What You Need to Know About Alzheimer’s Disease and Dementia

Alzheimer’s disease is a common cause of dementia and is a distinct illness. Learning about the two terms and their differences is crucial because it may provide those living with Alzheimer’s disease—or another type of dementia—they, their families, and caregivers valuable information about supporting that care and well-being.

What exactly is Dementia?

According to the World Health Organization (https://www.who.int/news-room/fact-sheets/detail/dementia), more than 5 million individuals worldwide suffer from dementia and dementia-related conditions. Symptoms of dementia are different based on the condition’s cause but generally affect the area of the brain that controls cognitive abilities including memory and thinking. Dementia resulting from several causes or disorders results in a more rapid decline in cognitive abilities than from one disease. It is referred to as a primary dementia. People suffering from mixed dementia without primary disease may suffer from several types of dementia. Dementia’s cause is often unknown.

Early signs of dementia, which might be modest, are often overlooked. Alzheimer’s disease symptoms often start with brief periods of forgetfulness. Patients with late stages of dementia frequently have difficulty remembering events or new information but do not get disoriented in familiar environments. As dementia advances, forgetfulness and confusion become more prevalent, and it becomes more difficult to pay attention and tune out distractions. Repeating questions, poor hygiene, and difficulty making basic decisions are all frequently reported symptoms of dementia.

Dementia patients can benefit from support services provided by home health aides and other caregivers. As the condition advances, an assisted living facility or nursing home may be required to enhance safety and quality of life.

What exactly is Alzheimer’s disease?

Alzheimer’s disease is a progressive, irreversible neurological disorder. It is characterized as a degenerative brain condition diagnosed by intricate brain abnormalities resulting in loss of dementia symptoms that impair daily functioning. Because Alzheimer’s often involves several disorders linked with learning first, the research into this disease is difficult compared to the research on dementia.

Brain and symptoms of Alzheimer’s disease include:

- Memory loss that disrupts daily life
- Challenges in planning or organizing
- Difficulties completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial

Dementia Continued on page 4

John Legend Releases Song for The Summer “DOPE”

John Legend Releases Song for The Summer “DOPE”

LOS ANGELES, CA – Multi-award winning, 12-time GRAMMY Award-winning John Legend on Wednesday, 5/18-22 released “Dope,” the first song from his forthcoming new album. “Dope,” produced by Ian Kirkpatrick and Ryan Tedder, features John Legend, Charlie Puth, Ryan Tedder, Ian Kirkpatrick and rapper 50 CENTS, who is also featured on the track. The moving and infectious song sets the tone for getting summer started with its block-party vibes and sensual lyrics about everything you want to do about that someone special. “I’m so thrilled to be releasing new music,” says John Legend. “The past year or so has been so exciting for creatively. I have been writing and collaborating with some of the most talented people in music, and we have some new great material to share with the world.” 50 CENTS is one of my favorites. I love the energy of the song. I loved collaborating with my gifted co-writers and producers, and I am one of my favorite...

JOHN LEGEND Continued on page 7

Dementia Continued on page 7

The Brain Shrinks by Five Percent Beginning at 45, Experts Say Banish the Distractions

By Stacy M. Brown, NNPA Newswire Senior National Correspondent

Ted Zanot, an associate professor of neurology at the University of California, San Diego, says aging shrinks the brain by about 5 percent every age 50.

Additionally, while AARP writer Sara Harner noted that it might sound small, it could help explain why the ability to pay attention and tune out distractions begins to decline before age 50. “Around then, your brain also has to start coping with the full catastrophe of midlife,” Harner penned in a column for AARP Magazine.

She noted further in questioning neuroscientist Denise Park, “Rebellious kids, aging parents? Work! Money! Money! Money! Thrown in constant interruptions from our digital devices, and you might just start looking for the exits.”

Dr. Mahmud Kara, the creator of KaraMD, said an email that tuning out distractions often in ease than done. However, Dr. Kara offered some ways to limit the noise.

Creating a routine that works best for your lifestyle is essential,” Dr. Kara asserted.

For example, if you know that suresque is “walking person and loses her way within the first few hours after you wake up, use that time to focus on the tasks that take priority for the day.”

