

**Communicate, Collaborate, and Coordinate** If both parents are trying to work from home, remember that you're on the same team together. Try to set up a schedule that suits everyone. Some of us are taking shifts, where one parent works from 8:30 a.m. to 12:00 p.m., while the other cares for the kids, then switching from 12:30 p.m. to 5:00 p.m. Make a plan, but leave room to be flexible.

**Include Your Kids** Ask your children to "help" in ways that make sense for their ages. You might help them make a "Time to Work" sign for you, then explain that when you hang it on the door, that means you need to concentrate. Help them make special artwork for your workspace - especially if you'll be in video meetings. Your kids are more likely to respect boundaries between work time and family time if they feel invested in both.

**Set Realistic Expectations** "Productivity" looks different right now than it did months ago. And, most of the people you work with are likely dealing with issues very similar to yours. Be a living example of the things you hope to receive from others. Give grace to your family, coworkers, and yourself.

As much as you can, enjoy this time you have together. It may be hard to remember right now, but just a few months ago, many of us were trying to find ways to spend more time with our kids. It's true that our current circumstances come with real challenges. But, it's also true that we have the power to choose how we respond. We can see them as setbacks that are causing us pain, or as opportunities to draw our families closer than ever.

## COVID-19 Impact on NCDOT Forces Project Delays

As people across North Carolina have taken lifesaving measures to stop the spread of COVID-19, traffic volumes have plummeted, causing at least a \$300 million budget shortfall for the N.C. Department of Transportation (NCDOT) for this fiscal year (ending June 30).

Because NCDOT revenue is fully funded through the Motor Fuels Tax, Highway Use Tax and DMV fees, this significant impact has forced the department to notify local governments, stakeholders and the general public that all but about 50 major projects scheduled to start in the next 12 months are delayed.

Projects moving forward are funded by GARVEE bonds, BUILD NC bonds and federal grants.

A list of the projects that are still scheduled to be awarded in the next year is available on the NCDOT website ([www.ncdot.gov](http://www.ncdot.gov)). The list of projects that have schedule changes can be found there also.

These changes do not affect construction projects already underway or that have already been awarded.

The department is taking other significant steps to decrease expenditures, including:

- Allowing only mission critical purchases
- Laying off temporary and embedded consultants
- Suspending or decreasing many programs and services
- Hiring freeze (except for positions that impact public safety)

The department is in the process of developing plans for potential furloughs and a Reduction in Force (RIF). Those plans are not yet complete and no decision has been made at this time to enact them.

## Alzheimer's Association Free Virtual Education Classes

While the COVID-19 pandemic threatens the health of millions in this country and around the world, the novel coronavirus presents unique challenges for more than 5 million Americans, including 180,000 in North Carolina, living with Alzheimer's and their caregivers.

The Alzheimer's Association, Western Carolina Chapter and the Alzheimer's Association, Eastern North Carolina Chapter are offering free virtual education programs and online support groups in the coming weeks to help all North Carolina caregivers and their families. The Alzheimer's Association offers a number of education programs that can help those living with Alzheimer's and their families understand what to expect so they can be prepared to meet the changes ahead and live well for as long as possible.

"During this challenging time, it's critical that all North Carolina caregivers have access to Alzheimer's Association resources even if they cannot venture out," said Katherine L. Lambert, CEO of the Western Carolina Chapter. "The COVID-19 crisis is altering Americans' daily lives, but the needs of Alzheimer's caregivers cannot be put on hold. These online programs allow us to connect with caregivers and provide necessary information even amid the current crisis."

Each virtual education program is approximately one hour and allows the audience to ask questions and engage with others going through the journey online.

**BOWMAN SENIOR HIGH SCHOOL**

**50<sup>th</sup> CLASS OF 1970**

**CLASS Reunion**

**Believe it or not, it's been 50 years since we graduated from Bowman High School.**

**If you are interested in joining us for our reunion, October 10, 2020, please contact one of the following:**

- Janet Brower Ross .....704-695-5457
- Carol Benton Black .....704-695-5345
- Kay Howell Vaughn .....704-694-8016
- Sandra Pegram Mabry ..704-695-5611
- Gayle Davis Pegram .....704-690-4783
- Fran Turner Thomas .....704-694-8803

**Emergency Meals-to-You**

Having kids out of school can cause added stress. It takes extra time to shop for groceries and extra money to pay for food because kids aren't getting meals at school.

**Emergency Meals-to-You CAN HELP, AND IT'S FREE!**

The USDA supports the National School Lunch program across the country and wants to continue supporting students when they're not in school. So they're bringing the meals to you!

When you sign up to get Emergency Meals-to-You, every 2 weeks you'll get a box delivered to your home for each child in your household.

**Emergency Meals-to-You** delivers—for FREE—directly to your door, kid-friendly, no-cooking required meals, so you don't have to worry about:

- Extra trips to the grocery store;
- Extra money spent on food;
- Extra time planning meals your kids will like.

SIGN UP TODAY, and let **Emergency Meals-to-You** take away the stress of buying groceries when school is out.

Sign Up Here:  
<https://ncmealstoyou.formstack.com/forms/apply>

Or take a photo with a smart phone of the square to the right, and the sign-up link will open on your phone.

USDA is an equal opportunity provider.

