

HEALTH & WELLNESS

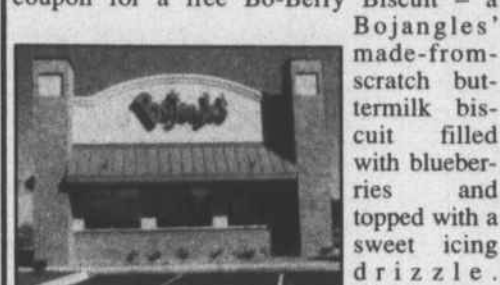
Healthbeat

Chain again supporting MDA

For the 13th consecutive year, Bojangles' is supporting the Muscular Dystrophy Association (MDA) through its Shamrocks Against Dystrophy in-store fundraiser.

Through Sunday, March 16, customers can once again support the organization by purchasing a green shamrock for \$1 or a gold shamrock for \$5. The program is offered at all company-owned Bojangles' and participating franchise locations.

Customers who support MDA by purchasing a \$1 shamrock will be rewarded with a coupon for a free Bo-Berry Biscuit — a



Bojangles' made-from-scratch buttermilk biscuit filled with blueberries and topped with a sweet icing drizzle. Customers who purchase a \$5 shamrock will receive a coupon for a free Bojangles' Sausage Biscuit, featuring seasoned, zesty sausage on a freshly-made biscuit.

"For the past 16 years, Bojangles' has proudly sponsored various MDA fundraisers to support local research dedicated to finding effective treatments and ultimately a cure for neuromuscular diseases," said Bojangles' President and CEO Clifton Rutledge. "We're thrilled to host the 13th annual Shamrocks Against Dystrophy fundraiser and we appreciate our Bojangles' team members and loyal customers, whose generosity provides funds for hundreds of incredible children to experience a magical week of MDA Summer Camp."

This one-of-a-kind camp experience offers a wide range of activities specially designed for young people who have limited mobility or use medical equipment such as wheelchairs. The cost of sending one child to MDA Summer Camp for a week is \$800, and MDA depends solely on the efforts of its corporate supporters and individual donors to raise these funds. Last year, the Bojangles' company and franchise restaurants raised a new Shamrocks record of more than \$446,000, sending more than 550 children to camps.

Program moves to HP

Monarch, a statewide nonprofit that provides support to people with intellectual and developmental disabilities, mental illness and substance abuse challenges, has relocated its Companions on the Journey (COTJ) day program to The Arc of High Point building, 153 E. Bellevue Drive.

Monarch's COTJ currently provides a range of services and supports that incorporate socialization, cultural arts, recreation, volunteerism and community involvement for people with intellectual and developmental disabilities. The relocation will support COTJ's need to accommodate potential growth and expansion of its programs in Guilford County.

"This move is a positive one for our program in High Point and for the people we support there," said Monarch's Chief Operations Officer Jim Kelley. "It will allow us to move into a larger facility, where we hope to grow and expand. It also gives us better access to our longtime partner The Arc of High Point. We are grateful and appreciate their willingness to accommodate our program."

For more information about Monarch's Companions on the Journey or other Monarch services, please call 866-272-7826, visit www.MonarchNC.org.

Research indicates new rule will prevent injuries

Major League Baseball implemented last week an experimental, controversial rule to protect catchers, prohibiting baserunners from initiating deliberate collisions at home plate in hopes of preventing concussions and injuries.

Tag plays at home plate have the highest injury rate in professional baseball, occurring 4.3 times more often than other base-running plays, according to researchers at Wake Forest Baptist Medical Center.

Dr. Daryl Rosenbaum, sports medicine physician at Wake Forest Baptist and lead author of the study, and his team of researchers looked at three types of MLB plays from 2002 to 2011.

This data was cross-referenced with 2002 to 2011 disabled lists to see if any involved player went on the disabled list the day of or day after the play. An online search for each match determined if the injury was attributable to that play.

Nearly three players per year were injured severely enough in tag plays at the plate to be put on the 15-day disabled list, according to the study findings.

The research is published in the current online edition of the International Journal of Sports Medicine.



Rosenbaum

Forsyth child health stats mostly good

CHRONICLE STAFF REPORT

Key indicators show that the health of children in Forsyth County is steadily improving.

The NC Child's 2013 Child Health County Data Card for Forsyth County found that between 2007 and 2012 more children were enrolled in health and dental coverage programs, graduation rates rose and the teen pregnancy rate fell — though it is still higher than the state average.

NC Child Data Card found the following in Forsyth County:

- Medicaid enrollment increased by 29.2 percent and Health Choice enrollment increased by 32.9 percent, which is consistent with statewide data showing a 30 percent decline in uninsured children;



Bell

- Medicaid-eligible children who received dental care increased by 18.8 percent for children 1-5 and 16.7 percent for children 6-14;

- North Carolina's teen pregnancy rate continued to improve, dropping 43 percent to 19.7 per 1,000 girls ages 15-17. The teen pregnancy rate was 23.6 per 1,000 girls in Forsyth County;

- Statewide, child fatalities continued to decline, falling 22 percent to 58.6 per 100,000 children under age 18. Forsyth County had 65 child deaths in 2012;

- The graduation rate improved by 14.4 percent.

"It's no coincidence that Forsyth County experienced a significant decline in its teen pregnancy rate and increase in its graduation rate over the past several years," said Laila A. Bell, director of research and data at NC Child. "Both of these indicators have been targeted by well-funded state efforts. This improvement should give us hope that we can make progress on big problems when we're willing to put resources behind data-driven solutions."