“Once you develop that routine, stick to it day after day, so that it becomes habit.”

Workplaces and early provides many physical, mental, and emotional well-

BRAIN SHRINKS Continued on page 4

By Dr. Lucielle Higlit

Alzheimer’s disease (the most common type of dementia) is the fifth-leading cause of death among White people, but the fourth-leading cause of death for Black people like me. The Black population age 45 is projected to more than double in size in the next 10 years, which means dementia diagnoses in our community also could more than double in number.

Dementia is called a “silent epidemic” among Black people because of many of us are unable to diagnose our own. That’s a horrific disease. As a physician who has a close family member who was recently diagnosed with dementia, I feel the great need of this terrible disease.

Unfortunately, there’s not much we can do to prevent Alzheimer’s at this time, but you can check your glucose and blood pressure regularly and take steps to prevent or delay Alzheimer’s disease. As a physician who has a close family member, it is important to make sure family members understand their susceptibility and take action is necessary. Failure to do so can lead to delayed medical care and skyrocketing costs of dementia care.

That’s why it’s important for Black professionals’ Alzheimer’s and Brain Awareness Month” is a reminder to remedy this situation.

One main reason Black people suffer disproportionately from Alzheimer’s is we are underrepresented in dementia research, in part because many of us are unwilling to donate our brains to research or participate in brain studies to familiarize us with the medical system. The good news is that this problem is disruption is a major risk factor and health-care workers of color enter the healthcare system.

Another reason is Black people suffer disproportionately from diseases linked to a higher risk of dementia, including high blood pressure and type 2 diabetes. It is no coincidence that 20% of those with diabetes (76%) suffer from Alzheimer’s disease and dementia-related conditions.
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Increased qualification to 300% of federal poverty level

In a healthy community, everyone has access to remarkable care.

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NovantHealth.org/nhrmc
Black Entrepreneur Who Almost Died as a Teen Signs Major Grocery Store Distribution Deal for Her Line of Low-Sodium Seasonings

Most Emily Avonya Jefferson who had a severe reaction to a medication that almost took her life when she was 16. She was hospitalized for several days due to this reaction. Her road to recovery was long, in which she had to go through physical therapy to help her walk again as well as speech therapy. Today, she is the 23-year-old owner of Avonya’s Blends, a Black-owned brand of unique seasonings that are all-natural, low-sodium, and contain no artificial preservatives or anti-caking agents. She launched this company in April 2020 after a year of research and development. A few years ago, Emily started having allergic reactions to a number of different seasoning blends, but she didn’t know what she was allergic to because they didn’t list all of their ingredients on their labels. Only two or three ingredients followed by the word “spices.” Because she is a major foodie and loves to cook, this created a challenge for her as this limited her ability to season all on almost every dish she made. The second seasoning is Sentry’s Seafood Seasoning which is named after her late father James “Sentry” Dixon. He was a commercial fisherman who knew all things about seafood and is where Emily believes she gets her love for cooking.

Her company prides itself in using high quality seasoning blends, but also having integrity and transparency, so we list all of our ingredients on the labels, as you know exactly what it is that you’re eating. The first year and a half of business consisted of Emily hand bottling all seasonings herself, but after securing a manufacturer in mid-2021 who was able to mass-produce her seasonings, she landed a deal with Lowes Foods grocery store. This southeastern grocery chain has stores throughout both North Carolina and South Carolina. Although the brand is now owned by a couple of business chains, the company is still making traction by having its seasonings sold in store on the charts and peaked at No. 3 on Smooth Jazz Network. “Thrill Ride,” the title track from forthcoming album on her label, Randis Music. Written and produced by Dennis Johnson, Bob Baldwin, and Whiteside, the single is available now, on all digital download and streaming platforms including Spotify Apple Music, Tidal, Deezer, and more.

“Thrill Ride” is a song that was atypical for comedy, she wanted to do something completely goofy. "We wanted to create a song that was atypical for flute and show how exciting this instrument can be,” says Whiteside. “As for the video, music can be so serious at times. I wanted to have fun with it. I grew up watching Saturday Night Live and that inspired the silly, lighthearted vibe of the video.”

