

Happenings

Alzheimer's support to meet

The Alzheimer's Disease Support Group will meet 7:30 p.m. Thursday, Jan. 28 at W.R. Winslow Memorial Home, Inc., 1700 W. Ehringhaus Street, Elizabeth City. All interested persons are invited to attend.

Band boosters meeting set

The Perquimans County Band Boosters will meet Tuesday, Feb. 2 at 7:30 p.m. in the Band Room at the High School. Awards for highest fruit sales will be presented to the students at this time.

Free blood pressure checks offered

Free Blood Pressure screenings are offered at Chowan Hospital on the first and third Thursdays of every month from 1-3 p.m. in the Radiology waiting area.

Nutrition site menus posted

Menus for the Elderly Nutrition Program from February 1-5 are as follows:

Monday - Hot dog, mustard/ketchup, baked beans, coleslaw, hot dog roll, apple and milk.

Tuesday - Vegetable soup, pimento and cheese sandwich, carrot/raisin salad, crackers margarine, chocolate chip cookie and milk.

Wednesday - Oven fried chicken, field peas with snaps, yellow squash, roll, margarine, yellow cake with chocolate icing and milk.

Thursday - Sliced ham with pineapple chunks, steamed cabbage, boiled potatoes, margarine, cold sliced peaches and milk.

Friday - Tuna salad, 1/2 boiled egg, macaroni salad, strawberry jello with fruit, crackers, margarine, oatmeal cookie and milk.

Meals are available to all persons age 60 and over regardless of income at the Senior Center on Grubb Street. Site manager Linda Overman can be reached at 426-8309 Monday-Friday, 10 a.m. to 2 p.m. Reservations are recommended.

Health department clinics set

The Perquimans Health Department will have clinic during the week of January 29-February 3 on the following dates:

Jan. 29 - General p.m.; and Feb. 1 - Prenatal a.m., family planning p.m.



Ruby Jernigan and Millie Tellier of Chowan County; Frances Ward, Home Economics Extension Agent, Chowan County; Catherine Brabble; and Paige Underwood, Home Economics Extension Agent, Perquimans County were among those who attended an Elder Care Recruiter Training seminar recently. (Photo courtesy Perquimans Extension Service)

Volunteers trained to care for the elderly

Ten volunteers from Camden, Chowan, Currituck, Pasquotank and Perquimans counties became VIPs (Volunteer Information Provider) during the Elder Care Recruiter Training held in

Elizabeth City. The training was conducted by Dr. Jan Lloyd, Extension Family Resource Management Specialist from NCSU; Sue Hollenbach, Elder Care Project Coordinator, NCSU; and N.C. Cooperative Extension Service Home Economics Extension Agents Betty Dail (Camden), Fran Ward (Chowan), Georgia Kight (Currituck), Candace Murray, (Pasquotank), and Paige Underwood, (Perquimans). Information on Adult Protective Services was provided by Jo Fletcher, Pasquotank Department of Social Services Specialist.

Volunteers were trained in the aging process, communication skills, community resources, activities of daily living, health care decisions for caregivers and care receivers, stress management for caregivers, and adult protective services. Each VIP received a Resource Director for Senior Adults to use in their respective counties in sharing with caregivers and a volunteer manual notebook, *Planning Ahead for Elder Care*. The elder care recruiter training is funded by the Kate B. Reynolds Health Care Trust.

According to Dr. Lloyd, this program sneds volunteers out into the community to locate unpaid caregivers of dependent older adults. The volunteers then share information about caregiving techniques and community resources for caregivers. The program is unique in that these counties have joined together to make the most of their resources and created the directory for the Albemarle area.

"One of the most important things for the VIPs to do is to identify or find someone who is a caregiver and link them to aging services and that one contact can really change someone's life," said Ms. Hollenbach.

If you are interested in becoming a Volunteer Information Provider, contact the North Carolina Cooperative Extension Service, Perquimans Center at 426-7697.

Obituaries

Nellie B. Chappell

Nellie Baccus Chappell, 86, of Route 2, Hertford, died Tuesday, January 19, 1993, in a nursing home. A native of Perquimans County, she was the widow of Elmer Eroy Chappell. She was a member of Hunters Fork Pentecostal Holiness Church.

Survivors include three daughters, Velma C. Lane and Wanda C. Twine, both of Hertford, and Hilda C. Ridge of Portsmouth, Va.; two sons, Johnnie W. Chappell and Melvin E. Chappell, both of Hertford; 8 grandchildren and 4 great-grandchildren.

Funeral services were held Friday, Jan. 22 at 2:00 p.m. in Hunters Fork Pentecostal Holiness Church with burial following in Westlawn Cemetery. The Rev. Marvin Baccus officiated. Swindell Funeral Home was in charge of arrangements.

Murray E. Dail

Murray Edward Dail, 76, of 209 Woodland Circle, died in his home on Wednesday, January 20, 1993. A native of Perquimans County, he was the husband of Myrtle Winslow Dail. Mr. Dail served in the Army Air Corps during World War II.

Survivors include his wife, Myrtle Winslow Dail; two daughters, Janet Cartwright of Hertford and Mary Ruth Hill of Elizabeth City; a son, Mike E. Dail of Lewisville, N.C.; two sisters, Thelma D. Appleton and Hazel D. Krause, both of Hertford; two brothers, Leroy A. Dail of Kitty Hawk and Lloyd R. "Flutch" Dail of Hertford; and 6 grandchildren.

