



## **MEDIA ADVISORY**

### **North Carolina woman reaches Columbia, South Carolina in her 3,000-mile walk across America**

***Cross-country journey to raise to raise awareness  
and funds for the elderly and their caregivers***

**DATE:** Tuesday, April 24, 2012, 2:30 p.m. EDT

**WHAT:**

North Carolinian Teri Swezey will reach Columbia, South Carolina in her cross-country walk to raise awareness about vulnerable elderly and the family and friends who care for them. She began her walk on April 1, 2012, from Wrightsville Beach, North Carolina.

**WHERE:**

Swezey is currently walking along Highway 378/76 facing the traffic. She is easy to identify in her walking gear. She will shortly reach Columbia, South Carolina. She will spend the night in Lexington.

**WHO:**

Carrboro, North Carolina resident Teri Swezey, a 57-year-old public health researcher, is making this 3,039-mile journey in honor of her late mother who had late stage dementia and who she cared for during the last few years of her life.

Swezey's walk, SOAR Feat 2012, will traverse 12 states, and Swezey will be stopping along the way to engage and talk to seniors and their caregivers about their experiences with aging and caregiving. She will also be raising money for the nonprofit organization she is in the process of creating, Seniors Obtaining Assistance and Resources, Inc. (SOAR).

Walking about 15 miles a day, Swezey will conclude her trip in six to seven months at the Pacific Ocean in Cambria, California, which was her parents' long-term adopted hometown.

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

- 1) Relief services for caregivers of the elderly (known as respite).
- 2) Prescription co-pay assistance for seniors.
- 3) Low-income meal assistance for seniors.

For more information about Swezey's endeavor and to follow her as she makes her journey, please visit the SOAR Feat 2012 Web site at <http://walkusa4soar.org>.

**MEDIA CONTACTS:**

You can engage Swezey directly for interviews by contacting her on her cell phone at 919.452.6811.

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