if you want your child to have their own)
- Water Bottle

\*\*\*See homeroom teacher for specifics on type and quantity of folders/binders/notebooks. One ring notebook will be sufficient for first few days of school.

### Health Benefits Of Watermelon For Your Senior

Warmer temperatures bring more fresh fruits and vegetables to our grocery stores and farmer's markets. One quintessential fruit that is often thought of when you think of summer and picnics is the classic watermelon. While delicious and refreshing, did you know that the watermelon also has a lot of health benefits, many of which are particularly helpful for your aging parent? Some of the nutrients that watermelons are rich in are nutrients that help prevent or reduce the risk of ailments and diseases that especially negatively affect the elderly population. So, the next time you work with your parent to create her shopping list, why not add watermelon to the list?

Health benefits of watermelon:

#### Beta-carotene

Beta-carotene is an antioxidant that is good for eye and skin health and ripe watermelons are loaded with it. If your parent struggles with poor eyesight health, adding fresh watermelon could help improve some of the conditions she struggles with. Beta-carotene also helps with cancer prevention.

#### Lycopene

Lycopene is a phytonutrient that occurs in fresh fruits and vegetables. Phytonutrients help protect plants from germs, fungi, and other threats, while also having wonderful anti-inflammatory and immune boosting benefits for humans. Watermelon has the highest concentration of lycopene of any fresh produce, making it a wonderful addition to your parent's diet to improve bone and heart health, as well as reduce the risk for prostate cancer.

#### Vitamin A

One serving of watermelon can provide 30 percent of the recommended amount of vitamin A to your parent's day. Vitamin A is another important nutrient for good eye health. Vitamin A also boosts your parent's immune response by enhancing her white blood cells.

#### Vitamin B6

The best way for your parent to combat germs is to build a healthy immune system. The levels of Vitamin B6 in watermelon strengthen your parent's immune system and help it produce more antibodies. Since even a fairly common cold or flu can really have dire consequences for your parent's health, improving her immune system is a great way to stop any illness before it even starts.

#### Vitamin C

Vitamin C is another vitamin that watermelon is rich in. One serving provides about 25 percent of the body's daily needs. Vitamin C helps fight off colds and flu by building the body's immune system. It's also been shown to help the body get rid of free radicals, which have been linked to cataracts.

These are just some of the wonderful nutrients that are in every serving of watermelon, giving your parent's immune system and body an extra boost in fighting off diseases and other health issues. Have your senior care provider slice up some watermelon and keep it in the refrigerator so your parent can easily grab a bowl or a couple slices the next time she needs a little snack that's both delicious and highly nutritious.

Source: Senior Home Care

**ASK ABOUT OUR SPECIALS!**

**Enriching lives through paws-itive reinforcement!**

# Train that Dog!

- \* Group Training Classes:
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  - Basic Obedience
- \* Private Lessons

Beth Daniel, Certified Dog Trainer

**(229) 848-3662**

**trainthatdog@yahoo.com**

July 16th, 2022

## The suicide hotline is changing.

On 7/16, the once 11-digit number will be reduced to #9-8-8. When people call or text 988, they will be connected to trained counselors with the existing lifeline network.





# WILD ADVENTURES

THEME PARK

**EXTENDED!**  
**EVERYONE**  
**PAYS KIDS' PRICE**

LIMITED TIME ONLINE OFFER

\$ **39**<sup>99</sup>  
+TAX

**WILDADVENTURES.COM**

# 2022 FISHING RODEO

Hosted by Limb Support, Inc



**AUGUST 6, 2022**  
**JEFFORDS PARK**  
**SYLVESTER, GA 31791**  
**(THE HUT NEXT TO THE TRAIN)**



**Registration starts at 7:30 AM**  
**Weigh-in starts at 1:00 PM**

**Registration Fees**  
**\$20 Adults; \$10 ages 13-17**  
**Free for children 12 and under.**

**Great Prizes for Largest Bass, Bream,  
Catfish & Crappie**  
**Grand Prize for longest fish!**

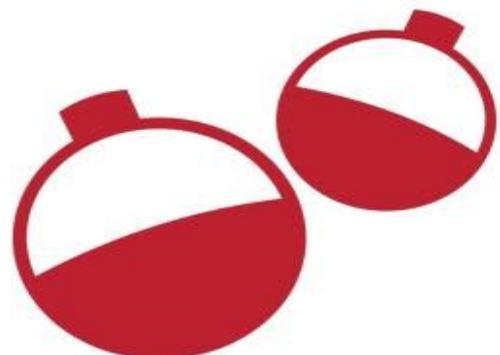
- **Fishing location not provided**
- **No frozen or dead fish accepted**
- **No checks or credit cards**
- **We will be collecting used eye glasses; Contact Tim Spencer at (229) 854-5619**