NC Child's findings for Forsyth County were not all positive. Some key economic indicators in Forsyth County have worsened as a result of the recession and subsequent budget cuts. Specifically, the unemployment rate in Forsyth County increased from 4.4 percent to 9.0 percent from 2007 to 2012, and the median household income declined 16.5 percent to \$43,049. In 2011, the most recent year for which data are available, 24.7 percent of children in Forsyth County were living in households that struggled to meet their basic nutritional needs.

"Statewide, one in four children are growing up in poverty. Food insecurity is a very serious byproduct of poverty that's making its presence felt in Forsyth County," stated Bell. "No child should ever go to bed hungry, but unfortunately, that's what's happening to children across the county."

On Jan. 1, Action for Children NC merged with the Covenant with NC's Children to create NC Child: The Voice for North Carolina's Children, a nonprofit, non-partisan children advocacy agency.

Reports for each county were compiled. To learn more, go to www.ncchild.org.



Weekend Zumbathon to support Hispanic League

CHRONICLE STAFF REPORT

The Hispanic League wants you to break a sweat for a good cause.

The nonprofit advocacy organization will host a Zumbathon on Saturday (March 7) from 7 – 9:30 p.m. at the Village Inn Event Center, 6205 Ramada Drive in Clemmons.

Admission is \$15 at the door. Proceeds will support the "Zumbathon Scholarship," which will be one of several the League will present to a deserving local student later this year.

A litany of well-known fitness instructors will take turns leading the dance-tinged marathon workout. They include Greicy Barahona, Ale Burrone, Christine Childs, Bonita Harmel, Liz Romo-Kelly, Mary Kevin Miller, Helen Naples, Laquinta Jackson, Adi Tsemah, Carlotta Wilkerson and Cortney Wilson.

Since 2000, the Hispanic League has awarded 214 scholarships worth more than \$400,000. The scholarships are presented in \$2,000 annual awards given to outstanding Hispanic/Latino students who are current or former Forsyth County ESL (English as a Second Language) students and may fall under DACA (Deferred Action for Childhood Arrivals) program.

To support middle school education, Hispanic League members and volunteers visit ESL students at seven local middle schools to inspire them to improve and continue their education. The Hispanic League also rewards ESL students' academic and behavioral achievements at the end of each school year.

For more information about the Hispanic League, visit www.hispanicleague.org or call 336-770-1228.

Advocates prepare to appeal to lawmakers on behalf of older North Carolinians

SPECIAL TO THE CHRONICLE

Dr. Althea Taylor-Jones joined other AARP advocates from Feb. 18-19 as they prepared to speak to state lawmakers about the specific needs of North Carolinians who are 50 and older. The General Assembly short session begins May 14.

According to Dr. Taylor-Jones, a major focus for AARP members and other advocates is the expansion of Home Care Community Block Grant services, which is designed to provide assistance to family caregivers and provide options for older adults to "age in place" by continuing to live in their homes.

Advocates say in-home care is a personal preference for the majority of older adults, as well as their families. A Metropolitan Life Insurance study in 2012 reported that the average cost of care in a semi-private room in a nursing home in North Carolina was \$194 a day, compared to



Taylor-Jones



Wall

\$19 an hour for in-home aide services.

Dr. Taylor-Jones believes expanding the program will enhance quality of life for older adults as well as family caregivers. James Wall, AARP North Carolina president, said volunteers and advocates have been key in educating older adults and others about policies that affect them.

"Volunteers have been very effective in explaining how policy proposals affect middle-age and older North Carolinians," he said, noting that volunteers have been

effective by conducting personal visits and meetings with lawmakers, taking part in letter-writing campaigns and speaking to community groups and at public forums.

Dr. Taylor-Jones is a long-time advocate for older adults. She served on the AARP North Carolina Executive Council for six years and is now an AARP Key Legislative Contact.

For a more detailed outline of AARP priorities for 2014 and beyond, visit www.aarp.org/nc.

WSPD seeks donations ahead of gun buy-back events

CHRONICLE STAFF REPORT

The Winston-Salem Police Department wants the public's help in helping rid the city of weapons that could be used in the commission of crimes.

WSPD is soliciting private contributions from individuals and businesses for its upcoming gun buy-back program.

The City Council has designated \$10,000 in police forfeiture funds for the program, and wants to raise \$10,000 in matching funds from the community. All contributions are fully tax-deductible within state and federal limitations.

Donations may be made with Visa, MasterCard and Discover online at



www.CityofWS.org/gunbuy-back. Donations by check should be mailed to Gun Buy-Back Program, City of Winston-Salem, P.O. Box 2756, Winston-Salem, NC

27102. Please write "gun buy-back" on the memo line of the check.

Under the buy-back program, citizens turning in firearms will be paid \$150 for

automatic weapons, \$100 for handguns, and \$75 for rifles and shotguns. Pellet guns, BB guns and ammunition will also be accepted, but without compensation.

Two buy-back events will be held. The first will be March 15 at the Winston-Salem Fairgrounds; the other is April 12 at First Waightown Baptist Church, 838 Moravia St. Both events are from 9 a.m. to 1 p.m.

More information about the gun buy-back program, including the protocol for those wanting to turn in weapons for cash, is posted at the web site, or by calling 336-747-7361.