



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 **10,000 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.

LIVE UNITED



Ash-Rand Rescue

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

Skilled staff and volunteers served **1128 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.

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 over 500 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.

LIVE UNITED





"Do a Good Turn Daily"

"Do a Good Turn Daily" is the **Boy Scout** slogan.

Some Good Turns are big, like saving a life. But Good Turns, like Hunter's, can also be small, thoughtful acts.

Hunter is one of 10 **Boy Scouts** who helped a local Rotary Club pack over 25,000 meals for those in need.

Last year, Randolph County **Scouts** performed over 900 hundred hours of community service.

Because of your United Way dollars, hundreds of young people in Randolph County benefit from Boy Scout programs every year.

For information, call 336-378-9166

LIVE UNITED



Wilderness Rescue

Rescuing an injured hiker deep in the Birkhead Wilderness Area would have been tricky without **Ash-Rand's** specialized search and rescue training.

Ash-Rand's Team hiked 2 miles into the forest, located the patient, determined he had a back injury, and called for more help and equipment.

Once backup arrived, the patient was stabilized, placed in a wheeled basket, and brought back out over the rugged terrain to be transported to a medical facility for treatment.

Your United Way dollars helps provide Ash-Rand Rescue with the equipment, training, and manpower to conduct a wilderness rescue.

For information, call 336-625-3354

LIVE UNITED



4-H Rabbit Chain

An Animal Science class and **4-H** are raising and breeding endangered Silver Fox rabbits.

The **4-H Rabbit Chain** teaches students the importance of preserving threatened or endangered livestock breeds.

It also lets urban/city students experience breeding and showing their Silver Fox Rabbits at the **4-H Rabbit Show**.

The Silver Fox rabbits were successfully bred, and the babies have been adopted by 24 **4-H** Students., who will continue the **Rabbit Chain** project.

Your United Way dollars help fund the Rabbit Chain and other 4-H activities in Randolph County.

For information, call 336-318-6005

LIVE UNITED





Help for Nadene

Injuries left Nadene dependent on a walker and wheelchair, and she lost the part-time jobs that supplemented her social security.

She needed help with her bills, and a safe way to navigate her wheelchair from the house to her car for her ongoing medical appointments.

CUOC provided some financial assistance, and then arranged for the **Neighbors Helping Neighbors** program to build Nadene a sidewalk. Now she can wheel safely to her car, get where she needs to go, and maintain her independence.

Thanks to your United Way donations, CUOC is there to help people like Nadene get back on their feet and remain self-sufficient.

For information, call 336-625-1500

LIVE UNITED



No Fear of Falling

Before **RCS** installed a ramp at her door, she usually had to ask a neighbor to help her leave her home.

The ramp allows the frail 81-year-old to go in and out of her home, independently and safely. It has also helped her son, who is in poor health and uses a walker.

The ramp has made a huge difference to them. They are no longer afraid of falling, and feel so much safer going in and out of the house.

With your United Way dollars, RCS Home Care can continue helping the disabled elderly age well and safety at home.

For information, call 336-625-1500

LIVE UNITED



Playing to Learn

Young children learn as they play.

The **Partnership for Children** helps local daycares create unique outdoor centers where children can have fun as they discover and grow.

Fences, garden beds, shade trees, arbors, and tricycle pathways divide preschool areas into different play and learning centers with mobile handwashing stations and fresh water coolers.

Best of all, you'll find shining, happy faces, excited each day by the diverse play and learning choices.

Your United Way donations help The Partnership for Children improve access to quality, affordable child care and early learning opportunities.

For 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 **4500 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.

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 **100** Randolph County clients each year.

Regional Consolidated Services provides in-home assistance with personal care, house-keeping, and minor home repairs.

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 **10,600** 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





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 **570 hungry children** who do not have enough food to eat over the weekend.
- ◇ **One-on-One mentors** provide support for **123 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.

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 **3200 seniors** benefit from **RSAA** services each year.

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

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 **185 students** this year.

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

LIVE UNITED





Power Hour

Most **Boys and Girls Club** members head to the Club's **Power Hour/Homework Assistance** each school day. Londyn is one of them.