As she continued to impact the music charts, the native New Yorker also charted at No. 1 on the Billboard Smooth Jazz Airplay chart for her collaboration with Kim Scott and Althea René of Ashford &amp; Simpson Ragan Whiteside Releases New Single, ‘Thrill Ride’

Blow-playing soul-jazz phenomenon Ragan Whiteside (https://raganwhiteside.com/) releases a brand-new single “Thrill Ride,” the title track from forthcoming album on her label, Randis Music. Written and produced by Dennis Johnson, Bob Baldwin, and Whiteside, the single is available now, on all digital download and streaming platforms including Spotify Apple Music, Tidal, Deezer, and more.
BRAIN SHRINKS
Continued from Front

When a family member is diagnosed with Alzheimer’s disease or another form of dementia, the impact on the whole family may be devastating. Anger, anxiety, frustration, helplessness, hopelessness, and despair are all possible reactions to the diagnosis. Additionally, the diagnosis also may require familyneeds to revisit roles, routines, habits, and lifestyle choices that promote concentration and alleviate stress. You may find that your family member needs to make changes to support their health and well-being. Some strategies include:

1. Eating a healthy diet.
2. Engaging in regular physical activity.
4. Maintaining social connections.
5. Seeking support from caregivers.

These strategies can help improve your family member’s concentration and quality of life. Learn more about these strategies and how to implement them in your care by contacting Alzheimer’s Association or your local care provider.

Dementia
Continued from Front

When someone is diagnosed with Alzheimer’s disease or another form of dementia, it is important to have a conversation with their doctor about the stage of their disease to make sure they are safe and comfortable. Also, ask about any medications that may be helpful in managing symptoms, such as prescriptions for behavioral changes, natural therapies for brain function, and medications for sleep disorders.

Effect on patients and their families suffering from dementia is different from one person to another. It is important to have a conversation with their doctor about the stage of their disease to make sure they are safe and comfortable. Also, ask about any medications that may be helpful in managing symptoms, such as prescriptions for behavioral changes, natural therapies for brain function, and medications for sleep disorders.

FoodLion Catering

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A blood test has been developed that can predict with 90% certainty whether a senior will suffer from dementia or Alzheimer’s disease within the next few years.

The test relies on levels of 10 lipids in the bloodstream to estimate the chances of mild cognitive impairment or the development of Alzheimer’s disease. A study that involved 525 healthy people aged 70 years or older who underwent a full blood exam and a battery of cognitive assessments. The research team followed the participants for 3.5 years. During the course of the study, 71% of the people developed dementia or mild cognitive impairment.

Researchers compared their blood to the blood of people who showed signs of cognitive decline. They found that people who later developed dementia started out with low levels of only 10 lipids, compared with the other study participants.

They then performed a second study in which they used the predictive power of the 10-lipid review on a separate group of 40 people. The accuracy of the new test neither improved nor diminished when researchers added a genetic test looking for a mutant version of the APOE gene, which has been linked to Alzheimer’s disease. In fact, they found the blood test predicted dementia with better accuracy than the genetic test alone.

“The results, while intriguing, are preliminary,” Maria Carrillo, PhD, vice president of medical and scientific relations at the Alzheimer’s Association, told HealthDay. “They require replication and validation by other scientists in larger and more diverse populations to give them credibility, before further development for clinical use is warranted.”

**Blood Test May Predict Alzheimer Disease**

**AARP Poll: Majority of Caregivers with Family Suffering From Dementia, Spend Less Time with Friends**

For family caregivers, the holidays can be a struggle when spirits are higher and it feels good to care for loved ones and enjoy time together, celebrating with family and friends. But for most family caregivers, the holidays also bring stress, according to Amy Goey, a family and caregiver expert at AARP, the nation’s largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age.

“We’re already very busy with caregiving, and there’s even more to do during the holidays,” Goey said. AARP’s research shows the caring for a loved one with dementia while finding time for their own family during the holidays is becoming more common. A new AARP poll on dementia care has taken a closer look at the experiences of caregivers dealing with dementia and found more than half say their social life has suffered and nearly 45 percent say they feel alone.

In addition, they are more likely to grow further apart from the family and other family members because of their caregiving responsibilities. Social isolation and loneliness are linked to poorer physical and mental health outcomes, health experts said.

