

# Woman raising awareness for elderly, caregivers with walk

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Stuttgart, Ark. —

These days, there are all kinds of people and organizations doing of all sorts things to bring awareness to causes or raise money for individuals or organizations in these struggling economic times.

Monday, 57-year-old Teri Swezey, of Carrboro, N.C., stopped in Stuttgart to rest, look at the scenery and buy supplies during her cross-country walk to raise awareness and spread the word about Seniors Obtaining Assistance and Resources (SOAR).

“I am raising awareness and funds for the elderly, the family and friends who care for them,” Swezey said.

Swezey said having shared the last few years of her life as caregiver for her mother inspired her to walk across the United States this year to raise donations and awareness on behalf of the elderly and their caregivers.

“I also took my inspiration from a book I had read in my 20s,” Swezey said. “It was about Peter Jenkins and his experience on the Walk Across America.”

By raising awareness, she believes that many others, who share the same struggles she and her mother went through, will find relief and support along their own journeys with aging parents and relatives.

“I began my journey on April 1 from Wrightsville Beach on the North Carolina shore,” Swezey said. “I should end my journey in October or November.”

Swezey added that during her trek across the United States she will be stopping along the way to talk to seniors and their caregivers about their experiences with aging and caring for others.

“I will conclude my trip in Cambria, Calif., which was my parents long term adopted hometown,” Swezey said.

**SOAR's mission is to help meet the needs of vulnerable elderly and their caregivers, focusing on three specific areas:**

- Relief services for caregivers of the elderly
- Prescription co-pay assistance for seniors
- Low-income meal assistance for seniors

“These are the three common areas of need that I came across as I began talking to others who care for their seniors,” Swezey said.

For more information on Swezey's walk or SOAR, visit [www.walkusa4soar.org](http://www.walkusa4soar.org).