Londyn was working below grade level when school started. He began going to **Power Hour**, and has worked hard to score at least 75% on 50 reading assessments and earn a trip to Carowinds. Only two more to go!

His latest report card shows he has an 88 average in reading, and he has improved significantly in math and science as well!

Central Boys and Girls club uses your United Way dollars to help students like Londyn succeed in school and life.

LIVE UNITED



Our Place

Caring for his wife 24/7 was taking a mental and physical toll on him. "Mary" has advanced dementia, and he has health issues, too.

He was referred to **Our Place Adult Day Care**, and Mary began coming 4 days a week.

At first, she was confused and anxious, but soon she was walking right in, smiling and laughing and happy to be there with her new friends.

Her husband knows she is happy and well cared for, and he can now focus on his own health.

Because of your United Way dollars, Our Place Adult Day Care is there to provide families with daytime relief from full-time care giving.

For information, call 336-629-3787

LIVE UNITED



Lucas and Mr. Tom

Lucas had frequent "melt-downs". After Mr. Tom became his mentor, his behavior improved dramatically.

Mr. Tom comes to see Lucas every week, spending time reading with him, and talking about "things", whatever Lucas wants to talk about. Lucas knows Mr. Tom cares about him, and is motivated by his visits.

Lucas is doing much better in school now. Having an encouraging, caring mentor to spend time and talk through things with has made a real difference in Lucas's life.

With your United Way dollars, Communities in Schools can connect volunteer mentors with schools to help young people succeed in school, and life.

For information, call 336-625-0008

LIVE UNITED





MERCE

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

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 **250 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.

LIVE UNITED



Path of Hope

Path of Hope helps recovering addicts who have completed a substance abuse treatment program and need a safe place to focus on their recovery and prepare for independent living.

At **Alpha and Mangum Halfway Houses**, residents:

- ◇ Pay rent
- ◇ Seek jobs, return to school, or volunteer 30 hours weekly.
- ◇ Participate in AA or NA.

In return, **Alpha House** and **Mangum House** provide food, shelter, encouragement and support, and transportation to jobs or appointments.

Path of Hope seeks to meet the needs of people suffering from the disease of addiction by providing a safe, secure environment focused on recovery.

LIVE UNITED



American Red Cross

The **American Red Cross** provides emergency assistance to disaster victims in the form of:

- ◇ Food
- ◇ Clothing
- ◇ Emergency shelter.

If the **Red Cross** cannot meet all their needs, victims are referred to United Way 211 for additional help.

Community preparedness **Red Cross** services include:

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

Red Cross Disaster Services aided **134 people** in Randolph County last year.

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

LIVE UNITED





What Next?

When tragic fires happen, it's often hard for families to know what to do next.

The **American Red Cross** Disaster Team responds compassionately with care and guidance, financial and mental health assistance, and spiritual care.

After securing emergency food, shelter, clothing, and medicines, the **Red Cross** team can then refer families to other community partners who can guide them through the months-long recovery process.

Your United Way dollars help prepare and equip Red Cross to respond quickly and effectively when disaster strikes.

For information, call 336-625-2399

LIVE UNITED



One Day at a Time

Eighteen months ago, he was an addict in treatment at **Path of Hope**. Next came a year in a halfway house, and then he was able to enroll in college.

All along, he stayed in touch with **Path of Hope**, and when there was an employment vacancy, he asked for a chance at the job.

Today, he is a full time college student, and a full time night shift employee at **Path of Hope Mangum House**--the house where he had felt the most safe.

Because of your United Way contribution, Path of Hope can offer those suffering from addiction an opportunity to focus on recovery in a safe environment.

For information, call 336-248-8914

LIVE UNITED



A Healthy Baby

A prenatal patient came to **MERCE**, uninsured and nearly at term in her pregnancy.

She had not had any prenatal care before that day.

MERCE used funds from United Way grants to provide her with necessary prenatal labs and medical care through the remainder of her pregnancy.

She delivered a healthy baby boy!