**Sleep Disorders May Raise Risk of Alzheimer’s, New Research Shows**

Sleep disturbances such as apnea may increase the risk of Alzheimer’s disease, while moderate exercise in middle age and mentally stimulating games, such as crossword puzzles, may prevent the onset of the disease, a growing body of literature that the University of North Carolina (UNC) system studied. Use and resources that students could have and improve on.

**CULTURE Continued from Front (AAMI). In those roles, he has a major role in developing and managing processes that are part of the organization’s mission to help create a standard of excellence and accountability. Through Freeman’s perspective, “This is necessary especially in college because the opportunities will arise while stimulating your institution.” And as relates to the AAMI, he says, “I see this as an exciting opportunity because the American males come together in unity and help empower them and make themselves better.”

In a recent study, Freeman was the lead author of an article published in the journal *Sante et Preven*/ in which he examined the impact of Title IX on college athletes. In his own words, for instance, about his internships, “I imagine a student government, but, on the state level, I do this as a Fellow, researching what students face in higher education, particularly Title IX. I focus on best practices in higher education, particularly Title IX. I focus on best practices in higher education, particularly Title IX.”

And there’s more Freeman does. In his own words, for instance, about his internships, “I imagine a student government, but, on the state level, I do this as a Fellow, researching what students face in higher education, particularly Title IX. I focus on best practices in higher education, particularly Title IX.”

**WHITESIDE Continues from pg 3**

And Simpson’s classic anthem, “I’m Every Woman.” She capped the evening with a surprise top-sharring hit “B Positive” with poetry by himself, Asa Deppert, Dennis Johnson and Baldwin. Whiteside was also featured on “This Time Around” with contemporary jazz artist Jarez, from his latest project, J Funk and Baldwin. At In the summer and fall, the classical trained flutist has a series of upcoming concert dates including Mother’s Day at Jazz at the Hayti Heritage Center in Durham, NC (May 7), Marcus Anderson’s Jazz and Culture group in Asheville, NC (Saturday, August 6). Ferraro Elmo Jazz Festival in Elmira, NY (August 10-11). Whiteside’s show is in the Park in Hinsdale, IL (December 10). For more dates to be announced in the near future.

Meanwhile, as the host of her four-hour Saturday morning radio show on Atlanta’s #1 affiliate radio station Jazz 91.9 WCLK, Ragan Whiteside’s show is growing by allowing the body to cleanse itself of Alzheimer’s-related compounds during down time. The studies also add to growing body of literature that suggests keeping the brain busy keeps it healthy.

The battle against Alzheimer’s disease has become more urgent for the United States and other developing nations as their populations turn increasingly gray. The disease is the leading cause of dementia among older people and afflicts more than 5 million Americans. At its current pace, the number is expected to soar to 16 million people by 2050.

In 2012, the United States adopted a national plan to combat the disease and the G-8 nations last year adopted a goal of providing better care and prevention by 2025.

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California's teens housing short   — and the lack of available housing the average family can affordability care, began with the COVID-19 pandemic. But financial hardships Californians now face resulting from the global health crisis, has only made our housing problems worse. The average cost of a home in California is more than 80% higher than the rest of the country. And renters pay, on average, 50% more each month than people are states, according to the California Legislative Analyst's Office. It would take building about 180,000 new homes a year in California to meet the state's housing needs by 2024, and construct less than half of that number, around 70,000 units, annually. Our housing problem seems unsolvable, but there is hope.

A new state program is assisting Californians facing eviction or homelessness — or those who don’t stand a chance of getting back that’s close to their families or job. Gov. Gavin Newsom’s 2020-21 state budget provides $300 million the California Housing Finance Agency (CalHFA) to help families all over the state. California households put hard for a home to buy or to no have some hard working and hard every day but they are struggling with unstable or unaffordable housing.

According to CalHFA, $50 million of the funds will support foreclosure counseling programs, which is a critical aspect of the home-buying process. More than 57,559 Department of Housing and Urban Development (HUD) approved counseling agencies all over the state will provide free and confidential assistance to Californians who are facing eviction or looking for a home. Information about home buying, reverse mortgages, mortgage delinquency, rental housing, and homelessness programs are all offered by the counselors.