A graveside service was held on Friday, Jan. 22 at 11:00 a.m. in Cedarwood Cemetery with the Rev. Jerry Boyd officiating. Swindell Funeral Home was in charge of arrangements.

Kathleen P. Housden

EDENTON -- Kathleen Proctor Housden, 68, of Chowan Beach, died Friday morning, January 15, 1993, in her home.

A native of Edgecombe County, she was the widow of Roy Frederick Housden.

Survivors include a daughter, Linda Faye Hennessey of Milton, Fla.; two sons, James R. Housden and Larry L. Housden, both of Norfolk; a sister, Ruth Strickland of Nashville, N.C.; 6 grandchildren and 4 great-grandchildren.

Graveside services were held Thursday at 1:00 p.m. in Woodlawn Memorial Gardens, Norfolk.

with Rev. Ed Earnhardt officiating. Swindell Funeral Home, Hertford, was in charge of arrangements.

James DeWitt Winslow

James DeWitt Winslow, 46, of Route 1, Box 360-A, died Wednesday afternoon, January 20, 1993, in Albemarle Hospital.

A native of Perquimans County, he was a member of Up River Friends Meeting.

Survivors include his wife, Dianne Byrum Winslow; a daughter, Lisa Winslow of Belvidere; two sons, Nicky Winslow and Bryan Winslow, both of Belvidere; his parents, J. Alvah and Edna W. Winslow, both of Belvidere; and a sister, Kay Boyce of Belvidere.

Funeral services were held Saturday at 11:00 a.m. in Up River Friends Meeting with Rev. Jon Reece officiating. Burial followed in Up River Cemetery with Swindell Funeral Home in charge of arrangements.

Leola R. White

Leola Rountree White, 103, formerly of Belvidere, died Wednesday, January 20, 1993, in Albemarle Hospital.

A native of Perquimans County, she was the widow of Ernest Wilson White. She was a member of Up River Friends Meeting.

Survivors include two daughters, Hazel Stallings of Belvidere and Esther Mae Klaphaak of Louisville, Ken.; a son, Rollo P. White of Belvidere; two brothers, Jesse V. Rountree and Claude N. Rountree, both of Belvidere; 19 grandchildren and 20 great-grandchildren.

Funeral services were held

Saturday at 2:00 p.m. in Up River Friends Meeting with Rev. Jon Reece and Rev. Don Crowder officiating. Burial followed in Up River Cemetery with Swindell Funeral Home in charge of arrangements.

In lieu of flowers, donations may be made to Unicef, C/O Annie Mae Baker, Route 1, Belvidere, N.C. 27919 or the Up River Friends Memorial Fund.

John M. Wrighton Sr.

John Mills Wrighton Sr., 55, of 100 Wynne Fork Court, Hertford, died Jan. 13 in Chowan Hospital.

A native of Washington County, he was the husband of Virgil R. Wrighton.

Other survivors include three sons, John M. Wrighton Jr. of Elizabeth City, Percy Rountree of Yonkers, N.Y. and Richard Rome of Creswell; two daughters, Sheila Spellman of Hertford and Cynthia Bonds of Edenton; three brothers, Demus Leigh of Creswell and Preston Wrighton and Rev. James Wrighton, both of Edenton; a stepbrother, Willie Biggs of Edenton; three sisters, Mary J. Daily of Washington, D.C., Alverta Mullen of Edenton and Betty M. Copeland of Brooklyn, N.Y.; two step-sisters, Bessie Bazemore of Edenton and Beulah Bridges of Brooklyn, N.J.; and 12 grandchildren.

Services were held Jan. 16 at 2:00 p.m. at Rowsom Funeral Home with the Brother Kelly Bond officiating. Burial followed at Beaver Hill Cemetery.

Rowsom Funeral Home, Hertford was in charge of arrangements.

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OPTOMETRIST

SCREENING FOR OLDER DRIVERS

When older drivers have auto accidents, the reason is often what they can — or can't — see. A recent study found that older drivers with a restricted useful field of vision (UFOV) are three to four times more likely to have auto accidents in intersections.

The UFOV is the visual space in which a person can respond quickly to visual stimuli, such as an oncoming car. Researchers measured the subjects' UFOV with a visual attention analyzer, a computerized instrument that tests how fast the person sees something and reacts to it. The screening accurately identified risk and nonrisk drivers in nearly 85 percent of cases.

Interesting result: many of the subjects who had "failed" the UFOV test had no record of reported accidents. Researchers suggest that older drivers with vision problems modify their driving habits, avoiding heavy traffic, night driving and such.

Dr. A.F. DOWNUM

103 W. Eden St.
Edenton, N.C.

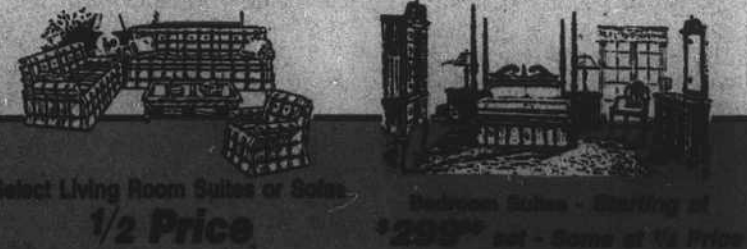
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