



## 4-H Builds Leaders

**4-H** is on the rise with the increase in Agriculture and STEM classes in the schools.

Randolph County **4-H** programs serve over **11,700 local youth** ages 5-19 through clubs, school enrichment, and summer programs that tie summer activities to STEM Classes while teaching basic life skills.

Youth learn to:

- ◇ Lead
- ◇ Think critically
- ◇ Make decisions
- ◇ Communicate
- ◇ Solve problems
- ◇ Give back to the community.

**4-H** focuses on Character Development through Clubs that provide learning opportunities and community service.

For information, call 336-318-6005

**LIVE UNITED**



## Ash-Rand Rescue

**Ash-Rand Rescue** provides emergency rescue and medical services throughout Randolph County.

Skilled staff and volunteers served **2000 clients** last year through:

- ◇ Heavy Rescue
- ◇ Search and Rescue
- ◇ ALS Medical Response
- ◇ Swift Water Rescue
- ◇ Structural Collapse
- ◇ Industrial and Agricultural Rescue
- ◇ High and Low Angle Rescue.

**Ash-Rand** is a highly trained and state certified organization providing emergency rescue and medical services across Randolph County.

For emergencies, call 911

For non-emergency information, call 336-625-3354

**LIVE UNITED**



## Boy Scouts

**Boy Scouts** participate in age appropriate activities within their Cub Packs, Scout Troops, Venture Crews or Exploring Posts across Randolph County.

Highly trained volunteer Scoutmasters lead activities that help Scouts develop:

- ◇ Leadership Skills
- ◇ Self-Reliance
- ◇ Environmental Stewardship.

By earning Merit Badges, Scouts discover:

- ◇ New Skills
- ◇ New Resources
- ◇ New Hobbies and Interests.

**Boy Scouts** serves **718 Randolph County** youth.

Scouting prepares young people to make ethical and moral choices over their lifetime through the values of the Scout Oath and Law.

For information, call 336-378-9166

**LIVE UNITED**





## A Gift to the Community

One of the requirements for earning the coveted rank of Eagle Scout is substantial community service.

After receiving approval from the owners to renovate the camping area at **Clay Presnell Memorial Park**, Scout Thomas Lilly:

- ◇ Developed a plan
- ◇ Raised the funds
- ◇ Directed more than 100 hours of work performed with his fellow **Boy Scouts**.

The result is a recreational and camping area that community families will enjoy for years.

Scouting prepares young people to make ethical and moral choices over their lifetime through the values of the Scout Oath and Law.

For more information, call 336-378-9166

LIVE UNITED



## Pinned in the Cab

**Ash-Rand Rescue & EMS** arrived at the scene to find a truck on its side with the badly injured driver pinned inside.

**Ash-Rand** and the Seagrove Fire responders quickly formulated a rescue plan and were able to:

- ◇ Stabilize the victim
- ◇ Extricate him from the cab
- ◇ Move the victim safely from the crash site to the waiting EMS units.

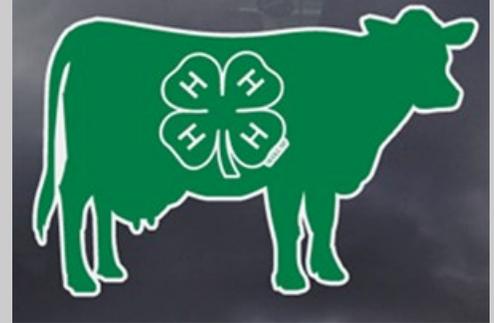
The patient was helicoptered to Chapel Hill for surgery. He is now recuperating at home, and knows that without **Ash-Rand Rescue & EMS**, he probably wouldn't be alive.

**Ash-Rand Rescue** is a highly trained and state certified organization providing emergency rescue and medical services across Randolph County.

For emergency assistance, call 911

For non-emergency assistance, call 336-625-3354

LIVE UNITED



## "Bessie" The 4-H Barrel Cow

Agriculture is the #1 industry in Randolph county, but many people do not understand where their food comes from.

**"Bessie", the 4-H Barrell Cow:**

- ◇ Provides agriculture education to youth and adults
- ◇ Teaches about them about dairy production.

"Bessie" is a 50 gallon barrel painted to look like a Holstein dairy cow. She sits on a wooden stand and can be filled with water so children and adults can "milk" the calf replacement nipples.

Close to 8000 people have "milked" Bessie during classroom visits, **4-H Dairy** shows, after school events, and community events.

**4-H** focuses on Character Development through Clubs that provide learning opportunities and community service.

For information, call 336-318-6005

LIVE UNITED





## CUOC Financial Literacy

Kimber took the **Financial Literacy** class to help her family, but she also wanted to help other **CUOC** clients.

She followed the plan to put aside an emergency fund, and was excited that she did not have to ask for help when she had car trouble.

The class was the push she needed to:

- ◇ Become financially stable
- ◇ Become debt free
- ◇ Set a good example for her children.

Kimber believes that if she had taken this class in high school, she would be in a different position today.