To far, over 1,400 households have been served throughout the program.

In 2012, a group of faith leaders fulfilled an agreement the county’s largest home lenders to protect homeowners and homebuyers from exploitation in the housing market. That case resulted in the National Mortgage Settlement (NMS) agreement, which allowed covered consumers from the Department of Housing and Urban Development (HUD) help families secure and maintain quality and affordable housing.

Food Lion (multiple locations)

Doctors make this oath to reassure themselves and their patients that they would do no harm. To protect the public, the president of the TRUMP-like politicians we must require them to take this do no harm oath. LOCAL OFFICIERS: School board, city council, mayor, attorney, community commissioners, police chief, sheriff “DO NO HARM.” STATE OFFICERS: Representatives, senator, attorney general, secretary of state and governor “DO NO HARM.” NATIONAL OFFICERS: Representatives, senators, attorney general, secretaries of state and governor the president “DO NOT HARM.”

S U P R E M E C O U R T K E Y I C E S T E T. Samuel Alito, Brett Kavanaugh, Justice Amy Coney Barrett, Chief Justice John Roberts and, Clarence Thomas “DO NOT HARM.” A special shout out to Senators Joe Manchin and Kirsten Sinema “DO NOT HARM.” As voters, our responsibilities to the study the people who are doing harm and see our vote to send them packing. We must also tell other people who may not know. We have many resources in our community like, black newspapers, black radio, NAACP, BLM, and other outreach organizations ministries and retired teachers. Dr. Martin Luther King. It would have been 92 this year. He was assassinated at age 39 fighting for our right to vote. Are you and your family still registered? 1 Timothy 6:10 “For the love of money is the root of all evil”.

James Hankins—Retired vocational education (shop) teacher—Former president of the New Hanover County NAACP—REAL Estate Broker—Army veteran—raconteur—writer and author.

For additional information, reach out to the BNW Oprah/Barkley/Charley, shop, and support us on call CalHFA 877.922.5432.

About the Author: LaNiece Jones, volunteer for the BNW Oprah/Barkley/Charley, shop, and support us. Call CalHFA 877.922.5432.

LaNiece Jones, Special to the Post News Group

WHAT WE BLACKS NEED TO DO PART 2.

During my 34 years teaching vocational education (shop), I taught my students a new word every week. This post will help our parents and students learn at least one new word each week during the school year. I will post the word every Sunday on our Facebook page (James Hamlin).

The words for today are: HIPPOCRATIC OATH

GREAT DIVERSITY NEWS GDN LOCAL DISTRIBUTION POINTS PICK UP YOUR COPY OF GDN TODAY!

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Church of God in Christ 393 Noam St.

Elmwood Missionary Baptist Church 2670 Princes St.

Enoch Chapel Baptist Church 7011 Market St.

Ephesus SDA Church 7011 Market St.

Enoch Chapel Baptist Church 1022 Castl.

First Baptist Church 5th and B Street.

Foots Chapel Baptist Church 201 Castle St.

First Baptist Church 817 Princes St.

Food Lion (multiple locations)

Johnson's Beauty & Barber 2201 Hull Rd.

Food Lion (multiple locations)

Baptist Church 2071 Skibo Road

Mt. Sinai Baptist Church 102 Reilly Road

Ephesus SDA Church 4196 Raeford Road

Enoch Chapel Baptist Church 1638 Owens Dr.

Enoch Chapel Baptist Church 5402 Yaddo Road

Enoch Chapel Baptist Church 301 North Cool Spring St.

First Baptist Church 3308 Bragg Boulevard

First Baptist Church 500 Campbell Ave.

First Baptist Church 506 S. Kerr Ave.

First Baptist Church 1021 Gillespie St.

First Baptist Church 1045-C South Kerr Ave.

First Baptist Church 400 Campbell Ave.

First Baptist Church 150 Andrews Road

First Baptist Church 615 Cumberland St.

First Baptist Church 2885 Legion Road

First Baptist Church 2201 Hull Rd.

First Baptist Church 4196 Raeford Road

First Baptist Church 3120 Yaddo Road

First Baptist Church 3308 Bragg Boulevard

First Baptist Church 1002 Castle St.