Your United Way donations enable MERCE to provide prenatal labs and diabetic screening on a sliding fee plan for uninsured patients.

For information 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 **1500** 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.

LIVE UNITED



Boys and Girls Club

Through after-school and summer programs, **Central 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.

Central Boys and Girls Club served **185 students** this year.

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

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 **3200 seniors** benefit from **RSAA** services each year

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

LIVE UNITED





Food and Friends

Donald was miserable isolated at home. He decided to give the **Senior Center** a try, just to get out of the house.

He loves it, and comes 4 days a week now. He helps **Meals on Wheels** volunteers load their cars, and helps set up games and activities at the Center. The **Senior Center** has given him a new purpose, and new friends.

"Good food, good friends and I get to help other people! I really enjoy being here!"

With United Way donations, 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 



Making SMART Moves

Chris was struggling a little. When things got hard or didn't go his way, he would either shut down or blow up.

Chris joined the Club's **SMART Moves**, which helps students learn to make good choices, and resist drugs and premature sexual behavior. It also helps them process their feelings and frustrations.

Chris is happier and more at ease now. He comes to the Club more often, and isn't on edge or upset like before.

Because of your United Way dollars, Central Boys and Girls club is there to help students like Chris succeed in school and life.

For more information, call 336-882-2582

LIVE UNITED 



Four New Car Seats

The Salvation Army helped this young mom replace four car seats she lost when her car caught fire.

No one was hurt, but everything in the car was lost.

The Salvation Army knew that the Randolph County Health Department had a program offering discounted car seats in certain situations.

A phone call later, the young woman had four new car seats for her little ones, at no cost.

The Salvation Army uses your United Way contributions to provide food and clothing for the needy, fuel assistance in the winter, and disaster relief.

For more information, 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, **94 Clients** benefitted from **LANC** services.

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

LIVE UNITED



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 over **2,400 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 range of services, from referrals, family caregiver programs and Medicare assistance, to free fans in the summer.

LIVE UNITED



C.A.R.E.

Every year, the **Child Abuse Reduction Effort** helps over **1,500** 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.

LIVE UNITED



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

Lessons she remembered from her 2nd grade **CARE** class convinced her to report the sexual abuse as soon as it happened.

She and her family were at a local restaurant when a registered sex-offender followed her into the restroom and forcibly abused her. She remembered from her **CARE** class that she needed to tell a Trusted Adult what had happened right away.

Because she acted so quickly, the abuser was arrested while still at the restaurant, and has been fully prosecuted.

CARE depends on your United Way dollars to help bring the CARE program to every 2nd grader in Randolph County.

For assistance, call 336-318-6791

LIVE UNITED



Insulin Pens

The client mailed her defective insulin pens back to the manufacturer for replacement, but the company had not replied.

She was down to a two day supply, and called the **I & OC** office in desperation.

The staff called the manufacturer, which had never received the pens, but agreed to mail the **I & OC** office a replacement voucher.

The grateful client was able to pick up her insulin at no cost before the upcoming holiday weekend.

Thanks to your United Way donations, the I & O Service at Randolph Senior Adults Association can offer seniors much-needed assistance with Medicare plans, caregiver options, and referrals.

For assistance, call 336-625-3389

LIVE UNITED



Protection and Custody

Legal Aid attorneys helped her get a one-year protective order when the father threatened to shoot her in the face during a custodial exchange, while the child watched.

The order also gave her custody of the child for one year.

LANC Attorneys then began working to modify the original custody order so that the mother could obtain full custody.

The order was revised, and the mother was awarded permanent custody.

Your United Way dollars help Legal Aid provide civil and 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 **500 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.

LIVE UNITED



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 **570 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.

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 **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.

LIVE UNITED





Camp for My Boys

We love the family-oriented environment at the **YMCA**.

My boys attend **Summer Camp**, and I see how it empowers young people, the ways families have fun together, and how it promotes a healthy mind, body and spirit.

With the help of a **YMCA** scholarship, my boys can continue **Summer Camp**, and we can all join a positive environment that can help us gain our full potential.

The YMCA Uses your United Way dollars to nurture the potential of every child, and to bring families together through fitness, sports, fun, and shared interests.