**Christians United Outreach Center** provides short-term crisis assistance with basic needs and educational support for individuals trying to become less aid-dependent.

For assistance, call 336-625-1500

LIVE UNITED



## What a Difference a Ramp Makes

At 82, she was frail, and it was hard for her to get around.

RCATS could take her to her doctor appointments, but she could no longer get from her house to the RCATS van safely. Her health began to decline and she was hospitalized several times.

**RCS Home Care** built a ramp for her so she could walk outdoors without fear of falling down the steps. The Ramp has helped her:

- ◇ Regain her independence
- ◇ Feel Safe
- ◇ See her doctors regularly.

Her health has improved and she no longer feels so isolated.

**Regional Consolidated Services** provides in-home assistance with personal care, house-keeping, and minor home repairs, enabling the disabled elderly to remain comfortably in their own homes.

For assistance, call 336-629-5141

LIVE UNITED



## 5-Star Child Care

Quality child care is important to parents. In collaboration with **The Partnership for Children**, the **SHAPE NC** program helped Teddy Bear Day Care earn the coveted 5 star rating for licensed child care centers.

As a **Shape NC** center, Teddy Bear has implemented:

- ◇ Increased staff wellness
- ◇ Focused lesson planning
- ◇ Improved nutrition with more red, green, and yellow vegetables
- ◇ An intensive focus on infant health, growth, and development.

Even babies are on their way to developing lifelong healthy habits. The center even has a Food Pantry for families, filled with fresh fruits and produce, canned beans, oats, and whole grain pastas recommended by **Shape NC**.

**The Partnership for Children** works to ensure all children enter school healthy and ready to learn.

For more information, call 336-629-2128

LIVE UNITED





## Partnership for Children

**The Randolph County Partnership for Children** works with children ages 0-5 years and their families to ensure children enter school healthy and ready to learn.

Programs focus on:

- ◇ Affordable, accessible quality child care
- ◇ Quality teachers who are adequately supported and fairly compensated
- ◇ Healthy children
- ◇ Strong, stable, and resilient families
- ◇ Family literacy
- ◇ Parents as the child's first teacher.

More than **4000 children** benefit from the **Partnership's** programs every year.

**The Partnership for Children works to ensure all children enter school healthy and ready to learn.**

For more information, call 336-629-2128

LIVE UNITED



## Regional Consolidated Services

**Regional Consolidated Services** helps seniors continue living safely in their own homes and avoid premature nursing home placement.

**RCS Aides** offer in-home help with:

- ◇ Bathing and other personal care
- ◇ Light housekeeping
- ◇ Respite for primary caregivers.

**RCS Home Repair Service** helps provide safety and independence, reduce the likelihood of falls, and promote mobility for elderly residents by doing minor home repairs and installing:

- ◇ Ramps
- ◇ Grab-Bars
- ◇ Hand-rails.

**RCS** serves roughly **120** Randolph County clients each year.

**Regional Consolidated Services** provides in-home assistance with personal care, house-keeping, and minor home repairs, enabling the disabled elderly to remain comfortably in their own homes.

For assistance, call 336-629-5141

LIVE UNITED



## CUOC Financial Stability

**Christians United Outreach Center** provides financial relief for families facing short-term financial crisis and/or financial hardships that prevent them from meeting basic needs for themselves and their families.

When appropriate, services include financial literacy education and budget review.

**CUOC's** goal is to decrease the number of families who are food insecure by providing:

- ◇ A Pantry Program
- ◇ Referrals to additional resources
- ◇ Tools to empower clients to become more financially stable.

**CUOC** served **13,284** people this year.

**Christians United Outreach Center** provides short-term crisis assistance with basic needs, and educational support for individuals trying to become less aid-dependent.

For assistance, call 336-625-1500

LIVE UNITED





## Communities in Schools

**Communities In Schools** is the leading dropout-prevention organization and is the only one proven to both decrease dropout rates and increase on-time graduation rates.

School-based staff coordinate and often deliver services.

- ◇ The **BackPack Pals** program meets the needs of **779** hungry children who do not have enough food to eat over the weekend.
- ◇ **One-on-One mentors** provide support for **279 students** who are at-risk of dropping out or are unsuccessful in school.

**Communities in Schools** connects community resources and volunteer mentors with schools to help young people successfully learn, stay in school, and prepare for life.

For information, call 336-625-0008

LIVE UNITED



## Senior Adults Association

**Randolph Senior Adults Association** coordinates services and activities to support and enrich the lives of senior adults and their caregivers in Randolph County.

In addition to operating 4 Senior Centers, the Association offers:

- ◇ Home delivered meals
- ◇ Senior Center activities and fellowship meals
- ◇ Adult day care
- ◇ Transportation
- ◇ Medicare benefits counseling
- ◇ Caregiver training
- ◇ Access to community programs and information.

Over **3640 seniors** benefit from **RSAA** services each year

**Randolph County Senior Adults** provides transportation, meals, outreach, advocacy, and support services for seniors and their families.

