

"The greatest threat to freedom is the absence of criticism." - Wole Soyinka

TARCOG's Caregiver College Set

November is National Family Caregivers Month and TARCOG will hold its daylong 8th Annual Caregiver College on Nov. 17 to celebrate and encourage those who care for others.

The free event will be from 7:30 a.m. to 3 p.m. at the Willowbrook Church Madison Campus, 146 Jeff Road. Registration is open until Friday, Nov. 10.

This year's keynote speaker will be Dr. Nicole Ruggiano, (Roo-shi-ah-na) who is a professor and



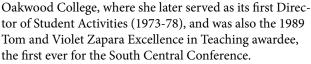
associate dean of Research within the School of Social Work at the University of Alabama. Her research and advocacy work aims to improve health and social care for older adults. For additional info, contact wendy.reeves@tarcog.us.

NEW FRONTIERS: Drake State President Patricia Sims (c) joins students and faculty of the Jacob's Frontiers Scholar Fund program, which recently completed its first independent 3D print using the college's industrial robotic arm. The team consisted of students whose roles were essential to the success of the print and were indicative of an exceptional learning environment.

Noted SDA Educator Remembered

Funeral services will be held at 11 a.m. at OU Church Friday, November 3, for Mrs. Zeola Bell Germany Allston, a noted local Seventh-day Adventist educator.

Mrs. Allston taught SDA education for 64 years--and across eight consecutive decades--beginning in 1949, upon graduating from



Dr. Carlton Byrd will serve as officiant and Dr. Dedrick Blue as eulogist. A Tom & Zeola Allston Education Fund for donations will be forthcoming. Condolences may be sent to: Tim Allston, 645 Wynn Drive, Suite 22252, Huntsville, AL 35816-2252





AAMU Will Host Treasury Initiative

Alabama A&M University, under the AAMU Center for Entrepreneurship, Innovation, and Economic Development leadership, will host the Small Business Entrepreneurs Summit: "Building an Inclusive Innovation Ecosystem Through Empowering Diversity and Business," to engage federal agencies with small and minority businesses.

AAMU is partnering with the Treasury Office of Small and Disadvantaged Business Utilization (OSD-BU) and other government agencies to help small minority businesses in the area learn more about government contracting, finding funding, and building networks.

"We invite local businesses and entrepreneurs to come to this free summit," says CEIED Director Dr. Teresa Orok. The Summit is Wednesday, November 8, from 8 a.m.–4:30 p.m. in the Dawson Building Auditorium.

Attending Agencies include: U.S. Army Corp of Engineers, Huntsville Engineering and Support



Mrs. Mary E. Lane

Center; U.S. Department of Health and Human Services (HHS); U.S. General Services Administration (GSA); Internal Revenue Service (IRS); National Aeronautics and Space Administration (NASA), Huntsville Marshall Space Flight Center (MSFC); Alabama Small Business **Development Center** (SBDC); Alabama State Small Business Credit Initiative (SSBCI) Program, Tuscaloosa; Alabama Small **Business Development** Center (SBDC) Network; and APEX Accelerators, Huntsville.

To register and learn more: https://www.mbesuccess.com/

alley Weekly

Publisher The Valley Weekly, LLC

Editor-in-Chief Dorothy W. Huston, Ph.D.

Editorial Consultant/ Senior Editor

Jerome Saintjones, Ed.S.

Editorial Assistants

Linda Burruss Phyllis Chunn William Huston, Sr. Gary T. Whitley, Jr.

Advertising Associate Phyllis Chunn

- Contributing Editors -

tim allston Lamar A. Braxton, Jr. Minister Preston Brown Gloria B. Caldwell Ron Hamm Margaret Kelly, Ph.D. Gary T. Whitley, Jr.

Website Administrator Calvin Farier

Mailing Address:

The Valley Weekly 2204 Whitesburg Drive- Suite 220 Huntsville, AL 35801 (256) 651-9028 www.valleyweeklyllc.com Copyright 2023

Items for consideration for publication in The Valley Weekly should be submitted at least TWO weeks in advance to above address or by e-mail to info@vallevweeklyllc.com. Items published do not necessarily reflect the views of The Valley Weekly, LLC. Submissions to TVW do not necessarily reflect the beliefs of the editorial staff, and TVW is not responsible for the authenticity of submissions.