For information, Call 336-625-1976

LIVE UNITED United Way

Randolph-Asheboro YMCA



Paying It Forward

Hundreds of school children depend on **Backpack Pals** for food to eat over the weekends.

After being a **Backpack Pals** family for years, one family wanted to **"Pay it Forward"** since their financial circumstances had improved.

They sent the school a note saying "We no longer need this food, and wish for you to give this to another family that needs it now".

Another hungry child will be happy to receive this badly needed food.

Communities in Schools uses your United Way contributions to provide weekend and summer food for students who do not have enough to eat at home.

For assistance, call 336-625-0008

LIVE UNITED United Way

Communities In Schools



Girls Take Action

Girl Scouts creates girls with courage, confidence, and character.

This year, the 1st and 2nd grade **Scouts** in Daisy Troop #40057 donated clothes to Goodwill, collected allergy-free food for a food pantry, and made book-marks about food allergies for the local library.

In April, they shared what they had learned about engineering by making and donating 120 STEM activity bags to the library. In May, they will plant a garden to help pollinators, and raise composting worms.

Thanks to your United Way donation, hundreds of young girls throughout Randolph County can benefit from Girl Scout programs.

For information, call 336-672-2148

LIVE UNITED United Way

Girl Scouts
Where Girls Grow Strong.



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 **268** 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.

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 **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.

LIVE UNITED



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.

LIVE UNITED





No Place Like Home

Sally was 91 and living alone. A neighboring couple "adopted" her and began trying to find help for her so she could continue living at home.

They contacted **RCS**, and an aide began helping Sally with personal care needs and light housekeeping. **RCS** also installed grab bars in her bathroom that made it safer for the aide to help Sally get in and out of the tub.

Sally loves to be around others and is an excellent candidate to attend Staywell Senior Care. For now, she is still living safely and happily at home.

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 information, call 336-629-5141

LIVE UNITED



"Cool Cop" at the YMCA

Sgt. amie Brown loves mentoring kids at the **YMCA**.

Brown sees so many kids who need guidance and a role model, and is all for trying to help.

"We see so much negativity in our career, and it is just fun to come and interact with the kids, and let them see the positive side of law enforcement."

Camden Jones plays basketball at the **YMCA**, and says "I really like it. It keeps me going, and it's pretty cool that I get to talk the cops, too, and learn about them and their jobs."

The YMCA needs your United Way donations to continue recreational and fitness programs for all ages, and classes for the physically and developmentally handicapped.

For Information, call 336-625-1976

LIVE UNITED



Still Independent

RCATS is allowing Eva to keep her independence, even at 90 1/2 years old!

She has been riding **RCATS** since her husband died 8 years ago. It is her only means of transportation, and she is very grateful for the service.

Without **RCATS**, she would have no way to get to the Senior Center for congregate meals, get her groceries and medications, participate in the Center's day trips and other activities, and take care of her daily needs.

With your United Way contributions, RCATS vans enable local people to access community services or accomplish activities necessary for daily living.

For assistance, call 336-625-3389

LIVE UNITED



Hunter's Good Turn

"Do a Good Turn Daily" is the **Boy Scout** slogan. Good Turns can be big, like saving a life, or they can be small, everyday kindnesses.



When Hunter and 10 of his fellow **Scouts** helped a local Rotary Club pack over 25,000 meals for people in need, it seemed like a small act of kindness, but it made a big difference to hungry people around the world.

Through **Boy Scouts**, Hunter has developed skills, built character, and learned valuable life lessons that will guide him the rest of his life.

Because of your United Way dollars, hundreds of young people in Randolph County benefit from Boy Scout programs every year.

For information, call 336-378-9166



Wilderness Rescue

Ash-Rand's specialized **Wilderness Rescue Team** hiked two miles into the Birkhead Wilderness area to rescue a stranded hiker with a back injury.



They stabilized the patient, secured him in a wheeled Stokes Basket, and brought him back out over the two miles of rugged terrain. He was transported to a medical facility for treatment.

