

Home remedies for pain hits an alternative home run for participants

Anyone who deals with pain knows it comes in countless shapes and sizes. Sometimes it is a dull ache that sets in when it gets humid or cold. Or maybe

it's a stabbing pain that makes concentration and normal daily activities impossible.

Just as there is no single type of pain, there is no single, simple cure to relieve it. Because opioid misuse has become an epidemic across the U.S., it has become increasingly important to avoid these medications as an initial pain relief option. Thankfully, there is a long list of lifestyle strategies and complementary treatments that offer options for those who suffer from pain.

Introducing area residents to those local options has been one of the primary goals of Home Remedies: Community Options Addressing Pain and Stress. A collaborative effort by the local non-profit organization Partners Aligned Toward Health, RHA Health Services, and Blue Ridge Regional Hospital, Home

Remedies' overarching goal has been to reduce opioid use for pain relief.

"I'm excited to say we have served over 61 individuals and have a core group of 15 faithful attendees since starting in May," notes Program Director Margot Rossi. "The program is meeting all of its objectives: helping participants relate to their experience of pain with more coping tools and positivity; and alleviating pain or suffering through complementary health practices, including mindfulness practices, movement, and health coaching."

This innovative program connects participants to local complementary medicine providers who share strategies and benefits of complimentary practices that can be used in addition to or in place of pharmaceutical pain medication, or

more invasive procedures like surgery.

"In addition to offering complementary health education, our goal has been to motivate participants to move more and shift their lifestyle," she says. "There's no doubt our sense of purpose and worth can get stripped away by chronic pain. These classes build a community of support and inspiration, offer tools to improve one's health and help participants cultivate meaning and purpose. We talk about pain, how it affects us, how we can shift it, and why that's important to us. It's an hour packed with meaning and tools."

To date, Home Remedies classes have showcased complementary medicine practices including massage therapy, tai chi, Feldenkrais Awareness Through Movement, chair yoga, mind-

fulness, acupuncture, physical therapy, chiropractic, health coaching and resiliency tools. All classes begin with a mindfulness practice and include active participation—either goal setting, motivational exercises, or physical movement.

One participant, who asked to remain anonymous, has attended all but one of 20 sessions. He had been relying on opioids for knee and back pain, forced to plan his days around their impact and side effects. "The pain from my neuropathy often felt like someone was putting a lit cigarette on my feet," he says. "One night I set the leg of my coffee table on my toe to create a constant pain versus the stabbing."

This participant no longer takes opioids and says his knee and back pain is greatly reduced thanks to alternative therapies. While he still feels pain, he's living the lessons he's learning in class. "These classes give me the opportunity to experiment," he says. Given his high level of participation, he has also earned certificates for free visits to area complementary providers, something he feels has been helpful. "I've been reading more and more about mindfulness since the program has started," he says. "I think that's part of what has helped my blood pressure drop, along with losing weight, something my doctor also appreciates. My attitude has also changed and I'm trying hard to keep making lifestyle changes that can continue helping."

Barbara Pollard believes

she's also benefited from the program. "The speakers have been wonderful. I've gotten a lot of good ideas for things I can do to keep myself in good condition. I particularly enjoy the mindfulness exercises we do every week."

Barbara Banks would love to see even more residents take advantage of the program. "Sometimes I felt like throwing in the towel," Banks says. "This program has given me the courage to go on, especially when I see others dealing with the same sort of problems. This is a great support group."

Rossi says newcomers are enthusiastically welcome. In fact, she believes this fall is an ideal time to start. During October's first four sessions, Rossi will teach chair-based mindful yoga, which both new and seasoned practitioners can enjoy.

October 22 session

The last week in October, the program will begin a series on how to select foods and culinary herbs to help alleviate pain and avoid those that can increase inflammation, which will continue through November. Due to scheduling issues, the October 22 session will be held at the Spruce Pine Library.

The weekly programs take place Monday nights from 5:30 - 6:30 p.m. at Blue Ridge Regional Hospital's Mauzy Philips Center in Spruce Pine. To learn more about the program, visit path-homeremedies.org or contact PATH staff at info@path-wnc.org or 682-7899.

Oktoberfest set for October 5 at Messiah of Mtns. Lutheran Church

Celebrate Oktoberfest at Messiah of the Mountains Lutheran Church on Friday, October 5.

For nearly three decades, Messiah of the Mountains Lutheran Church has celebrated Oktoberfest by offering the public authentic German food and baked goods. The church is located on Highway 19E in Micaville.

The bake sale will begin at 8 a.m. and will include a wide selection of cookies, cakes and jellies. The meal will be served from 11:00 a.m. until 7:00 p.m. and will include knockwurst, bratwurst, sauerkraut, hot Ger-

man potato salad, German bread and apple strudel. The cost of the meal will be \$10.00 for adults and \$5.00 for children. Takeouts are available. Phone 675-4291 or 467-8842.

All profits from the Oktoberfest will be donated to community outreach organizations including Mitchell County Safe Place, Family Violence Coalition, Meals on Wheels, Reconciliation House, Tri-County Pregnancy and Mitchell County Shepherds Staff.

The event is sponsored by WELCA - Women of the Evangelical Lutheran Church of America.