The Valley Weekly Ad Rates Single Issue

Back Cover	10x10-inches	\$1,500
Full Page	10x10 inches	\$1,200
3/4 Page	7.5x10 inches	\$900
Half Page	Horizontal	
	5x10 inches	\$600
	Vertical	
	10x5 inches	\$600
Fourth Page		
	5x5 inches	\$300
Eighth Page		
	2.5x5 inches	\$150
Sixteenth Page		
	2.5x2.5	\$75
Classified	1 col.x1 inch	\$100/Flat Fee

Alley Weekly Valley Weekly Washing One Minu

Here is what's happening in Washington, D.C., the nation's capital, this week:

1. CONGRESS. The House

and Senate are in session this

week. Last week, after Rep. Tom Emmer (R-MN) withdrew as the Speaker nominee after fellow Rs raised concerns about his votes in support of same sex marriage and to certify the 2020 presidential election, the House on Wednesday elected the notably more conservative Rep. Mike Johnson (R-LA) as the new Speaker (with all Rs voting for him in a 220-209 partisan vote). Johnson was most recently the Vice Chair of the House Republican Conference and is the first House Speaker from Louisiana. Last week as it got back to legislative business after a 22-day hiatus, the House approved a resolution in support of Israel and passed the House version of the FY2024 Energy & Water Appropriations bill, cutting \$4.9 billion from the bill (8.2% below FY2023 funding). This week when it returns on Wednesday, the House has scheduled votes on the FY2024 Interior, Legislative Branch, and Transportation/HUD appropriations bills – and possibly a bill to provide \$14 billion in wartime aid to Israel. It may also take up a resolution to expel Rep. George Santos (R-NY), one to censure Rep. Marjorie Taylor Greene (R-GA); and one to censure Rep. Rashida Tlaib (D-MI). Expulsion requires a 2/3rds vote, while censure only needs a simple majority. The

Senate this week will continue debating amendments to a 3-bill "mini-bus" appropriations vehicle containing the FY2024 Agriculture, Military Construction/VA and Transportation/HUD appropriations bills and is also expected to vote on Jack Lew to be Ambassador to Israel. The current stopgap funding bill keeping the federal government open expires on Nov. 17 and none of the 12 annual appropriations bills have yet been enacted.

2. THE WHITE HOUSE. Last Thursday, President Biden met with new House Speaker Mike Johnson (R-LA), while the Speaker was at the White House getting a bipartisan briefing on supplemental appropriations bills that the President has sent to Congress: the first supplemental seeks \$104 billion for Ukraine and Israel, while a new supplemental sent to Congress last Thursday seeks an additional \$56 billion for domestic programs such as disaster response, wildland firefighter pay, and child care (Note: House Republicans held a conference call last night to discuss aid to Israel). On Monday, the Bidens hosted local public school kids and military families at the White House for Halloween trickor-treating. On Wednesday, the President visited a family farm in Minnesota as part of 2 weeks of stops in rural America by Biden officials. On Friday, the President will host a summit meeting in Washington on immigration with the leaders of Barbados, Canada,

Chile, Colombia, Costa Rica, the Dominican Republic, Ecuador, Mexico, Panama, Peru and Uruguay.

3. SUPREME COURT. On Tuesday, the Supreme Court heard arguments in a pair of conflicting cases on the liability of public officials when they block people on their personal social media accounts. In the case of Lindke v. Freed, the city manager of Port Huron, MI, was found by the lower court not to have violated a resident's First Amendment rights when blocked after critical comments he sent pertaining to City's Covid-19 policies, while, in the 2nd case of O'Connor-Ratcliff v. Garnier, two school board members in Poway, CA, were found by the lower court to have violated the rights of parents who had been blocked after protesting school policies on race.