**ADVANCED TICKETS LOCATIONS**  
**Carroll's Sausage & Meats (Sylvester)**  
**Limbcare Prosthetics & Orthotics**  
**Palmyra Rd Albany**  
**Sylvester Chamber of Commerce**



## SPONSORS

- |                                  |   |
|----------------------------------|---|
| American Nails - Sylvester       | McDonald's - Sylvester                  |
| Boaters World of Albany Georgia  | Newell Firearms & Outdoor               |
| Carroll's Sausage & Meats        | Outback Steakhouse                      |
| Ed's Tires - Sylvester           | Ray Ray's Bait & Tackle Store - Warwick |
| Home Depot                       | Rice Bowl                               |
| Hot Dog King                     | Sky High Bounce Party Central           |
| Limbcare Prosthetics & Orthotics | Stardust 2 Skate Center                 |
| Longhorn                         | Sylvester Food Mart - Albany            |
| Lowe's                           | Walmart                                 |
| Lucky Lotto                      |   |



## Georgia Peanut Commission Hosting 2023 Calendar Photo Contest Featuring Peanut Farm Families

TIFTON, Ga. – The Georgia Peanut Commission is hosting a photo contest until Oct. 1, 2022, featuring peanut farm families to fill the pages of the 2023 Georgia Peanut Calendar. Photos will also be selected to be used in various promotional projects by GPC throughout the year. Farmers from across Georgia are encouraged to submit their best high-resolution photo of their family on the peanut farm throughout the growing season. Winning entries will be selected for each month of the calendar, as well as the cover page. Below are tips to consider when selecting a photo to enter:

- Make sure the photo is not offensive and avoid photos with large, easy to read corporate logos.
- Think about the months of the year and select photos that represent them. For example, land prep work in the winter, planting in the spring, irrigation in the summer and harvest in the fall.
- Make sure photos are taken in horizontal format, so they will fill the entire page of the calendar.
- Showcase your family (young and old) and what being a Georgia peanut farmer means to you.
- Choose a photo you feel helps others understand more about how you care for the crop they love.

Photo entries must be taken during the 2020, 2021 or 2022 peanut crop year and feature peanut production. Entries must also be high resolution (300 dpi), horizontal and not taken with a phone; otherwise, they may be disqualified. Please submit photos in .jpg format and submit them with the online entry form provided on [www.gapeanuts.com](http://www.gapeanuts.com) by Oct. 1, 2022, for consideration. Winning entries will be entered for a chance to win a Visa gift card. Visit [www.gapeanuts.com](http://www.gapeanuts.com) for complete details.

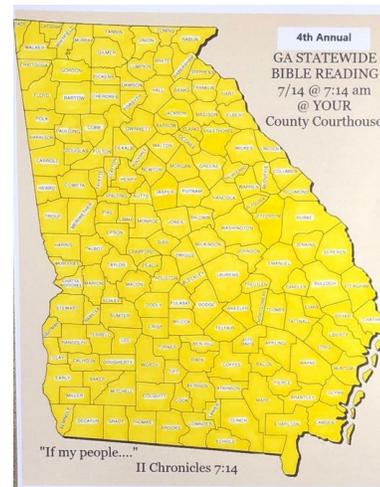
### Class of 1957 Celebrates 65 Years



Tuesday, July 12th the Sylvester Class of 1957 enjoyed fellowshiping together for lunch at Ed's Truck Stop in Poulan. They enjoyed catching up on their every day life, families and reminiscing on all the past memories. Left to right: Judy Bennett Reed, Latrelle Summer Pate, Brennis Verhine, Roy Sumner, Grady Smith, Glenda Lavender Verhine, Jackie Twitty Thomas, JoAnne Bozeman Youngblood, Ann Ponder Sumner, Clint Sumner, Joyce Davis York and Bettie Sumner.

Photo Credit: Doris Milling

### 4th Annual Statewide Bible Reading Held July 14th



The 4th Annual Statewide Bible Reading in Georgia was held on July 14th at 7:14am from the steps of the courthouses in 159 counties. The entire Bible was read in Georgia in an hour or less.

The basis for this reading is taken from 2 Chronicles 7:14: "If my people, who are called by my name will humble themselves and pray and see my face and turn from wicked ways, then I will hear from Heaven and forgive their sin and heal their land." In Worth County, scripture was read from Isaiah 11 – Isaiah 19. This is an annual event that was started by Dianne Bentley in 2018. The Georgia leader for the project is Jerri Tuck.