Without **Ash-Rand**, the rescue would have been very tricky and could have made his injuries worse.

Your United Way dollars helped provide Ash-Rand Rescue with the equipment, the training, and the skilled rescue team to perform wilderness rescues.

For information, call 336-625-3354



Raising Rabbits

The 4-H Rabbit Chain project is helping local students raise and breed endangered Silver Fox Rabbits.



Students learn the importance of preserving threatened or endangered livestock breeds, and gain experience in breeding and showing their Silver Fox Rabbits at the **4-H Rabbit Show**.

The new baby rabbits have been adopted by 24 **4-H** students, who will continue the **Rabbit Chain** project in the fall.



Your United Way dollars help 4-H provide unique educational opportunities for over 10,000 youth in Randolph County.

For information, call 336-318-6005

Help for Nadene

Injuries left Nadene dependent on a walker and wheelchair, and without a job.



CUOC helped with short-term financial assistance to pay her bills, and arranged for **Neighbors Helping Neighbors** to build a sidewalk so she could safely navigate her wheelchair from her home to her car for daily necessities and her ongoing medical appointments.

CUOC's assistance has helped Nadene continue living independently.

Thanks to your United Way donations, CUOC is there to help people like Nadene get back on their feet and become stable and self-sufficient.

For information, call 336-625-1500



Fear of Falling



Before **RCS Home Care** installed a ramp at her door, she usually had to ask a neighbor to help her go in and out of her home. She was 81, frail, and unsteady on her feet.

With the ramp in place, she is able to move about safely, without fear of falling or having to ask for help. Now, she will be able to continue living independently longer, in her own home.



With your United Way dollars, RCS Home Care can continue helping the disabled elderly age well and safety at home.

For information, call 336-629-8737

Learning by Playing

The Partnership for Children helps local daycares create unique outdoor learning centers with fences, garden beds, shade trees, arbors, and tricycle pathways that excite children every day.



Data shows that children learn by playing, having fun as they discover and grow.



Your United Way donations help The Partnership for Children ensure that all children enter school healthy and ready to learn.

For information, call 336-318-6005

“Cool Cop” at the YMCA

*Sgt. Jamie Brown loves mentoring kids at the **YMCA**.*



Brown sees so many kids who need guidance and a role model, and is all for trying to help. “We see so much negativity in our career, so it is just fun to come and interact with the kids, and let them see the positive side of law enforcement”.

*Camden Jones plays basketball at the **YMCA**, and says “I really like it at the **YMCA**. It’s pretty cool that I get to talk the cops, too, and learn about them and their jobs.”*

The YMCA needs your United Way donations to continue recreational and fitness programs for all ages, and classes for the physically and developmentally handicapped.

For Information, call 336-625-1976



Our Place Adult Day Care



Mary has dementia, and it was hard for her husband to care for her all the time.

*She began coming to **Our Place** four days a week, and was soon smiling and laughing and happy to be there with her new friends.*

***Our Place** offers a place where Mary can be happy and safe, and her husband knows she is well cared for. Now he has some time to himself, and can focus on his own health issues.*



Because of your United Way dollars, Our Place Adult Day Care is there to provide families with daytime relief from full-time care giving.

For information, call 336-629-3787

BackPack Pals

Children eat breakfast and lunch at school, but many go hungry after school or over the weekends because there is not enough food for them to eat at home.



Communities in Schools Backpack Pals sends 570 of these children home every Friday with a bag of child-friendly food so they will have something to eat over the weekend.

Bags of food are also available for the students to pick up at designated spots while school is out for the summer.

Communities in Schools depends on your United Way contributions to provide weekend and summer food for students who do not have enough to eat at home.

For information, call 336-625-0008



Help for Sally



*Sally was 91 and living alone. Neighbors realized she needed help, and contacted **RCS**.*

*An **RCS** aide began helping Sally with personal care needs and light housekeeping. **RCS** also installed grab bars in her bathroom that made it safer for the aide to help Sally get in and out of the tub.*

*Thanks to the assistance from **RCS**, Sally is still living safely and happily at home.*



Your United Way contributions help RCS provide in-home assistance and minor home repairs, enabling the disabled elderly to remain comfortably in their own homes.