4. ARTIFICIAL INTEL-

LIGENCE (AI). On Monday, President Biden signed a sweeping executive order regulating artificial intelligence. The rules, which leverage the federal government's position as a top customer for big tech companies, including Microsoft, Amazon, and Google, focus on security and privacy protections by directing AI developers to run their models through safety tests and submit the results to the government before releasing them to the public. The U.S. allocated \$1.6 billion in FY 2023 for artificial intelligence.

5. U.S. ECONOMY. Last Thursday, the Commerce Department announced that the U.S. economy grew at a 4.9% annual rate in the 3rd quarter of 2023, markedly up from 2.1% in the 2Q. The sharp increase came due to contributions from consumer spending, increased inventories, exports,

residential investment, and government spending.

6. FACEBOOK/INSTAGRAM LAWSUIT. Last week, 41 states and the District of Columbia sued Meta, alleging that the tech giant harms children by building addictive features into Instagram and Facebook. 33 states, led by Colorado and California, filed a 233-page lawsuit in the U.S. District Court for the Northern District of California, while Attorneys General for D.C. and eight (8) states are filing separate complaints in federal, state, or local courts.

Hamm Consulting Group 300 New Jersey Ave, NW Suite 900 Washington D.C. 20001 T: 202-596-8384 rhamm@hammconsulting.com www.hammconsulting.com

BUSINESS BANKING - 1 MORTGAGE I PERSONAL BANKING

Beyond what you thought a bank could be.





To achieve your financial goals, you need more than just a bank. You need apartner.

Banking beyond expection.

DOWNTOWN HUNTSVILLE ATHENS JONES VALLEY I 256-535-1045 BRYANTBANK.COM



VALLEY DEATHS



NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW Huntsville, AL 35816 - (256) 539-8189 - www.nelmsmemorial.net

Graveside service for MR. WALTER H. STONE (b. 1928) was Saturday, October 28, at Penny's Cemetery.

ROYAL FUNERAL HOME

4315 Oakwood Avenue NW Huntsville, AL 35810 - (256) 534-8481- www.royalfh.com

Funeral service for MS. LULA BEATRICE LEE (b. 1946) will be Saturday, November 4, at the Mount Nebo Missionary Baptist Church (62060 Saint Luke Church Road, Latham, Ala.) with Reverend Donald Taylor, Sr., officiating.

Funeral service for MR. GAVIN DORAN LESLIE (b. 1969) was Monday, October 30, at the Madkins Chapel Cumberland Presbyterian Church in America (2403 Oakwood Road NW, Huntsville, Ala.) with Reverend Debra McGlathery Holden officiating.

Funeral service for ELDER HENRY LEE ROGERS, SR. (b. 1948) was held Saturday, October 28, at the New Hope Cumberland Presbyterian Church in America (28520 SW Wall St, Madison, Ala.) with Reverend Columbus Waddle as eulogist and Pastor Burgess Ewing officiating.

Graveside service for MR. TERRIS WINN, JR. (b. 1954) was Friday, October 27, at the Valhalla Memory Gardens (698 Winchester Road NE, Huntsville, Ala.).

Funeral service for DEACON DWIGHT ALONZO WEAVER (b. 1947) was Friday, October 27, at the Saint Bartley Primitive Baptist Church (3020 Belfonte Avenue, Huntsville, Ala.) with Elder Jaymes Mooney officiating.

Memorial service for MR. JOEL ADAM BROUSSARD (b. 1971) was Thursday, October 26, at the Royal Chapel of Memories with Pastor Hector Mouzon officiating.

Funeral service for MRS. YVONNE RENNALLS-QUARRELS (b. 1966) was held Sunday, October 22, at the Mount Calvary Seventh-day Adventist Church (1201 Meadow Drive NW, Huntsville, Ala.) with Pastor Deshon Jucang as eulogist and Pastor Willie Taylor officiating.

SERENITY FUNERAL HOME

2505 University Drive NW Huntsville, AL 35816 (256) 539-9693 - www.serenityfuneralhm.com

Funeral service for MR. ANTONIO "TONY" KIM-BROUGH (b. 1968) was Saturday, Oct. 28, at the Chapel.

Huntsville Council Meetings



Huntsville City Council's regular meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m.

Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m. For more information, call (256) 427-5011.