# Church News

**\* All events are subject to change because of the COVID-19 situation. You may want to seek confirmation of events.**

**MAY 31**  
**100 Women in Hats Fundraiser** at New Life Trinity Church, 2:30pm for Anson County Domestic Violence Coalition with Min Peggy Hubbard of West Rocky Ford Baptist Church in Wadesboro

**JUNE 14**  
**Family & Friends Day**  
 At New Life Trinity Church, 2:30pm. Theme "Value Your Family & Friends"

**ONGOING**  
**\* All events are subject to change because of the COVID-19 situation. You may want to seek confirmation of events.**

**Bible Study**  
 At West Deep Creek MBC each Wednesday at 6:30pm

**Youth Night**  
 At Vision of God Ministries in Morven each Sat, 5-7pm w/bible study, Christian movies, games, crafts refreshments & more

**Addiction Recovery**  
 Support group meets every Sunday, 6pm at Harmony Community Church in Peachland. 704-272-7410

**Bible Study & Prayer**  
 At Kesler Chapel AME Zion every Wednesday 7pm

**Bible Study Classes**  
 Every Tuesday-Evangelistic Outreach Center on Hwy 74 in Polkton at 6:30pm

**Bible Study**  
 Every Wednesday night at 7pm at New Grove MBC. Need a ride? Call 704-272-8884

**Bible Study**  
 Every Tuesday at 6:30pm at Pleasant Hill Baptist Church of Ansonville

**Auto Plus C&M AUTO SUPPLY**  
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 Your locally owned Auto Parts Store  
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 Serving Anson County for over 100 years  
**"On The Square"**  
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**Glenn Trexler & Sons Logging, Inc.**  
 "Freedom of Worship is a Precious Commodity"  
**WADESBORO**

**PEE DEE ELECTRIC**  
 Hwy. 52 S. Wadesboro  
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 "Owned by those we serve."

**UWHARRIE BANK**  
 704-694-2122  
 Member FDIC

**H. W. Little & Company**  
 Hardware & More!  
 Uptown Wadesboro  
 704-694-2214

**Henry's Body Shop**  
 704-848-4989  
 4225 Stanbackferry  
 Ice Plant Rd • Lilesville  
 Owner: Robbie Henry

**ADVERTISE HERE! Call The Express to find out how...704-694-2480**

# Events

**\* All events are subject to change because of the COVID-19 situation. You may want to seek confirmation of events.**

**MAY 2**  
**Free Food Drive**  
 By Lamb of God Church, 11am at 118 West Wade Street in Wadesboro. Fresh fruit, vegetables & non-perishable foods on a first come, first served basis. Call for info, to donate or to volunteer 843-623-3777

**MAY 13**  
**Free Groceries**  
 For families in need Mobile Food Pantry at Wingate Baptist Church, located at 109 East Elm St. in Wingate. Register 8-10am. Call for details 704-694-2445

**JUNE 5**  
**Reveal Party**  
 For the new season at the Ansonia Theatre. Invitation only for sponsors to have first dibs on seats, performance dates & the reveal of the 2020-21 season. To become a sponsor or for info, call 704-694-4950 or visit [ansoniatheatre.com](http://ansoniatheatre.com)

**Upcoming virtual education programs include:**

- 10 Warning Signs of Alzheimer's
- Understanding Alzheimer's and Dementia
- Understanding and Responding to Dementia-Related Behaviors
- Effective Communication Strategies
- Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
- Healthy Living for Your Brain and Body: Tips from the Latest Research

For a complete list of upcoming virtual programs, visit [alz.org/northcarolina](http://alz.org/northcarolina). Attendees are invited to join via video/webinar or through a toll-free number. There is no charge to participate, but registration is required at: [alz.org/northcarolina/helping\\_you/virtual-offerings](http://alz.org/northcarolina/helping_you/virtual-offerings) or by calling 800-272-3900. Participants will be sent conferencing details prior to the date of each virtual program.

In addition to the virtual education classes, the Alzheimer's Association offers online community resources at [alz.org](http://alz.org) including ALZConnected, a free online community where people living with Alzheimer's, caregivers, family and friends can ask questions, get advice and find support.

More than 16 million family and friends, including 479,000 in North Carolina, provide unpaid care to people with Alzheimer's or other dementias in the United States. To help family caregivers navigate the current complex and quickly changing environment, the Alzheimer's Association has also offered additional guidance to families at [alz.org/COVID19](http://alz.org/COVID19).

The Alzheimer's Association free, 24/7 Helpline (800.272.3900) offers around-the-clock support for caregivers and families impacted by Alzheimer's and all dementia.

Additional Facts and Figures: (From [www.alz.org/facts](http://www.alz.org/facts))

- Alzheimer's disease is the sixth-leading cause of death in the United States.
- More than five million Americans are living with the disease, including 180,000 North Carolina residents - a number estimated to grow to as many as 210,000 by year 2025.
- More than 16 million family and friends, including 479,000 in North Carolina, provide unpaid care to people with Alzheimer's or other dementias in the United States.
- In 2019, friends and family of those with Alzheimer's in North Carolina provided an estimated 545 million hours of unpaid care, a contribution valued at \$7.15 billion.

**4 BEDROOM 2BATH**

Price includes heat pump, two 4x6 decks + steps, plumbing under home, concrete footings, brick skirting, electrical 200 amp service (home only), setup, blocked & tied down plus county permit.

No land or land improvements are included.

2008 East Roosevelt Blvd. (Hwy 74)  
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[www.1stchoicemonroe.com](http://www.1stchoicemonroe.com)