**Wendy's**

*Groundbreaking*

**Join us Wednesday, August 10th,  
2022, at 11:00 am at 808 E. Franklin  
St. in Sylvester for Wendy's  
Groundbreaking!**



### A New Era in IT Support Services

ComNet Technical Solution, Inc. is excited to announce the sale of their Small Business Managed Services Division. The new ownership, operating under the name of CTSI Outsourcing, will guide business needs for managed technology services and solutions into the future for Small Businesses and Municipalities. The Parent Company, ComNet Technical Solutions will now be branded ComNet1 and will continue providing services to its Worldwide Fortune 100 clients. ComNet1 Leadership will remain the same with Tammy McCrary as CEO and Jill Searcy as COO.

“By separating these divisions, each can benefit from greater focus, tailored capital allocation, and strategic flexibility to drive long-term growth and value for customers, investors, and employees,” CEO Tammy McCrary said in a statement accompanying the announcement. “We are putting our technology expertise, leadership, and global reach to work to better serve our customers.”

CTSI Outsourcing’s new owners, Jason Gauntt and Tina Peterson, are well known to our existing clients and our community. They have been employees of ComNet Technical Solutions, Inc. and are both highly skilled technology professionals.

Jason joined the company in January 2022 as Director of Operations and has been leading the company in new business ventures and brings over 20 years of technical expertise. Jake has experience with start-up organizations as well as mature businesses in the areas of finance, engineering and operations, Information Technology, Public Safety Sector, as well as Business Development. Over the past ten years, he has held various Senior Leadership positions, in both government and private sector, leading people, managing risk management, legal, marketing, sales, including mergers and acquisitions. Jake is currently involved as a Principal Consultant with the City of Sylvester, where he is helping manage and deploy Fiber to the Home Services ( Voice, IP TV, and Data) throughout the entire City. He will serve as the CEO for CTSI.

Tina has been with CTSI for over 10 years, serving as the General Manager of the Small Business Managed Services Division. Her technology experience has ranged from the school system, manufacturing, to a wide range of small and medium sized enterprises. A graduate of Leadership Albany and avid volunteer in the community, she has helped CTSI grow into the company it is now. She will serve as the Company’s Vice President, Customer Support Operations.

**CONCERT** **JULY 29**  
*at the* **DEPOT** **7-9 PM**

Featuring  
**KOLLECTIVE**  
 (Formerly Field’s Ensemble)

**Food Trucks** *TABLES \$40 TO RESERVE UNTIL GONE*



Contact City of Sylvester Main Street for more information 229-773-7716

### The OPAL Project Shirt Sale

If you are like me, you love a t-shirt! I could never have too many either. Since we all love t-shirts, lets help our friends out at The OPAL Project. The OPAL Project is selling shirts to raise money for The OPAL Center, their adult day program. Their shirts come in a variety of colors, styles, and sizes for everyone. The last day to order is July 26th! Click the link below to place your order now. <https://www.bonfire.com/the-opal-project/>. The OPAL Project is a 501c3 organization focused on providing support to individuals



with special needs and their families through education, community engagement and respite. They are located at 710 West Price Street in Sylvester.

# WORTH COUNTY SCHOOLS OPEN HOUSE

## MONDAY, AUGUST 1, 2022

WORTH COUNTY PRIMARY SCHOOL AND WORTH COUNTY ELEMENTARY SCHOOL  
WORTH COUNTY MIDDLE SCHOOL AND WORTH COUNTY HIGH SCHOOL

4:00 - 6:00  
5:00 - 7:00

### Guns & Hoses Basketball Game Held Saturday July 16<sup>th</sup>



Saturday was a beautiful day for family fun and a basketball game! The Sylvester Police Department held a charity event on Saturday, July 16<sup>th</sup> at the Worth County High School Gym to raise funds for the Kids Shop with a Cop event that is held in December in celebration of Christmas. "This was the first Guns -n- Hoses Fundraising Event" stated Sergeant Carlos Deriso "And we hope to hold another event in the fall". They would like to thank the sponsors for this event: Worth County Chamber of Commerce, Worth County Masonic Lodge, Mac's Snack Attack, Tee's Tasty Bites, Retro FM 102.1, Piggly Wiggly, George Hall, Dairy Queen, Circle K, STIX, Jessica Curry/Dollar General, Dels Inflatables, LLC, Kona Ice of Albany, The Martin News, Shell Gas Station, The Gift Barn, Elite Images, Wal-Mart and Sno Biz. They would also like to thank everyone that came out to support this event. The police department won the inaugural game over the Sylvester Fire Department 56-55! Congratulations!