SHARE YOUR VIRTUAL FREE COPIES of The Valley Weekly Each Week! Visit ValleyWeeklyllc.com

Spiritual Plan

Words Matter

James 3:5–6 says, "Consider a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body and sets the whole course of one's life on fire and is itself set on fire by hell."

When I read this scripture, I think about freedom of speech and the way it has taken on a different meaning in today's society. Now freedom of speech is defined as a principle that supports an individual's freedom to articulate his or her opinions and ideas without fear of retaliation, censorship, or legal sanctions. Every citizen may accordingly speak, write, and print with freedom but shall be responsible for such abuses of this freedom as shall be defined by law.

Today, freedom of speech has gotten out of control. The reason it is out of control is some people are not willing to be responsible for what they say. Furthermore, so many people today are willing to say things that are hurtful, hateful, disrespectful, and humiliating without taking any responsibility. They don't seem to realize that words matter, and there are consequences for the things that we say.

Freedom of speech is crucial to our way of life, however, there is a right way and wrong way to do it. Recently, we have witnessed some of the wrong ways to express our freedom of speech, which include things like slander, sedition, incitement, and what we could call fighting words. However, the apostle Paul gives us a better way to express ourselves. Galatians 5:13 says, "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather serve one another humbly in love."

Words matter so let us use our freedom of speech to bring about real change



based on the truth of God's

May God grant you spiritual success in using freedom of speech to bring about real change.

Question:

When should we use our freedom of speech?

Stay encouraged, my brothers and sisters, and make sure you purchase a copy of my books, *Spiritual Game Plans For A Successful Life* and *A Champion Game Plan for Life*, at amazon.com, Westbow Books or, if you have a PayPal account, email me at prestonbrown81@gmail. com, and I will send you an autographed copy.

Next Week: "Why Prayer Matters"

NAAACC Meetings

The North Alabama African American Chamber of Commerce (Huntsville) meets monthly on the 3rd Tuesday at 12 noon.

The meeting location varies. Call (256) 564-7574.



A New Generation Of Service

Alley Weekly

HAPPENINGS, ACTIVITIES & MORE!

November 4

Bulldog Football vs. Florida A&M Louis Crews Stadium Alabama A&M University 1 p.m.

November 10

Veterans Salute Concert FREE Huntsville Master Chorale Trinity United Methodist Church 607 Airport Road Huntsville, Ala. 7 p.m.

November 12

123rd Harvest Celebration Lakeside United Methodist Church Guest Speaker: Dr. Clarence Sutton, Superintendent, Huntsville City Schools 3738 Meridian Street NE Huntsville, Ala. 11 a.m.

A Gospel Symphony Celebration (Featuring Donald Lawrence)
Special Guests:
Vox Fortura, Alabama
Symphony Orchestra, Conductor Dr. Henry Panion
III, Miles College Choir
and UAB Gospel Choir
Alys Robinson Stephens
Performing Arts Center
1200 10th Avenue South
Birmingham, Ala - 7 p.m.

(205) 975-ARTS

Tickets: https://www.

alysstephens.org/events/

gospel-celebration/

November 17-19

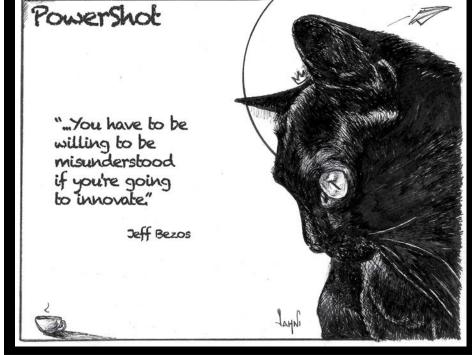
Preacher Lawson "America's Got Talent" Stand Up Live Huntsville 2012 Memorial Parkway Huntsville, Ala. (256) 261-3374

November 18

Bulldog Football vs. Mississippi Valley State Louis Crews Stadium Alabama A&M University 1 p.m.

January 26

Concert American Spiritual Ensemble Host: Huntsville Chamber Music Guild



November 3, 2023





"Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor."

- James Baldwin



"Untreated Pain ..."

illennia

Why won't most people take the time to deal with themselves?

