

Miss McMinnville to participate in walk for Parkinson's

The Parkinson's Foundation will hold its annual Moving Day Nashville, A Walk for Parkinson's, April 7 at Centennial Park. Miss McMinnville Corbin Hinson will be participating in the grassroots event.

Hinson's pageant platform is Parkinson's, and is working closely with the National Parkinson's Foundation. She has formed a team, and is currently raising funds for the cause.

A recent donation of \$500 was accepted from the Warren County Middle School cheerleaders, who complete a monthly service project. They chose Parkinson's disease to support Hinson's walk, and provided pamphlets with informative facts to share with donors. The donation was given in honor of Vernice Dunlap, and in memory of Kelly Rowland, Billie Fuston, Wade Alexander and Lee Grissom.

Cheer advisor Randi Fuston said, "Corbin also spoke to the cheer team about respect for others as well as self-respect they should have in today's society. She also had the girls be active

participants in an activity on stereotyping."

Funds raised through Moving Day will support cutting-edge research and community programs to improve the lives of people with Parkinson's disease and their families.

One million Americans are living with Parkinson's, with 60,000 people newly diagnosed each year. Moving Day Nashville is a fun and inspiring fundraising event that unites the community in the fight against Parkinson's. Since 2011, Moving Day events across the country have raised more than \$17 million to improve care and advance research toward a cure.

More than just a walk, Moving Day Nashville is a celebration of movement featuring a kids' area, a caregivers' relaxation tent and a special Movement Pavilion with yoga, dance, Tai Chi, Pilates and other activities — all proven to help manage Parkinson's symptoms.

To learn more about Moving Day and how you, your family and friends, and/or your company can get involved, please



Warren County Middle School cheerleaders recently raised funds for Parkinson's research, making the donation to Miss McMinnville Corbin Hinson. Girls are, first row from left, Hannah Richardson, Halle Smith and Lauren Copley. Back row, Carly Pack, Laurel Todd, Abbigale Judkins, Caitlyne Hutton, Hinson, Laurna Beth McCormick, Bella Blankenship, Ashlynn Wells and Ashleigh Foster.

visit www.movingdaywalk.org.

Affecting an estimated 1 million Americans and 10 million worldwide, Parkinson's disease is the second-most common neurodegenerative disease after Alzheimer's and is the 14th-leading cause of death in the United States.

It is associated with a progressive loss of motor control (e.g., shaking or tremor at rest and lack of facial expression), as well as non-motor symptoms (e.g., depression and anxiety). There is no cure for Parkinson's and 60,000 new cases are diagnosed each year in the United States

alone. The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. For more information, visit www.parkinson.org or call (800) 4PD-INFO (473-4636).

Yes you can ... live well with chronic conditions

Do you have a chronic condition such as asthma, arthritis, depression, diabetes, heart disease, or other conditions? Or perhaps you live with or are a caregiver for someone who has a chronic condition. If so, the free "Living Well with Chronic Conditions" seminar is designed for you. You can learn ways to care for yourself or others having chronic health conditions.

The 12-hour seminar is scheduled for six (two-hour) sessions. These sessions will be held on Tuesdays from 9:30 – 11:30 a.m. at the McMinnville-Warren County Senior Center. Scheduled dates are April 3, 10, 17, and May 1, 8, and 15. The seminar is open

to all eligible persons regardless of race, color, national origin, age, sex, disability, religion or veteran status. Hilda Lytle and Paula May, UT-TSU Extension Family and Consumer Science Agents, will co-teach the seminar.

The six sessions are fun, interactive and educational. Participants share their successes and build a common source of support. The workshop helps build confidence around managing health, staying active, setting goals and enjoying life. It helps individuals take day-to-day responsibility for the care of their chronic condition.

Participants gain skills necessary to self-manage

their health condition and to work effectively with their health care professionals. Participants should plan to attend all six sessions and will receive a self-help book and relaxation CD. Family members, friends, or caregivers of an individual with a chronic condition are welcome to attend.

Below are class topics by session:

SESSION 1 – April 3 - Self-

management, chronic health conditions, using your mind, and getting a good night's sleep

SESSION 2 – April 10 - Difficult emotions, physical activity and exercise, fall prevention, and improving balance

SESSION 3 – April 17 - Decision making, pain and fatigue management, using your mind to manage symptoms, and physical

activity **SESSION 4** – May 1 - Better breathing, healthy eating, communication skills

SESSION 5 – May 8 - Healthy food choices, medication usage, making informed treatment decisions, dealing with depression, and positive thinking

SESSION 6 – May 15 - Working with your health care professionals, the

health care organization, weight management, and planning for the future.

Registration is required by April 2. Please call or come by UT-TSU Extension (Warren County – 473-8484), (Van Buren County – 946-2435) or the McMinnville-Warren County Senior Center at 473-6559. Also check the Facebook page at: [UTTSU Extension – Warren](http://www.facebook.com/UTTSUExtensionWarren).

If You Live In The County
Are you a member of your areas Volunteer Fire Department, and have you paid your annual dues?

<p>North Warren Fire Department \$52 per household For Business Rates call 934-2592 Dues can be paid at Delores' Mkt. or mailed to: North Warren Fire Dept. P.O. Box 609 McMinnville, TN 37111</p>
<p>Campaign-Rock Island Fire Department \$25 per household Business rates available upon request Dues can be mailed to Campaign-Rock Island Fire Dept. P.O. Box 122 Rock Island, TN 38581 For More Information Call 931-808-5989</p>
<p>Harrison Ferry Fire Department \$50 per household Business rates available upon request Dues can be mailed to Harrison Ferry Fire Dept. 566 Curtistown Rd. McMinnville, TN 37110 For more information call 668-3037 or 273-2109</p>
<p>Collins River Fire Department \$40 per household Business rates available upon request Dues can be mailed to Collins River Fire Dept. 679 Dry Creek McMinnville, TN 37110 For more information call 607-6694</p>
<p>Morrison Fire Department \$50 per household Business rates available upon request Dues can be mailed to Morrison Fire Dept. 130 W. Maple St. Morrison, TN 37357 For more information call 635-2363</p>
<p>Viola Volunteer Fire Dept. \$50 per household \$65 for business Dues can be mailed to Viola Volunteer Fire Dept. P.O. Box 66 Viola, TN 37394 For more information call 635-3273</p>

If you have not received a notice, please contact the department in your area.

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