For information, call 336-625-3389

LIVE UNITED



## YMCA

The **YMCA's** mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Programs support the **YMCA's** three primary objectives:

- ◇ Youth Development
  - Midnight basketball
  - Summer Day Camps
  - After school programs
- ◇ Health and Well-Being
  - Family activities
  - Fitness classes
  - Sports
- ◇ Social Responsibility
  - Scholarships for all ages
  - Volunteer activities.

**YMCA** programs funded by United Way serve more than **730** people annually.

The **YMCA** provides recreational and fitness programs for all ages, and classes for the physically and developmentally handicapped.

For information, call 336-625-1976

LIVE UNITED





## Summer Camp

As a single parent, she knew she couldn't afford day camp for her 10 year old son.

She applied for a **YMCA scholarship**, for her son, and he was able to come to camp for a fee she could afford.

She was so thankful, because she knew he was:

- ◇ In a safe place
- ◇ Having fun and learning
- ◇ Required to read each day
- ◇ Being praised for accomplishments.

As a result, he is ahead on his reading scores this year in school, and says he would like to become a camp counselor when he is older.

The YMCA provides recreational and fitness programs for all ages, and classes for the physically and developmentally handicapped.

For Information, call 336-625-1976

LIVE UNITED



## Our Place

"Kay" was diagnosed as Developmentally Delayed with Schizophrenia. When she broke her hip, she had to leave her group home and move in with her guardian.

Her guardian worked full time and needed care for "Kay" during the day until another group home was available. A co-worker referred her to **Our Place Adult Day Care**, and "Kay" was quickly enrolled.

That meant her guardian could continue to work because she knew "Kay" was:

- ◇ Safe and Happy
- ◇ Getting excellent care
- ◇ Having healthy snacks and meals
- ◇ Enjoying structured activities and being around people.

Our Place Adult Day Care is a program of the Randolph Senior Adults Association and provides families with daytime relief from full-time care giving.

For assistance, call 336-629-3787

LIVE UNITED



## Mentors Change Lives

The 5th grader had major anger issues. His mother had abandoned him, and his father had recently died from an overdose.

Sgt. Sparks, a **CIS Mentor** with the Randolph County Sheriff's Department, set aside time to meet with him for an hour each week. At first, he was uncomfortable with Sparks, but Sparks continued to come every week. Slowly, the boy began to look forward to seeing Sparks, and began to share his feelings with him.

As a result,

- ◇ He manages his anger better
- ◇ His grades are better
- ◇ He is excited to come to school.

Communities in Schools connects community resources and volunteer mentors with schools to help young people successfully learn, stay in school, and prepare for life.

For assistance, call 336-625-0008

LIVE UNITED





## MERCE

**MERCE Clinic** is sole Randolph County provider of comprehensive primary and preventative health care regardless of ability to pay.

Services are offered on a sliding fee scale based on the patient's income.

**MERCE** uses United Way funds to provide:

- ◇ Lab work and screenings for diabetic patients and those at-risk for diabetes.
- ◇ Prenatal labs and testing for expectant mothers.

Roughly **438 people** in Randolph County received critical lab testing at **MERCE** last year.

**MERCE** provides family medical and dental care and offers a sliding fee plan for uninsured patients.

For assistance, call 336-672-1300

LIVE UNITED



## Partnership for Children

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Programs focus on:

- ◇ Affordable, Accessible quality child care
- ◇ Quality teachers who are adequately supported and fairly compensated
- ◇ Healthy children
- ◇ Strong, stable, and resilient families
- ◇ Family literacy
- ◇ Parents as the child's first teacher.

More than **4000 children** benefit from the **Partnership's** programs every year.

**The Partnership for Children** works to ensure all children enter school healthy and ready to learn.

For assistance, call 336-629-2128

LIVE UNITED



## American Red Cross

The **American Red Cross** provides emergency assistance to victims of natural or man-made disasters in the form of:

- ◇ Food
- ◇ Clothing
- ◇ Emergency shelter.

If the **Red Cross** cannot meet all their needs, victims are referred to United Way 2-1-1 for additional assistance.

Community preparedness **Red Cross** services include:

- ◇ Life-saving training
- ◇ Educational programs
- ◇ Service to military families
- ◇ Blood collections.

**Red Cross Disaster Services** aided **200 people** in Randolph County last year.

**The American Red Cross** helps people prevent, plan for, and respond to emergencies.

For assistance, call 336-629-2399

LIVE UNITED





## After the Fire

The young family felt lost and afraid when they lost everything in a fire.

**Red Cross** responded immediately with:

- ◇ Emergency funding
- ◇ Blankets
- ◇ Hygiene kits
- ◇ Referrals to other agencies for additional assistance
- ◇ Help securing additional funding for housing.

Today, the family is doing well and is happy to have a place they can call home again.

The American Red Cross provides emergency assistance to disaster victims, lifesaving training, services to military families, and blood collections.