First Baptist Church 718 North Reilly Road

First Baptist Church 3880 Maple St.

First Baptist Church 702 N. Kerr Ave.

First Baptist Church 2071 Skibo Road

First Baptist Church 110 Gillespie St.

First Baptist Church 7777 Market St.

First Baptist Church 400 Campbell Ave.

First Baptist Church 101 S. Kerr Ave.

First Baptist Church 1002 Castle St.

First Baptist Church 110 Gillespie St.

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**Dementia Crisis Continued from Front**

Vascular and Alzheimer’s disease diagnosis can significantly increase financial resources to reduce dementia among people of color, but we also must take personal responsibility for improving our eating habits and lifestyle to reduce our susceptibility to it. If fresh fruits and vegetables are not available where you live, you can buy them at the increasingly available farmers market or grow them in your own garden, preparing your own meals, which will provide you with good, healthy food.

We also must do advance planning for the care we would want in case we get dementia, so we don’t have to suffer needlessly by involuntary, continued treatment we don’t want or artificially extend our life during the lates stages, most debilitating stages of dementia. For example, when we have lost everything that matters to us: the memory of loved ones, our life, our identity, and the ability to speak. In fact, people with dementia may endure implanted catheters, mechanical ventilation, feeding tubes, and other invasive interventions—all given with the intention to extend life—but often at a cost of diminished quality of life and prolonged suffering.

It is also important to discuss the end of life are unique and more difficult decisions when you can no longer speak for yourself. The Dementia Decoder allows you or your healthcare proxy to make decisions based on how you want to proceed in the future, and customize that experience. It’s also a complementary tool, the Dementia Decoder allows you or your care proxy to indicate the current status of your dementia diagnosis, specify what you want in case you get dementia, and plan for the care you would want in case you get dementia.

Creating a dementia-specific advance care plan relieves the burden from loved ones and/or the healthcare proxy to make difficult decisions when you can no longer speak for yourself. A complementary tool, the Dementia Decoder allows you or your care proxy to indicate the current status of your dementia diagnosis, specify what you want in case you get dementia, and plan for the care you would want in case you get dementia.

**Shallotte Co-Workers and Clients Create Unique Artwork**

Extra special is that Crawford’s clients also helped produce the “Adam and Eve” piece. Crawford is the owner and director of Woodard Adult Day Health Center in Shallotte, NC. A big part of the center’s recreational activities. Because Crawford believes in group participation and team work, when an art piece is being produced, each of her clients takes a part. Some persons may roll, some may shape, some may cut, some may colorize, while others may work on the framing of art work. Once inside the Woodard center, the walls are filled with beautiful Quilling artwork of a variety of subjects. According to Sharon, everyone at the center plans a part in the creation of an art piece.

According to Wikipedia, “Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. The paper is rolled, looped, curled, twisted, and otherwise manipulated to create shapes that make up designs to decorate greeting cards, pictures, boxes, eggs, and to make mobiles, jewelry, mobiles, etc. Quilling starts with rolling a strip of paper into a coil and then pinching the coil into shapes that can be glued together.”

The Cameron Art Museum is located at 320 S. 17th Street. Hours of operation are Tuesday to Sunday, 10 am to 5 pm. Thursday to 9 pm. • Visit greaterdiversity.com

**Business News & Resources**

More Resources and News online at GreaterDiversity.com

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John Legend, the EGOT artist has been producing a catalog of hits and fan favorites. He recently produced “Dope” on the iHeart14-29. His latest GRAMMY Award winner for Best R&B Album, Bigger Love.

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Sharon Crawford and Stacey Woodard (left), Shenina Williams, joined Crawford and Stacey Woodard center, the walls are filled with beautiful Quilling artwork of a variety of subjects. According to Sharon, everyone at the center plans a part in the creation of an art piece.

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**Don't have a REUNION with COVID-19**

Spring into a healthier summer.