For assistance, call 336-629-5141

Riding RCATS

*Eva is almost 91, but **RCATS** is allowing her to keep her independence.*

*She has been riding **RCATS** since her husband died, and it is her only means of transportation.*

*By using **RCATS**, Eva can get to get to the **Senior Center** for congregate meals, get her groceries and medications, participate in the Center's day trips and activities, and take care of her daily needs.*

With your United Way contributions, RCATS enables local people to access community services or accomplish activities necessary for daily living.

For information, call 336-625-3389



One Day at a Time

*Eighteen months ago, he was an addict in treatment at **Path of Hope**. Next, he spent a year in a halfway house. Then he enrolled in college.*



*All along, he continued to stay in touch with **Path of Hope**, and when there was an employment vacancy, he asked for a chance at the job.*

*Today, he is still a full-time college student, and is also a fulltime night shift employee at **Path of Hope Mangum House**—the house where he had felt the most safe.*

Because of your United Way contribution, Path of Hope can offer those suffering from addiction an opportunity to focus on recovery in a safe environment.

For information, call 336-248-8914



What Next?



After a tragic fire, it's often hard for families to know what to do next.

*The **American Red Cross** Disaster Team responds with care and guidance, financial and mental health assistance, and spiritual care.*

*After securing emergency food, shelter, clothing, and medicines, **Red Cross** can refer them to other community partners who can guide them through the months-long recovery process.*



American Red Cross

Your United Way dollars help prepare and equip Red Cross to respond quickly and effectively when disaster strikes.

For information, call 336-625-2399

A Healthy Baby!



*A prenatal patient came to **MERCE**, uninsured and nearly at term in her pregnancy.*

She had not had any prenatal care before that day.

***MERCE** used funds from United Way grants to provide her with prenatal labs and medical care through the remainder of her pregnancy.*

She delivered a healthy baby boy!

***MERCE** uses your United Way donations to provide diabetic screening and treatment for uninsured or underinsured patients.*

For assistance, call 336-672-1300



New Purpose, New Friends



*Donald was miserable alone at home. He decided to give the **Senior Center** a try, just to get out of the house.*

*He loves it! He comes 4 days a week now, helping **Meals on Wheels** volunteers load their cars, and setting up the Center's games and activities. The **Senior Center** has given him a new purpose, and new friends.*

"Good food, good friends and I get to help other people! I really enjoy being here!"



With United Way donations, Randolph Senior Adults Association provides transportation, meals, outreach, advocacy, and support services for seniors and their families.

For information, call 336-625-3389

Power Hour



Most **Boys and Girls Club** members head for the Club's **Power Hour Homework Assistance** after school. Londyn is one of them.

Londyn was below grade level when school started. He began **Power Hour**, and has worked hard to score at least 75% on 50 reading assessments and earn a trip to Carowinds. Only two more to go!

Now he has an 88 average in reading, and he has improved significantly in math and science as well.

Central Boys and Girls club uses your United Way dollars to help students like Londyn succeed in school and life.

For more information, call 336-882-2582



Car Seats for Her Kids

The Salvation Army helped this young mom replace four children's car seats she lost when her car caught fire. Fortunately, no one was injured, but everything in the car was lost.

The Salvation Army knew that the Randolph County Health Department had a program offering discounted car seats in certain situations.

A phone call later, the young woman had four new car seats for her little ones, at no cost.

The Salvation Army uses your United Way contributions to provide food and clothing for the needy, fuel assistance in the winter, and disaster relief.

For assistance, call 336-625-0551



Reporting Abuse



*Lessons she remembered from her 2nd grade **CARE** class convinced her to report the sexual abuse as soon as it happened.*

*She was at a local restaurant when a registered sex-offender followed her into the restroom and forcibly abused her. Her **CARE** class had taught her that she needed to tell a Trusted Adult what had happened right away.*

Because she acted so quickly, the abuser was arrested while still at the restaurant, and has been fully prosecuted.