For assistance, call 336-629-2399

LIVE UNITED



## Ready to Read

The Partnership for Children's **Reach Out and Read** helps young children develop the language skills they need when they start school.

Last year, **Reach Out and Read** partnered with local pediatricians to:

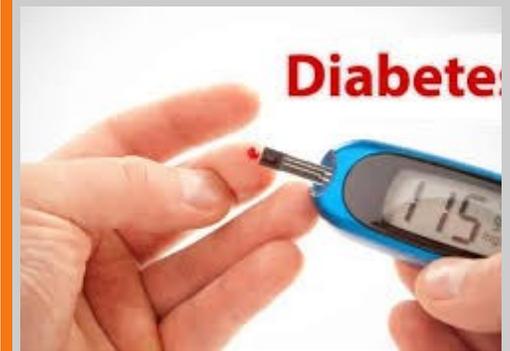
- ◇ Encourage over **4000 children** and families to read at home
- ◇ Give each young patient a book to take home and keep after the office visit.

**Reach Out and Read** also teamed up with the Asheboro Police Department for "**Books and Badges**" to encourage children to read.

**Reach Out and Read** is a program of The Partnership for Children, which works to ensure all children enter school healthy and ready to learn.

For more information, call 336-629-2128

LIVE UNITED



## Managing Diabetes

Even though he had no health insurance, he was able to get the medical help he needed at **MERCE**.

Using grant funding from United Way, **MERCE** was able to:

- ◇ Test his A1c on his first visit
- ◇ Diagnose his diabetes right away
- ◇ Start insulin immediately
- ◇ Reduce his risk of complications and/or death.

With close monitoring over the next three months, **MERCE** helped him meet the goal of stabilizing his A1c levels within the normal range.

**MERCE** provides family medical and dental care and offers a sliding fee plan for uninsured patients.

For assistance, call 336-672-1300

LIVE UNITED





## The Salvation Army

**The Salvation Army** serves people who are financially struggling or in an emergency situation by helping provide:

- ◇ Rent
- ◇ Utilities
- ◇ Food
- ◇ Clothing
- ◇ Emotional and spiritual support.

The goal is to keep people in their homes until they can get back on their feet.

**The Salvation Army** served over **1240** people last year, and roughly 80% were able to remain in their homes

**The Salvation Army** offers food and clothing for the needy, fuel assistance in the winter, and disaster relief.

For assistance, call 335-336-629-2399

LIVE UNITED



## Boys and Girls Club

Through after-school and summer programs, The **Boys and Girls Club** encourages youth ages 6-18, particularly those at-risk, to realize their full potential and become productive, responsible, and caring citizens.

Priorities include:

### Education and Career Development

- ◇ In-school services
- ◇ After-school mentoring
- ◇ Power Hour homework assistance
- ◇ Tutoring
- ◇ Technology assistance

### Health and Life Skills

- ◇ Setting goals
- ◇ Choosing positive behaviors
- ◇ Drug and Alcohol resistance
- ◇ Nutrition and fitness through the Youth Fit and Smart Girls Clubs
- ◇ Smart Moves exercise.

**The Boys and Girls Club** served **150 students** this year.

**The Boys and Girls Club** offers afterschool and summer programs for youth.

For information, call 336-882-2582

LIVE UNITED



## Senior Adults Association

**Randolph Senior Adults Association** coordinates services and activities to support and enrich the lives of senior adults and their caregivers in Randolph County.

In addition to operating 4 Senior Centers, the Association offers:

- ◇ Home delivered meals
- ◇ Senior Center activities and fellowship meals
- ◇ Adult day care
- ◇ Transportation
- ◇ Medicare benefits counseling
- ◇ Caregiver training
- ◇ Access to community programs and information.

Over **3640 seniors** benefit from **RSAA** services each year

**Randolph County Senior Adults** provides transportation, meals, outreach, advocacy, and support services for seniors and their families.

For assistance, call 336-625-3389

LIVE UNITED





## Going “Stir-Crazy”

She said the **Senior Adult Center** keeps her from going “stir crazy”.

“Miss D” lives with her son and daughter-in-law, but they both work, leaving her alone all day.

At the **Senior Adult Center**, she has found new friends and a lot of activities that she really enjoys. She especially likes the chair exercises and music therapy.

At lunch, having a good meal with good friends keeps her from just eating a sandwich by herself.

Something as simple as just being with people and having nutritious food gives her something to look forward to each day, and helps her maintain her overall good health.

**Randolph Senior Adults Association** provides transportation, meals, outreach, advocacy, and support services for seniors and their families.

For more information, call 336-625-3389

LIVE UNITED 



## Power Hour

Shante is a super third grader with a happy smile. After school, she goes straight to **The Boys and Girls Club**.

As soon as Shante comes to the center after school, she pulls out all her classwork and homework to review without even being asked.

Every day during Power Hour, **The Boys and Girls Club** staff challenge her to complete all her assignments and ask for help if she needs it.

Working with staff during Power Hour has helped her grow as a student and a club member. Her grades reflect her hard work and she has a bright future ahead.