We start feeling sick, and instead of getting ourselves treated and resting, we insist on continuing with our schedules until we are sick to the point where we MUST rest and take medication.

We get injured and try to walk it off and maneuver around the injury. We can be abused, or hurt, and feel we are strong enough

to work through it, and act

as if it doesn't exist! We're



too lazy to deal with the problems we have until

they deal with us!

If we don't address the root, it WILL keep resurfacing! The sickness can turn into an infection, or the beginning of a

serious disease!

Our bodies can become weakened which triggers more ailments. Untreated pain and injury not

dealt with causes you to overcompensate by using

NOVEMBER 3 - COLIN KAEPERNICK - Colin Rand Kaepe-

rnick is an American football quarterback. Kaepernick played

college football for the University of Nevada in Reno, where he was named the Western Athletic Conference (WAC) Offensive

Player of the Year twice and became the only player in NCAA Division I FBS history to amass 10,000 passing yards and 4,000

rushing yards in a career. After graduating, he was selected by

the San Francisco 49ers. In 2016, Kaepernick became a national

another area of your body, setting up additional injuries. You overwork another part because you never dealt with the source!

Emotional damage, not confronted, spills over into other areas of your life causing you to repeat hurt, unknowingly, not trust, or be unable to open yourself to be loved. It can cause you to fail in many different relationships.

Deal with the root! You must in order to make a change. When we address the core, we can move forward, more freely, in the proper direction of healing and restoration.

Be strong enough to treat the pain!

You only have one you! Address it now, or it will handle you later!

Perspectives on **God Views Current News**

A Final Homework Assignment from Mother-Mentor, Mrs. Zeola Bell Germany Allston

"Now we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands." - (2 Corinthians 5:1)

Q: What does one call a wife/ mother/author/mentor/college and grade school educator who taught for 64 years - and across eight consecutive decades, beginning in 1949! - to include Kentucky, Massachusetts, Alabama as well as Russia, the Cayman Islands, and northern China?

A: While some called her "Dean" or "Principal," others called her "Mom Z" and "Auntie Zeola Bell"



... Yet, I called my loving mentoring 96-year-old mother, who passed away on Sunday, October 22, 2023, "Mom."

In her honor, this Mama's Boy offers -

"The Funeral Poem" by Summer Sandercox

"Not how did she die, but how did she live? Not what did she gain, but what did she give?

"These are the units of measure to determine the worth Of a woman as a woman, regardless of her birth.

"Not what was her church, but what was her creed? And how she befriended those really in need.

"Was she ever ready with words of good cheer To bring back a smile, to banish a tear?

"Not what did the sketch in the newspapers say, But how many were truly sorrowful when she passed away."

Mom: I'll see you "in that great gettin' up morning" and I hope that I have lived well enough to have passed my tests, so that you and God will give me a passing grade . . . as a final exam grade of having lived and served the best life like she modeled for me, us!

Tim Allston, Leadership Coach and Three-time Amazon Best-selling Author, Leading from the Middle (256) 212-0949 -www.timallston.com https://www.timallston.com leadingfromthemiddle.tim@gmail.com

ON THIS DAY



Spingarn Medal presented to Paul Robeson "for his outstanding achievement in the theater, on the concert stage, and in the general field of racial welfare."

knee rather than stand while the national anthem was being played. - BlackCelebrityBirthdays.com This Sunday's Lectionary

figure when he ignited a firestorm of controversy by choosing to kneel on one



Sunday, November 5, 2023 **Twenty-Third Sunday** after Pentecost

(Track 2, Year A) First Lesson: Micah 3:5-12 Psalm 43 Second Lesson: 1 Thessalonians 2:9-13 GOSPEL:

Matthew 23:1-12

"If I have to jump six feet to get the same thing that you have to jump two feet for - that's how racism works." - Ta-Nehisi Coates



Rosetta James Foundation "Spotlight on Our Elders" ... Featuring

Mrs. Mary E. Lane

Mrs. Mary E. (Wiggins) Lane has devoted her entire life in service of family, community and mankind. Her many years are indicative of an unwavering example of parenthood, Christian service and activism.