Annual Halloween Festival planned for downtown Oct. 31

The Downtown Burnsville Halloween Festival is scheduled for October 31, 2018. Believe it or not it will be here before you know it.

The Chamber of Commerce and downtown merchants would like to invite you and as many groups as possible to participate in a community-wide, safe, family environment on Halloween.

From 4 to 6 p.m. on Wednesday, October 31, the traditional trick or treating for candy will take place at local businesses and around the square.

We would like to invite the area businesses, local non-profits, and church groups to decorate their storefronts and

participate in this event. If you are a business or organization that does not have a storefront downtown, you can set up in a space on the Square. We would also like to have all types of activities for children on the Square.

If you would like to plan an activity on the Square please contact us immediately so that we can plan the appropriate spaces. This is lots of fun for the whole family!

Let us know if you want to participate by emailing or phoning your RSVP by October 20 to the Yancey Chamber of Commerce at info@yanceychamber.com or 682-7413.

Need a Broom?

Since 1950, the Burnsville Lions Club has been selling their trademark brooms as a fundraiser to provide vision care to needy persons in Yancey County. While we no longer go door to door selling our brooms, we have placed our "broom boxes" in a variety of places throughout the county. Below is a list of businesses where you may located the boxes.

Poplar Grove Store, Yancey Graphics, Fox Brothers Store, Sue's Beauty Shop, Prescription Pad, One of a Kind (Oak Gallery), Shear Perfection Beauty Shop, Farm Bureau, Guy's Grocery Little Creek, Jill's Hairport, Riddle's Used Appliance Hwy 80, Bald Creek Tractor, Buchanan-Young Chrysler and Troy's Greenhouse.

We appreciate your continued support of this long standing project. Burnsville Lions Club.

Senior Center needs volunteers

The Yancey Senior Center is in need of dedicated volunteers to deliver meals to the homebound. Meals are delivered Monday - Friday from 10:30 until noon.

You can choose which day or day(s) that you would like to volunteer.

The Senior Center could not offer the Meals on Wheels program without its dedicated volunteers. Without this service, many of the elderly would not receive a hot, nutritious meal every day.

So, if you enjoy meeting new people and helping others, please call 682-6011, ext. 14. The staff looks forward to working with you and appreciates your willingness to make a difference in the lives of so many people.



Customer APPRECIATION EVENT

Prices Effective Wednesday, Oct. 3rd thru Sunday, Oct. 7, 2018

Shop Us First for Quality Fresh Meat

 <p>T-Bone or Porterhouse Steaks Big Value, Family Pack \$3.99 Lb.</p>	 <p>Country Style Pork Ribs 18 Ct., Jumbo Pack \$1.49 Lb.</p>	 <p>Sugartree Spiral Sliced Hams \$1.49 Lb.</p>
 <p>Whole, Deep Fried, Fully-Cooked Turkey \$1.49 Lb.</p>	 <p>Boneless Chicken Breast Jumbo Pack \$1.49 Lb.</p>	 <p>Fresh Whole Chickens Twin Pack \$1.49 Lb.</p>

Shop Us First for Quality Fresh Produce

 <p>Tomatoes on the Vine 99¢ Lb.</p>	 <p>North Carolina Apples 99¢ Lb.</p>
 <p>Bartlett Pears 99¢ Lb.</p>	 <p>Fresh Express Garden Salad 12 Oz. Bag 99¢</p>

Shop Us First for Savings on all your Grocery Items!

 <p>All-Natural Fully Cooked Chicken Nuggets 32 Oz. \$3.99</p>	 <p>Supreme or Fire Roasted Vegetable Pizza 23.5-24.1 Oz. \$2.99</p>	 <p>Vegetable Oil 48 Oz. \$1.69</p>
 <p>Pure Ground Coffee 30.5 Oz. \$4.29</p>	 <p>French Vanilla Coffee Creamer 32 Oz. \$1.49</p>	 <p>Iced Coffee 11 Oz. 79¢ COMPARED TO \$1.79</p>
 <p>Creamy or Crunchy Peanut Butter 15-16.3 Oz. \$1.79 COMPARED TO \$2.48</p>	 <p>Taquitos or Empanadas 6 Lb., Assorted Varieties \$3.99 6 Lb. Pkg. 66¢ PER POUND!</p>	 <p>Soft & Strong Bath Tissue 4 Mega Rolls \$1.99</p>
 <p>Original Sausage Patties 12 Oz. \$1.00 COMPARED TO \$2.98</p>	 <p>Buttery Yogurt Spread 2 Pk., 15 Oz. \$1.00 COMPARED TO \$2.88</p>	 <p>Medium Cage Free Brown Eggs 18 Ct. \$1.99</p>

Join us for Customer Appreciation Day on Saturday Oct. 6th
We will have unique flash specials throughout the day!

"I love this store, and I always shop at my local UGO! Look for your local UGO store, it will please you."

Good value · Great selection · Local produce · Convenient location · Fresh food"

~ Peggy (Chapman Hwy)

Due to our unique purchasing opportunities, quantities may be limited · So Shop Early for the Best Selection
 QUANTITY RIGHTS RESERVED · Not all items available in all locations · Items are limited and vary by store and available while quantities last.