**The Boys and Girls Club** offers afterschool and summer programs for youth.

For more information, call 336-882-2582

LIVE UNITED 



## Keeping Her Home

Amber was eight months pregnant and needed hip replacements in both hips. Her disability checks had not started and she had depleted her savings.

**The Salvation Army** teamed up with CUOC to pay Amber’s rent and make sure there was plenty of food in the house to tide her over.

Today, Amber has a beautiful new baby boy, her disability payments have started, and she and her young family are doing well.

**The Salvation Army** offers food and clothing for the needy, fuel assistance in the winter, and disaster relief.

For assistance, call 336-625-0551

LIVE UNITED 





## Legal Aid

**Legal Aid of North Carolina** is a state wide, not-for-profit law firm that helps abused women with legal relief that will help make them safer and less likely to return to an abusive situation.

**LANC** helps domestic violence victims by assisting with:

- ◇ Obtaining protective orders to address their immediate need for safety.
- ◇ Representation in child custody cases involving domestic violence, or where there is danger to the child.
- ◇ Legal relief that will make them safer
- ◇ Mortgage foreclosure disputes.

Last year, **130 Clients** benefitted from **LANC** services.

**Legal Aid** provides civil legal assistance to low-income individuals who lack the means to employ private legal counsel.

For information, call 336-272-0148



## Senior Adults Association Information and Options Counseling

Understanding Medicare plans and trying to manage medications is often overwhelming for the elderly and their caregivers.

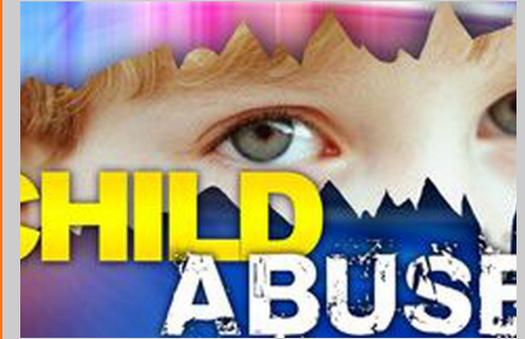
The **Senior Adults Association Information and Options Counseling** staff helps clients understand their choices and enroll in a plan that:

- ◇ Is most appropriate for their needs
- ◇ Is accepted by their physician
- ◇ Covers drugs that are prescribed for them.

Last year the **I&OC** office had nearly **2,600 client** contacts, and saved Randolph County seniors over **\$1 million** in medical and prescription expenses.

The **I & OC Service at Randolph Senior Adults Association** provides seniors a wide range of services from referrals, family caregiver programs and Medicare assistance, to free fans in the summer.

For information, call 336-625-3389



## C.A.R.E.

Every year, the **Child Abuse Reduction Effort** helps over **1600** local second graders learn how to recognize and report child abuse.

Specially trained **CARE** officers, members of the Randolph County Sheriff's Office, go into second grade classrooms and teach children:

- ◇ They have a right to feel safe
- ◇ The difference between good touches and bad touches
- ◇ How to recognize and report child abuse.

**CARE** gives them a network of **Trusted Adults** they can talk to if abuse occurs.

The **Child Abuse Reduction Effort** program teaches second graders in Randolph County how to recognize child abuse and gives them the courage to come forward and report any physical or sexual abuse.

For information, call 336-318-6782



Your "uh-oh" feelings  
are a way your body  
has of telling you to be  
careful and to get help  
from your adults.

kidpower.org

## Reporting Abuse

As a second grader in the **CARE** program at school, she learned about the "uh-oh" feeling, and about choosing a Trusted Adult she knew she could always go to if she felt she was being abused.

Four years later, as an 11 year-old girl, she did turn to her Trusted Adult, and reveal that her father had been sexually abusing her for some time.

DSS and The Randolph County Sheriff's office were alerted and immediately began an investigation. The father was arrested and charged.

The Child Abuse Reduction Effort program teaches second graders in Randolph County how to recognize child abuse and gives them the courage to report any physical or sexual abuse.

For assistance, call 336-318-6791

LIVE UNITED



## More Ways than One

Every year, she comes to the **Information and Options Counseling Department** at Randolph Senior Adults Association to check on her Medicare Part D plan during open enrollment.

This year, the **I & O** team helped her in more ways than one by:

- ◇ Helping her find the most cost-effective Medicare Part D plan
- ◇ Referring her to the USDA Rural Development Office, which approved \$10,000 for her desperately needed home repairs.

As primary caregiver for her son, she also participated in the Powerful Tools for Caregivers workshop and receives the quarterly caregiver newsletter, "The Nurturer".

The **I & OC Service** at Randolph Senior Adults Association helps seniors understand their Medicare Options and choose a plan that best fits their needs.

For assistance, call 336-625-3389 x235

LIVE UNITED



## Safe From Harm

Juana speaks limited English. She has two young daughters and a long history of abuse by her husband.

After one especially violent incident, she filed for a Domestic Violence Protective Order.

