

Health Fair...from Page 1A



The Health Fair featured plenty of free services and information for area residents to peruse on Saturday. Photo by Mark Smith

Health Fair started at 6 a.m. The results of the blood testing will be mailed to participants at their home addresses and sent to their primary care physicians if they chose that option.

"It's really good, we've got a great community turnout,"

said new Hospital CEO Kevin Bierschen on Saturday. "We do this, actually, at both hospitals. We split it up.

"One over in Chatuge, we do that in the spring. And this one's in fall. So, people that couldn't make the first one can come to the second one. We

basically do the same thing at both. We provide all the same services."

In addition to the substantially discounted bloodwork, the Health Fair also offered a number of free tests that would normally cost lots of money.

Atrial fibrillation screenings, carotid artery screenings, skin irregularity screenings, breast exams, and vision and hearing screenings were very popular at the Health Fair.

"Atrial fibrillation is something that's detected on EKGs, and it's characterized by the atria in the heart, which are the top chambers, not pumping correctly," said ER/ICU Nurse Christie Parker.

People with atrial fibrillation are at increased risk of stroke, Parker said, adding that they are also able to check for other heart rhythm abnormalities.

"It's been very steady," Parker said. "We've had a really good turnout, and so far, no atrial fibrillation has been detected, so that's wonderful."

The results of this screening were sent to a cardiologist for evaluation and a report will be mailed to those who participated at their home addresses.

Carotid artery screenings were another very popular stop along the Health Fair line.

"We're here today to do complimentary carotid screenings," said Heart Center

of Blairsville Nurse Practitioner Michelle Ferguson. "If you have advanced carotid disease, you're at a greater risk of stroke, so we like to detect early plaque buildup.

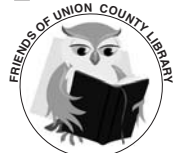
"If we find any that's moderate to severe, we can have them come see us or their primary care for a dedicated carotid ultrasound to determine if they need intervention, or if they need medication to keep their bad cholesterol under control.

"So, just preventative health care, trying to keep our public healthy with early detection."

And that's what the Health Fair was really all about: preventative health care for the community.

For many who attended the Health Fair, it was a chance to participate in some preventative health care that they would normally either not be able to afford or not give a second thought to.

Friends of Union County Library prepare for "Everything Christmas" Sale



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Are you overwhelmed with too many Christmas collectibles, decorations, and supplies? The Friends of Union County Library would like to remind everyone that collection will soon begin for our 2nd "Everything Christmas" fundraiser. Volunteers will be accepting donations of all reusable Christmas items every Thursday and Saturday in October. Collection is inside the Union County Public Library in Blairsville between 10 AM and 1 PM. There will also be a donation box available just outside the Friends Room in the library for leaving Christmas-related items whenever the library is open throughout October.



Donations for sale at our 2018 Everything Christmas Sale

Suggested items for donation include miscellaneous holiday decorations, wrapping paper and gift bags, unused boxed holiday cards, baking supplies such as cake and cookie pans, Christmas dishes of all kinds, holiday collectibles, Christmas crafts and fabrics, greenery, centerpieces, candles, holiday-themed books, movies, music, ornaments - in fact, just about anything you might have related to Christmas (except actual full-size Christmas trees due

to space limitations). Bring "Everything Christmas" and drop it off for our sale!

"Everything Christmas" will be a specialty sale of previously loved Christmas treasures available to you at bargain prices. The event will take place in the Union County Public Library Community Room on Friday, November 1, from 9 AM until 3 PM and on Saturday, November 2, from 10 AM until 1 PM.

All proceeds will benefit Union County Public Library.

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