*CARE depends on your United Way dollars to help bring the **Child Abuse Reduction Effort** program to every 2nd grader in Randolph County.*

For assistance, call 336-318-6791

Replacing Insulin Pens

Her new insulin pens were defective, so she mailed them back to the manufacturer for replacement, but the company had not replied.



*She was down to a two day supply, and called the **Information & Options Counseling office** in desperation. **I & OC** staff called the manufacturer, which had never received the pens, but agreed to mail the **I & OC** office a replacement voucher.*

The grateful client was able to pick up her insulin at no cost before the upcoming holiday weekend.

Thanks to your United Way donations, the I & OC Service at Randolph Senior Adults Association can offer seniors much-needed assistance with Medicare plans, caregiver options, and referrals.

For assistance, call 336-625-3389 x235



Protection and Custody



Legal Aid attorneys helped her get a one-year protective order when her child's father threatened to shoot her in the face during a custodial exchange, while the child watched.

The order also gave her custody of the child for one year.

LANC Attorneys then began working to modify the original custody order so that the mother could obtain full custody.

The order was revised, and the mother was awarded permanent custody.

Your United Way donations help Legal Aid provide civil legal assistance to low-income individuals who lack the means to employ private legal counsel.

For assistance, call 336-398-1709



Camp for My Boys

*We have grown to love the family-oriented environment at the **YMCA**.*



*My boys attend **Summer Camp**, and I see how it empowers young people, the ways families have fun together, and how it promotes a healthy mind, body and spirit.*

*With the help of a **YMCA** scholarship, my boys can continue **Summer Camp**, and we can all join a positive environment that can help us gain our full potential.*

*The **YMCA** Uses your United Way dollars to nurture the potential of every child, and to bring families together through fitness, sports, fun, and shared interests.*

For information, call 336-625-1976



Paying It Forward



Hundreds of school children depend on **Backpack Pals** for food to eat over the weekends.

After being a **Backpack Pals** family for years, one family wanted to "**Pay it Forward**" since their financial circumstances had improved.

They sent the school a note saying "We no longer need this food, and wish for you to give this to another family that needs it now".

Another hungry child will be happy to receive this badly needed food.

Backpack Pals needs your United Way dollars to provide weekend food for hungry children so they have a better chance of succeeding in school.

For assistance, call 336-625-0008



Girls Take Action

Girl Scouts learn the value of leadership and service to the community.



This year, the 1st and 2nd grade girls in Daisy Troop #40057 donated clothes to Goodwill, collected allergy-free food for a food pantry, and made bookmarks about food allergies for the library.

In April, they made and donated 120 STEM activity bags to the library, and in May, they will plant a garden to help pollinators, and raise composting worms.

Through **Girl Scouts**, young girls build character and strong values, and develop leadership skills that will last them the rest of their lives.

Thanks to your United Way donation, Girl Scout programs benefit more than 500 girls every year in Randolph County.

For information, call 336-672-2148



Making SMART Moves

Chris was struggling a little. When things got hard or didn't go his way, he would either shut down or blow up.

*Chris joined the **Boys and Girls Club's SMART Moves**, which helps students learn to make good choices, and resist drugs and premature sexual behavior. It also helps them process their feelings and frustrations.*

Chris is happier and more at ease now. He comes to the Club more often, and isn't on edge or upset like before.

Because of your United Way dollars, Central Boys and Girls club is there to help students like Chris succeed in school and life.

For more information, call 336-882-2582



BOYS & GIRLS CLUBS

Lucas and Mr. Tom



*Lucas had frequent "melt-downs" at school. After Mr. Tom became his **Communities in Schools** mentor, his behavior improved dramatically.*

Mr. Tom comes to see Lucas every week, spending time reading with him, and talking about "things", whatever Lucas wants to talk about. Lucas knows Mr. Tom cares about him, and is motivated by his visits.

*Lucas is doing much better in school now. Having an encouraging, caring **CIS** mentor to spend time and talk through things with has made a real difference in Lucas's life.*



With your United Way dollars, Communities in Schools can connect volunteer mentors with schools to help young people succeed in school, and life.

For information, call 336-625-0008