## Alzheimer's And Dementia: Tips For Better Communication

Thursday, July 14th was a great day for learning and that we did. The Alzheimer's Association held a virtual learning that is free for anyone. The topic for this virtual learning was Effective Communication Strategies. Unless you have dealt with a family member struggling with dementia or Alzheimer's or you have worked in the medical field with them, it is very difficult to comprehend the difficulty of communicating with someone that has dementia or Alzheimer's. The learning was very educational to me. One of the speakers referred to something her mother once told her while dealing with another situation and it "Da'lin Logic Does Not Apply" and that statement is very true when communicating with someone that has dementia or Alzheimer's. Another fact that I learned was our tone matters greatly when communicating with anyone but most especially with those with dementia or Alzheimer's. Don't correct them when they are incorrect. There is not need to try and correct them as it only increases anxiety. One great thing to do is count to three when communicating with them as they will frustrate us because they are repeating things or not getting what we say when they always have. We have to adjust to the new normal which is very difficult for us all. One thing I remember my daddy saying to me about his mother when she had Alzheimer's was "we must join her world now because she can no longer join ours". He had never been more right when he said that! One other thing I learned was we often hear if the demented person never cusses and now does, or even use to but stopped I will explain how they explain it to us in the virtual learn. Our left lobe of the brain is where we store the good vocabulary. We are taught as children not to say bad words and we put them in the right lobe of the brain. Our brains work with the left lobe of the brain. As someone develops dementia, they begin to work and communicate with their right lobe of the brain and there is where the cussing comes from. We learn something new everyday.

Rethinking your listening and speaking strategies can help you communicate with a person who has dementia. Communicating with someone who has Alzheimer's disease or a related dementia can be challenging. A family member or friend with dementia may have difficulty understanding you, and you may have a hard time understanding what he or she is trying to communicate. There's potential for misunderstanding, confusion or frustration in both directions, making communication even more difficult. You'll need patience, good listening skills and new strategies. Here's help easing your frustration and improving your communication. A person with dementia may have difficulty remembering words or communicating clearly. You might notice patterns in conversations, including:

- Having trouble with finding the right word
  - Substituting words
- Describing an object rather than naming it
- Repeating words, stories or questions
- Mixing unrelated ideas or phrases together
  - Losing a train of thought
  - Speaking less often
  - Reverting to a first language
  - What you can do to help

To improve understanding in both directions:

- Be patient. Take time to listen and allow time for the person with dementia to talk without interruption.
  - Learn to interpret. Try to understand what is being said based on the context.
    - If the person is struggling to get an idea out, offer a guess.
- Be connected. Make eye contact while communicating and call the person by name. Hold hands while talking.
  - Be aware of your nonverbal cues. Speak calmly. Keep your body language relaxed.
  - Offer comfort. If a person with dementia is having trouble communicating, let him or her know it's OK and provide gentle encouragement.
- Show respect. Avoid baby talk and diminutive phrases, such as "good girl." Don't talk about the person as if he or she weren't there.
  - Avoid distractions. Limit visual distractions and background noise, such as a TV or radio, that can make it difficult to hear, listen attentively or concentrate.
  - Keep it simple. Use short sentences. As the disease progresses, ask questions that require a yes or no answer.
    - Break down requests into single steps.
- Offer choices. Offer choices when making a request for something a person might resist. For example, if someone is reluctant to shower, you might say, "Would you like to take a shower before dinner or after dinner?"
- Use visual cues. Sometimes gestures or other visual cues promote better understanding than words alone. Rather than asking if the person needs to use the toilet, for example, take him or her to the toilet and point to it.
- Avoid criticizing, correcting and arguing. Don't correct mistakes. Avoid arguing when the person says something you disagree with.
  - Take breaks. If you're frustrated, take a timeout.

The challenges of communication evolve as the disease progresses. You will likely find that nonverbal communication with your family member or friend — such as touch or the comforting sound of your voice — will become not only important but also meaningful.

Be sure to check out the Alzheimer's Association on their website at [www.alz.org](http://www.alz.org) for any resources you may need along with information on virtual learnings that they may have coming up. There will be one on July 22nd, this coming Friday discussing the 10 Warning Signs of Alzheimer's. I plan to attend that one as well. These can all be done from your phone or computer in the car or at home. If you have any questions or need any help, please feel free to contact the Alzheimer's Association at their 24/7 help line which is 1-800-272-3900.



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