**LANC's** Spanish-speaking attorney represented her.

She was able to communicate with a Spanish speaking paralegal and her attorney in the language she was most comfortable using.

The Court granted her a DVPO and full custody of her children.

Legal Aid provides civil legal assistance to low-income individuals who lack the means to employ private legal counsel

For assistance, call 336-398-1709

LIVE UNITED





## Girl Scouts

**Girl Scouts** is a girl-led, single gender organization for girls ages 5-17 that builds girls of courage, confidence, and character who make the world a better place.

Through Troop meetings supervised by adult volunteer Troop Leaders, The **Girl Scout Leadership Experience** offers activities that stress:

- ◇ Life Skills
- ◇ Entrepreneurship
- ◇ Outdoor Skills
- ◇ Community Service.

**Girl Scouts** helps over **450 girls** in Randolph county:

- ◇ Develop a strong sense of self
- ◇ Have positive values,
- ◇ Seek challenges,
- ◇ Build healthy relationships,
- ◇ Become community problem solvers.

**Girl Scouts** emphasizes values, education, leadership development, and career exploration.

For information, call 336-653-6480



## Communities in Schools Backpack Pals

Schools serve breakfast and lunch, but the children might not eat again until the next day because there is not enough food for them at home.

The **Communities in Schools Backpack Pals** sends over **770 children** home with bags of child-friendly food every Friday. The children depend on this food to make it until Monday.

Teachers report that **Backpack Pals** helps these children make greater academic progress because they are:

- ◇ More alert on Mondays
- ◇ More focused
- ◇ More engaged in class.

**Communities in Schools** connects community resources and volunteer mentors with schools to help young people successfully learn, stay in school, and prepare for life.

For information, call 336-625-0008



## CUOC Crisis Intervention

**Christians United Outreach Center** provides assistance to families and individuals in poverty and/or financial crisis due to circumstances beyond their control.

When appropriate, services include financial literacy education and budget review.

Crisis Intervention services include, but are not limited to:

- ◇ Food
- ◇ Clothing
- ◇ Household items
- ◇ Furniture
- ◇ Emergency medications
- ◇ Utilities
- ◇ Rent

**CUOC** served **12,284** people this year.

**Christians United Outreach Center** provides short-term crisis assistance with basic needs, and educational support for individuals trying to become less aid-dependent.

For information, call 336-625-1500





## Making Ends Meet

Ernest misses being able to work and support himself.

Now that he lives on disability, he needs help to eat or even afford a pair of shoes.

**CUOC** helped Ernest with:

- ◇ Finding an affordable apartment
- ◇ Qualifying for food stamps
- ◇ Food from the **CUOC** pantry
- ◇ Clothing from the **CUOC** Thrift Store.

That means he can use his disability check to buy medications and even keep his car.

"This makes a difference in whether I eat or have clothes. I am so grateful! **CUOC** even let me have a suit for church!"

**Christians United Outreach Center** provides short-term crisis assistance with basic needs, and educational support for individuals trying to become less aid-dependent.

For assistance, call 336-625-1500



## Help During COVID

When **COVID** closed schools, many children who depended on school for breakfast and lunch didn't have enough to eat at home.

A school social worker contacted **CIS** about a family new to the area.

The grandparents were caring for 6 grandchildren who attended 3 local schools. With schools closed, they were struggling to feed the children.

Fortunately, **CIS Backpack Pals** had the resources to respond and:

- ◇ Coordinate with the social worker
- ◇ Obtain verbal consent
- ◇ Begin delivering regularly scheduled bags of food right away.

The grandmother was so grateful to receive this help, and so thankful to know that her grandchildren had plenty of nutritious food.

**Backpack Pals** is a program of **Communities in Schools**, which helps young people successfully learn, stay in school, and prepare for life.

For assistance, call 336-625-0008



## How Bees Help Feed Us

**Girl Scouts** offers girls lots of opportunities for leadership experience.

As part of their Silver Award project, a Randolph County troop improved the Nature Center at Keyauwee Program Center.

The **Scouts**:

- ◇ Researched how bees aid food production
- ◇ Installed bee hives
- ◇ Planted flower and vegetable gardens to attract bees.

Under the **Take Action Project** that benefits the community, many area Scouts are cleaning and organizing the outside of the Center and adding features to improve the experience.

The Keyauwee Program Center served as a learning center for over **4000 girls** last year.

**Girl Scouts** emphasizes values, education, leadership development, and career exploration.

For more information, call 336-672-2148





## RCATS

**The Regional Coordinated Area Transportation System** provides county-wide public transportation services to older adults, persons with disabilities, human service agencies, and the general public.

Clean **RCATS** vans and specially licensed drivers provide curb-to-curb service to and from:

- ◇ Medical Appointments
- ◇ Pharmacies
- ◇ Nutrition sites
- ◇ Senior Centers
- ◇ Employment sites
- ◇ Shopping and dining sites.

**RCATS** served **305** Randolph County residents last year.

**RCATS** is a program of the Randolph Senior Adults Association providing transportation that enables local people to access community services or accomplish activities necessary for daily living.