Make sure everyone who is eligible for a COVID-19 vaccine and booster in your family is up to date for a healthier summer.
**ATTENTION: DRES - WES'S - MEC**

**Barnhill Contracting Company**

**February 22, 2022**

**R.E.C. Construction Program**

The R.E.C. Construction Program is an educational initiative that provides opportunities for women-owned, minority-owned, and disadvantaged business enterprises (MBE/WBE/DBE) to participate in the construction industry. The program encourages participation by certified MBE/WBE/DBE firms to emerge and promote opportunities for minority, disadvantaged, and women-owned business enterprises (MBE/WBE). The R.E.C. Construction Program is an educational initiative that provides opportunities for women-owned, minority-owned, and disadvantaged business enterprises (MBE/WBE/DBE) to participate in the construction industry. The program encourages participation by certified MBE/WBE/DBE firms to emerge and promote opportunities for minority, disadvantaged, and women-owned business enterprises (MBE/WBE).

**Interested firms may request instructions, submittal requirements, and contact information via email to Stacey Ellege at stacey.ellege@coastalca.org or by calling (910) 209-6169.**

Interested firms should contact Stacey Ellege at stacey.ellege@coastalca.org or by calling (910) 209-6169.
We are requesting bids by June 21, 2022, for the Weatherization Assistance Program in North Carolina, serving Wake County and Durham County. We are requiring qualified contractors, including subcontractors and suppliers, to provide services for the following:

Our services include insulation of existing homes, including attics, floors, walls, and ceilings; weatherization of existing windows and air and heating conditioning units, as well as repairing and replacing existing heating and air conditioning units, gutters, downspouts and downspout drain extensions, and duct material and insulation.

HVAC contractors must be proficient in heating, ventilating, and air conditioning units, as well as repairing and replacing existing heating and air conditioning units, gutters, downspouts and downspout drain extensions, and duct material and insulation.

Furnace contractors must be licensed and insured.

Call Sophia Olson at (919) 713-1922, or email ben@obxarchitects.com, for a sub-contractor agreement form. Contact your local Department of Public Instruction for assistance in determining the overall contract cost and in budgeting for the year.

We will be accepting Subcontractor applications for the following: HVAC, Plumbing and Electrical, Masonry, and General Construction.

These contracts are subject to all appropriate provisions of the North Carolina Constitution and the Federal Triangle Act of 1964.

Complete plans and specifications for the project will be made available on Wednesday, June 8, 2022, at 2:00 pm in the Office of the Department of Transportation, Telephone 919-716-2477, Alternate Contact for the Department of Transportation: Teach 2, 910 North Caswell Road, New Bern, NC 28560, 910-893-2352.

Sealed proposals will be received at the time and place specified above. Proposals must be due at 12:00 Noon on June 8, 2022.

Complete plans and specifications for this project are available free of charge at the Hertford County Administration Building. Plans may be obtained for $25 from Cannon & Keeney Architects, P.O. Box 922, Northampton, VA 23860, beginning May 09, 2022.

Hertford County will travel from the building to the trash area on a Monday through Friday schedule. Please contact Jimmy Spivey at 252-496-2045 for more information.

The Housing Authority of the City of Goldsboro (HACG) is seeking bids from Qualified Subcontractors & Suppliers for the following:

Interested vendors may contact Mr. Jesse B. Craft at 336-797-8621 or astrait@alacoast.com for further information.

The deadline for submitting Electronic Proposals is June 21, 2022, as the public reading of the proposal will be June 21, 2022.

The public reading will be held in Conference Rooms on the campus of the North Carolina State University-Raleigh, NC. Rooms: 155 & 156 A.

The deadline for submitting Electronic Proposals is June 21, 2022, as the public reading of the proposal will be June 21, 2022.

The project will be held at the Wake County Public School System Hertford Center Regional Elementary School. No telephone or facsimile response will be accepted.

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Sealed bids will be received by the Office of the Engineer-Water Resources Administration Office at 327 NC Highway 15 West, New Bern, North Carolina, and on June 11, 2022, at 11:00 a.m. at the Office of the Engineer, or as hereafter publicly advertised and read, for constructing the following facilities:

- The lining of 7.25 miles of wood and installation of 8,400 linear feet of C-0401 10" PVC water main, 660 linear feet of which to be inherently directional bored, and other work associated with the Southeast Water Improvements project.

