



Community News Page

Friends Of The Cancer Center Receives Art Grant

FAYETTEVILLE – Cape Fear Valley Health Foundation’s Friends of the Cancer Center has been awarded an \$8,000 grant from the Arts Council of Fayetteville/Cumberland County for an art therapy program for cancer patients.

The grant will support the Artful Reflections therapy program for Cape Fear Valley cancer patients. Launched in 2007, the program provides patients an outlet to express their feelings through painting, illustration and other art projects. The art therapy classes are held at Cape Fear Valley Cancer Treatment and CyberKnife Center and Health Pavilion North Cancer Center.

“Our health system continues to grow along with the patient volume at our cancer centers,” said Rachel Richardson, Foundation Development Coordinator. “This program will continue impacting the recovery and therapeutic healing for so many individuals battling cancer in our community.”

This is the fifth Arts Council grant the Artful Reflections program has received.

“The Arts Council is proud to partner with Friends of the Cancer Center in support of its Artful Reflections program,” said Deborah Martin Mintz, Arts Council Executive Director. “Project Support Grants for 2014-2015 will help fund 27 projects facilitated by 21 nonprofit organizations in our community. These projects help strengthen our community through festivals and concerts, youth education programs, art exhibitions, art workshops, and so much more.”

Cape Fear Valley Health Foundation’s Friends of the Cancer Center helps provide hundreds of local cancer patients and their families with emotional support, information resources, emergency assistance for basic needs, wig vouchers and medication assistance.

The Arts Council of Fayetteville/Cumberland County serves the 300,000 residents of Fayetteville and Cumberland County. For more than 30 years, the Arts Council has ensured growth in our children’s education, our community’s cultural identity and our economic progress. The Arts Council’s grants, programs and services are funded in part by contributions from businesses and individuals and through grants from the City of Fayetteville and Cumberland County, with funding from the North Carolina Arts Council, an agency of the Department of Cultural Resources.

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‘B’ at Ease Services President/Owner Sylvester Loving **Work History:** Business started in 1982, occupying a small office in one room at my residence. Now in the year 2014, maintain three offices, two in the city of Fayetteville and one in Raeford. **Type of organization:** Accounting Services Major Product: Taxes, Accounting **Area of distribution:** National **Expertise:** Accounting, Tax Planning **Affiliations:** Participated and appointed by City Mayor to a committee to support the city changing from a City Manager structure to a strong Mayor in Newburg, New York; Board of Directors of “East End Minor-

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ity Housing Program”- city based program centered on refurbishing houses for the elderly and financially deprived; Member of Hudson Valley African American Professional Business Association; Member of U.S. Chamber of Commerce; Member Better Business Bureau and advocate for supporting community owned businesses. **Career Accomplishments:** Known as a fair defender of clients/customers rights. Successfully established and maintained a professional accounting business for the past 20 years which expanded to three locations and a staff of five. **Hobbies/Spts.:** Coin collecting, football. **Addresses:** ‘B’ at Ease Services 6829 Fillyaw Rd * Suite 103 Yadkin Road Fayetteville, NC 28303

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PREDIABETES

Keep It In Check

The number of adult Americans with prediabetes is a staggering 86 million. That's more than 1 out of 3 American adults. Among those age 65 and older, half have prediabetes.

If your doctor has told you that you have prediabetes, you are ahead of the game. That's because 9 out of 10 people with prediabetes don't even know they have it.

You can cut your risk of getting type 2 diabetes in half by eating healthy and being more active. Without weight loss and moderate activity, 15 to 30 percent will develop type 2 diabetes within 5 years.

Prediabetes is when your blood sugar level is higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Your doctor has three ways to diagnose type 2 diabetes and prediabetes:

Fasting glucose test. This measures blood glucose in people who have not eaten anything for at least 8 hours. Fasting glucose levels of 100 to 125 mg/dL are diagnostic of impaired fasting glucose, also called prediabetes.

Glucose Tolerance Test. This test measures blood glucose after people fast for at least 8 hours, and two hours after they drink a sweet liquid provided by a doctor or laboratory. A blood glucose level between 140 and 199 mg/dL is called impaired glucose tolerance, also called prediabetes.

Hemoglobin A1c test. This test measures the amount of glucose that is on the red blood cells. An A1c value of 5.7% to 6.4% indicates prediabetes.

If you have prediabetes, the Centers for Disease Control and Prevention (CDC) recommends you enroll in an evidence-based lifestyle change program to lower your chances of getting type 2 diabetes. On the CDC website, the National Registry of Recognized Diabetes Prevention Programs lists contact information for organizations offering lifestyle classes

in communities across the United States.

The organizations listed in this registry have "pending recognition" from the DPRP. This means they have agreed to the curriculum, duration, intensity and reporting requirements described in the DPRP Standards. Community Health Interventions & Sickle Cell Agency, Inc. is one such program. It is located at 2409 Murchison Road in Fayetteville. For more information, please call (910) 488-6118.



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