For assistance, call 336-629-7433

**LIVE UNITED** United Way



## Path of Hope

**Path of Hope's** Mission is to meet the needs of all people suffering from the disease of alcoholism or other drug addiction by providing a safe, secure environment focused on recovery.

At **Alpha House, Path of Hope's** Asheboro's halfway house for women, residents can learn to meet their goals for:

- ◇ Living clean and sober one day at a time
- ◇ A new career or trade
- ◇ Continuing Education
- ◇ Self esteem
- ◇ Financial security
- ◇ A life worth living.

**Path of Hope** is licensed by the North Carolina Department of Health and Human Resources as a Substance Abuse Residential Treatment Facility and a Halfway House.

For assistance, call 336-964-8574

**LIVE UNITED** United Way



## RCS In-Home Care

**Regional Consolidated Services In-Home Care** helps seniors continue living safely in their own homes and avoid premature nursing home placement.

**RCS Aides** offer in-home assistance with:

- ◇ Bathing and other personal care
- ◇ Light housekeeping
- ◇ Respite for primary caregivers.

About 85% of clients are referrals from skilled care facilities for clients who no longer qualify for skilled care.

**Regional Consolidated Services** provides in-home assistance with personal care, light house-keeping, and minor home repairs, enabling the disabled elderly to remain comfortably in their own homes.

For assistance, call 336-629-5141

**LIVE UNITED** United Way





## *Keeping Her at Home*

*I am 75, and the primary caregiver for my wife.*

*My main goal is to keep her at home instead of in a nursing home, but I would not be able to do it without **RCS Home Care**.*

*Our **RCS Home Care** worker does more than help me take better care of my wife. When she is here, it gives me a break so I can leave home and take care of other necessary tasks.*

*I don't know what we would do without her.*

*Regional Consolidated Services provides in-home assistance with personal care, house-keeping, and minor home repairs, enabling the disabled elderly to remain comfortably in their own homes.*

*For assistance, call 336-629-5141*

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## *Coming Full Circle*

*Thanks to **Alpha House**, she has come full circle.*

*First, she was at **Alpha House** as a client in recovery.*

*Later, she got a job in the substance abuse field. Then, she went back to college to finish her Bachelor's degree.*

*Finally, she got a Masters degree in counseling.*

*Today, she is back at **Alpha House** as the Program Director for **Path of Hope's** Asheboro division.*

*Path of Hope is licensed by The State of North Carolina Department of Health and Human Resources as a Substance Abuse Residential Treatment Facility and a Halfway House.*

**LIVE UNITED**



## *Fiercely Independent*

*She is 64, lives alone, and is visually impaired, but that hasn't changed her fierce independence.*

***RCATS** transportation has allowed her to stay busy with volunteering and community activities. She also depends on **RCATS** to get her to various appointments and to work at the Asheboro Chamber of Commerce.*

*She enjoys talking with the drivers and others on the **RCATS** van, and is very grateful to the drivers and staff.*

*RCATS is a program of the Randolph Senior Adults Association providing transportation that enables local people to access community services or accomplish activities necessary for daily living.*

*For assistance, call 336-629-7433*

**LIVE UNITED**





## A Coach's Story

I jumped in to coach **Midnight Basketball** when another coach backed out. I hoped I could teach the kids a little basketball, and mentor them to be better people and have a purpose in life beyond just basketball.

I brought in high school players to encourage them, and used teambuilding and bonding exercises and a reward system.

The kids learned to:

- ◇ Make friends
- ◇ Score
- ◇ Interact with others
- ◇ Share the ball
- ◇ Share responsibilities on the court.

The bonding was incredible, and we finished with a decent season.

Most importantly, many of the kids I mentored still stay in touch with each other and with me. Some have scholarships to big universities, and all of them are doing great things.

**YMCA Midnight Basketball** provides safe after school and evening recreation in an environment that encourages strong values, healthy living, and social responsibility.

For information, call 336-625-1976



## Drive -Thru Pantry

**CUOC** never missed a beat because of **COVID**. Agency staff adapted to continue serving clients by:

- ◇ Taking applications for rent, utilities, gas vouchers, homeless assistance and meds by phone, email and cell phone pictures
- ◇ Opening a Drive-Thru Pantry for families needing food, giving them around 100-120 pounds of food at a time to last several weeks
- ◇ Continuing remote food distributions as scheduled

**CUOC** plans to keep Fridays as "Drive-Thru Pantry Day" from now on because some clients prefer not having to come inside to wait their turn.

The **CUOC Food Pantry** is available for anyone needing food.

For assistance, call 336-625-1500



## Randolph Senior Adults Association

### Meals on Wheels

The **Randolph Senior Adults Association Meals on Wheels** program promotes health and well-being among older adults and the homebound, and enhances their ability to remain independent at home.

Volunteers deliver hot or frozen meals to **570 clients** 5 days per week. Each meal provides 1/3 of the daily recommended dietary allowances.