Mrs. Lane was born on August 10, 1924, the daughter of the late Robert and Lillie Mae Moore Wiggins. A native of Limestone County, Alabama, she was reared in the Monrovia community. After her parents moved to Madison County, she focused on the value of education and diligently pursued it with studies at Union School, where one teacher taught several grades, and Councill Training School. At Councill Training School, she received the "Best Cook Award" and attended classes with the late Dr. John Cashin, the late Mr. Thomas Hereford, and the late Mr. James Gurley—her friends for a lifetime. She graduated from Councill Training High School in 1945 and enrolled at Alabama A&M University.

After completing her freshman year, she taught at the Union School. Many suitors came calling during those days, but only one won her heart. His advantage was having the ability to ride a bicycle, being a

World War II Navy man, and owning a bright red 1940 Dodge truck, complete with an old dog named "Red." On October 13, 1946, the two were married on the front porch of her mother's home with many family and commu-

nity friends attending. Her grandmother, Ella McComb Moore did all of the cooking for the affair.

Like so many women of the time, Mrs. Lane was gifted in a number of areas, including farming, gardening, fishing, cooking and baking, sewing, hairdressing. Nonetheless, Mrs. Lane was ever-mindful of her civic responsibilities and made voting a primary responsibility. She received her voter registration certificate, issued through Madison County, in May 1954. Accompanied by her husband, she has voted at all elections. In the early years following her registration, she paid poll taxes to County of Madison "covering voting privilege."



As the pastor's wife, Mrs. Lane participated in all church-sponsored activities, including picnics, outreach activities, museum trips, youth-sponsored field trips, nursing home visits and much more. Not only has she tirelessly supported her husband in his role as pastor of Taylor's Chapel Primitive Baptist Church, but she simultaneously fulfilled the role of loving mother to their five children, enjoying countless birthdays, achievements, family celebrations and reunions, as well as lingering memories of grandchildren.

On August 9, 2014, numerous family members and friends gathered at The Ledges in Huntsville, Alabama, to celebrate Mrs. Lanes 90th birthday.

"Spotlight on Our Elders" is a weekly feature sponsored by the

Rosetta James Foundation to promote volunteerism and activ-

ism in our community among those who are 70-plus. The Foun-

dation also provides scholarships. Learn more about us at www. **rosettajamesfoundation.org.** Know an outstanding elder (70+) that you would like to see featured? Send us a photo and 250-

word write-up to info@valleyweeklyllc.com.



Author Perry and artist John Moore



Atty. Julian and Betty Butler



Lynn Berry Vallely and Joe



Linda Spalla and Bernie



AHA Board member Dorothy W. Huston and husband William



Author Imani Perry and Dr. Huston

Scenes from Alabama Humanities Alliance Colloquium

October 23, 2024

Grand Bohemian Hotel-Birmingham, Alabama

The Alabama Humanities Alliance honored Dr. Imani Perry, award-winning author, and Dr. David Mathews, former president of the University of Alabama, as 2023 Fellows. Attending were former AHA Board Members Atty. Julian (Betty) Butler and Lynn Berry Vallely (Joe), as well as local author Linda Spalla and Bernie. The Valley Weekly cartoonist and international artist John "Jahni" Moore was commissioned to create a piece for this event for Drs. Perry and Mathews from his Red Clay Southern Trees series.



MARY F SPEARS, AGENT

7833-A Highway 72 West Madison, AL 35758 Bus: 256-837-8899 Fax: 256-837-8225 mary.spears.cffc@statefarm.com



MAYHEM IS EXPENSIVE. ALLSTATE IS NOT.



JAMES F SMITH & ASSOCIATES 256-852-7310

415 CHURCH ST NW BUILDING B HUNTSVILLE



Subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co. © 2013



Allstate Insurance Co.