Bid documents are available from 9:00 a.m. to 4:00 p.m. at the New Bern Office, 401 12th St, New Bern, NC 28562. The仦equest for copies of the sealed bid documents shall be addressed to "Director of Water Resources," Water Resources Administration, 327 NC Highway 15 West, New Bern, NC 28562.

Bid documents may be obtained for a refundable fee of $200.00. The fee is payable by check, the Bidder may submit a bid bond in the amount of 1% of the total bid amount, or the Bidder may be listed as a Responsible Bidder under the "Bid-At-Risk for Southeast Water Improvement Project." The Bidder must make the request in writing and provide a refundable fee of $200.00 plus sales tax, if applicable.

Each Bid must be accompanied by a certified check, drawn on a bank in New Bern, North Carolina, payable to the City of New Bern in an amount at least equal to five percent (5%) of the total amount of the Bid, as a guaranty that a technically acceptable proposal will be submitted and included in the bond described. The name, address, and license number of the Bidder must be plainly marked thereon.

Contractors are encouraged to attend the pre-bid kick-off meeting, scheduled to begin at 10:00 a.m. on June 11, 2022, at 55 West, New Bern, North Carolina, until 11:00 a.m. Plans and specifications for the proposed work are available and may be viewed at the Office of the City Engineer and on the City’s website at http://www.newbernnc.gov/businesses-

PROFESSIONAL

PAINT & TIME-AND-DEVELOPMENT DEPARTMENT

Greater Diversity News (GDN) is a digital and hard copy newspaper that focuses on providing communities with business and economic opportunities, in looking for an independent contractor that can work from home to set-up and design ads for our classified section. This is an excellent position for someone with a desire to do more than just work in an office. Responsibilities required:

- Excellent communication skills to effectively communicate with advertisers.
- Efficient writing skills to effectively construct and write advertisements.
- Inform management and staff of any special requests, changes or needs that will affect the advertising.
- Must be able to work independently, without direction, and without supervision. Proof of work and provide proofs for all ads via email before ads are published.
- Proven customer service and people skills.

Qualifications:

- Excellent writing and business efficiency in word, InDesign and Excel.

Email: lorraine@largestnews.com

Starting Pay:

- $25.00 an hour. 20 hours. No weekend duties required.

Submit resumes to: Greater Diversity News, 1207 Post Office Drive 187 New Bern, NC 28560 Or email: lorraine@largestnews.com

Fayetteville Technical Community College (FTCC) is seeking qualified applicants for the position of President. The President is the chief executive officer of the College and is responsible directly to the Board of Trustees and exercise direct supervision over the Executive Council members and indirect supervision all College employees.

Located in the heart of the Cape Fear Region on 209 acres, with locations throughout Cumberland and Harnett counties, Fayetteville Technical Community College represents the third largest of the 58 community colleges within the North Carolina Community College System, annually serving nearly 8,000 adult curriculum and continuing education students at a FTCC. A Corporation and Continuing Education Program offices provide a variety of special-interest courses and provides businesses with individually-tailored training and workshop opportunities. Curriculum and Corporate and Continuing Education classes are at the Fayetteville Campus. Camp Unity, located on the campus is to be a multi-year military friendly educational experience for an underserved group of students.

The President's primary responsibility is to provide leadership and ensure that the College is able to attract funding beyond the College's endowment, to make the College a key player in the region's economic development and to serve the community. The President is charged with the development, implementation and maintenance of a strategic plan, the College's mission, values and continuous improvement of the College's operations. The President is also responsible for leading the College in providing services and opportunities that are broadly accessible to a diverse population. The President is responsible for the management of the College's financial affairs, human resources, technology, and physical plant. The President is also responsible for leading the College in providing services and opportunities that are broadly accessible to a diverse population.

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For more information, please contact John A. Skelton, Chair of the Board of Trustees, FBI College, 401 5th St., New Bern, NC 28562. For more information, please contact John A. Skelton, Chair of the Board of Trustees, FBI College, 401 5th St., New Bern, NC 28562. For more information, please contact John A. Skelton, Chair of the Board of Trustees, FBI College, 401 5th St., New Bern, NC 28562. For more information, please contact John A. Skelton, Chair of the Board of Trustees, FBI College, 401 5th St., New Bern, NC 28562.