Clients living alone report psychological and social benefits as well:

- ◇ Less feeling of isolation and loneliness
- ◇ Feeling safer at home
- ◇ Fewer falls and hospitalizations.

**Meals on Wheels** is a program of the **Randolph Senior Adults Association** that enhances the ability of homebound seniors to remain safely in their own homes.

For assistance, call 336-625-3389





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For assistance, call 336-625-3389

LIVE UNITED United Way



## CUOC

**Christians United Outreach Center** provides financial relief for families facing short-term financial crisis and/or financial hardships that prevent them from meeting basic needs for themselves and their families.

When appropriate, services include financial literacy education and budget review.

**CUOC's** goal is to decrease the number of families who are food insecure by providing:

- ◇ A Pantry Program
- ◇ Referrals to additional resources
- ◇ Tools to empower clients to become more financially stable.

**CUOC** served **13,284** people this year.

*Christians United Outreach Center provides short-term crisis assistance with basic needs, and educational support for individuals trying to become less aid-dependent*

LIVE UNITED United Way



## YMCA Midnight Basketball

The **YMCA's** mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Programs support the **Y's** three primary objectives:

- ◇ Youth Development
  - Midnight Basketball**
  - Summer Day Camps
  - After school programs
- ◇ Health and Well-Being
  - Family activities
  - Fitness classes
  - Sports
- ◇ Social Responsibility
  - Scholarships for all ages
  - Volunteer activities.

**YMCA** programs funded by United Way serve more than **730** people annually.

*The YMCA provides recreational and fitness programs for all ages, and classes for the physically and developmentally handicapped.*

For information, call 336-625-1976

LIVE UNITED United Way





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For information, call 336-625-1976



## Boys and Girls Club

Through after-school and summer programs, The **Boys and Girls Club** encourages youth ages 6-18, particularly those at-risk, to realize their full potential and become productive, responsible, and caring citizens.

Priorities include:

### Education and Career Development

- ◇ In-school services
- ◇ After-school mentoring
- ◇ Power Hour homework assistance
- ◇ Tutoring
- ◇ Technology assistance

### Health and Life Skills

- ◇ Setting goals
- ◇ Choosing positive behaviors
- ◇ Drug and Alcohol resistance
- ◇ Nutrition and fitness through the Youth Fit and Smart Girls Clubs
- ◇ Smart Moves exercise.

*The Boys and Girls Club offers afterschool and summer programs for youth.*

For assistance, call 336-882-2582





## Healthy Habits

Joshua is a very mature 5th grader who is always anxious to help younger Club members or staff.

Through the Healthy Habits Program at the **Boys and Girls Club**, Joshua has learned to:

- ◆ Choose positive behaviors
- ◆ Set personal goals
- ◆ Help younger Club members make good decisions

Joshua is one of the **125 youth** enrolled in Boys and Girls Club programs. His confidence has increased, and he is developing leadership skills that will help him the rest of his life.

The Boys and Girls Club offers afterschool and summer programs for youth.

For information, call 336-882-2582

LIVE UNITED



## Relief for Families

Childcare is a major issue for families whose jobs have been impacted by **COVID**.

With the help of a grant, the **YMCA** has developed a 90-day program that offers:

- ◆ Childcare to families at a rate based on what the family can pay
- ◆ Certified teachers to help with academics
- ◆ Youth programs, fitness and sports, the arts, and swimming
- ◆ Social and emotional growth

The **YMCA** program temporarily relieves the burden of finding childcare and helps families transition back to employment and normalcy.

The YMCA provides programs for youth that help build a healthy body, mind, and spirit.

For information, call 336-625-1976

LIVE UNITED



## Healthier and Safer

With **Meals-On-Wheels**, Julia is healthier and feels much safer.

Julia is 72, lives alone, is in poor health, and unable to drive or use **RCATS**. A friend brings groceries and medicines, and helps with laundry. If she falls, EMS must use a ladder to reach her through a window.

Julia has had **Meals-On-Wheels** for six months. She is healthier because she has a nutritious lunch every weekday, and she feels safer and less lonely now that a volunteer checks on her five days a week.

Randolph County Senior Adults provides transportation, meals, outreach, advocacy, and support services for seniors and their families.

For assistance, call 336-625-3380

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## *eruo*

*Ernest misses being able to work and support himself.*

*Now, he lives on disability and needs help to eat or even afford a pair of shoes.*

**CUOC** helped Ernest get an affordable apartment and food stamps. He also gets food from the **CUOC** pantry and clothing from the Thrift Store. That means he can buy his medications and even keep his car.

*"This makes a difference in whether I eat or have clothes. I am so grateful! **CUOC** even let me have a suit for church!"*

*Christians United Outreach Center provides short-term crisis assistance with basic needs, and educational support for individuals trying to become less aid-dependent.*

**LIVE UNITED** United Way



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**The Boys and Girls Club** served **125 students** this year.

**The Boys and Girls Club** offers afterschool and summer programs for youth.

**LIVE UNITED** United Way