Unveiling of W.H. Councill High School Student Statues

























Woody Anderson Ford

256-539-9441 www.WoodyAndersonFord.com 2500 Jordan Lane, Huntsville, AL



Albert's Flowers

Located Downtown in Medical District; Closest Florist to Huntsville Hospital Free Delivery to Huntsville Hospital and Local Funeral Homes

716 Madison Street - Huntsville, AL 35801 FLOWERS, GIFTS, EXOTIC FLOWERS

Graduate of American Floral Art School 256-533-1623 256-536-6911 www.albertsflowers.com



How Seniors Can Boost Brain Power Via Exercise Routine

(BPT) - Physical fitness is important as you age, improving strength, flexibility and balance. Research shows that your morning stretch, daily walk or weekly fitness class is doing more than just helping your body feel its best; it's supporting your brain health, too.

Staying physically active can help older adults maintain - and even improve - mental function, while lowering the risk of developing chronic illness. According to the Alzheimer's Society, regular exercise can reduce a person's risk of developing dementia by approximately 30%, and for Alzheimer's specifically, that risk can be reduced by 45%.

In addition to risk reduction, exercise can be beneficial for seniors who are currently experiencing cognitive issues. Physical activity is a common part of treatment plans for people with dementia or Alzheimer's disease and can help dementia patients manage and potentially reduce symptoms.

One exercise program with something for every ability is SilverSneakers, a fitness program available at no cost to Medicare Advantage members in participating health plans to stay physically active, socially engaged and mentally sharp. The program has been serving people aged 65 and older for more than 30 years.

It is never too late to start exercising

Even if you start a workout routine later in life, the benefits to your brain and body are abundant. Talk with your doctor about beginning physical fitness and consider options of interest that are available to you. Exercising with friends or join-



ing a fitness class designed for older adults can help you feel comfortable while trying something new.

Sims Corbett is a Silver-Sneakers instructor who is passionate about senior fitness. One of her favorite things about her job is helping older adults discover a passion for exercise and physical activity, even if they've never set foot in a gym before.

"Members have access to thousands of gyms, in-person and virtual classes, and platforms designed to foster social interaction and mental well-being, which becomes even more important with age. As an instructor, I see how regular exercise can benefit everyone, at every age," said Corbett.

SilverSneakers offers our members access to more than 22,000 participating locations with 100+ weekly live virtual classes and 45,000 virtual programs focusing on balance, fall prevention, strength, flexibility, cardiovascular health and much more.

Medicare Annual Enrollment Period is underway through Dec. 7 so now is a perfect time for seniors to choose a plan that offers benefits like fitness. For more information and to check eligibility, visit getsilversneakers.com.

Senior workout inspiration

If you want to start exercising, Corbett recommends choosing activities you will enjoy. "Fitness should be fun. I encourage seniors to take a moment to think about what they have enjoyed doing in the past and what has piqued their interest over the years. Did you take dance classes growing

up? Love to swim? Have you always been curious about yoga? We're all more likely to continue doing something that we enjoy."

Some SilverSneakers classes that are good for the body and mind include aerobic classes like Cardio Interval, Walk Strong and Line Dancing. These classes can help patients manage and reduce symptoms related to cognitive functioning.

When you start, you might decide to exercise with a partner or in a group, which can add a fun social element while keeping each other accountable. However, this is not essential, and even if you exercise alone at home as your schedule allows, you'll reap many benefits.

While fitness classes are great for guided exercise and making new friends, remember that activities like walking, biking or even household chores like gardening, vacuuming or playing with the dog are all good options for moving the body. All movement - even standing more - can be beneficial for physical and mental wellness.



Local College Names VP of Government Affairs & External Relations

Alabama A&M University recently announced the appointment of Shannon Frank Reeves, Sr., as Vice President of Government Affairs and External Relations.

Reeves will oversee all federal, state, and local lobbying efforts for AAMU government affairs, military affairs, civic engagement, and community affairs.

As the lead advocate for AAMU in Washington, D.C., Reeves is charged with the successful management of active engagement with legislative bodies and regulatory agencies in pursuit of support for the university's research agenda and infrastructure needs.

AAMU President Dr. Daniel K. Wims said, "Mr. Reeves' appointment to Vice President secures our voice and placement in federal, state, and local communities. His professional network on both sides of the political aisle has proven to position us for coalition building as we plan for continued growth to secure our path in the development and implementation of advocacy and legislative priorities. He is the consummate professional and poised to manage our first-ever Division of Government Affairs and External Relations."

