Obituaries

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Mrs. Lou O. Helms

Mrs. Lou O. Helms passed peacefully in her home on Sunday, March 29, 2020.

Due to the ongoing coronavirus pandemic, the family plans to hold a private graveside service at this time. A public visitation and funeral will be held at Lawyers' Springs Primitive Baptist Church at a date to be announced later.

Born September 8, 1931, she was preceded in death by her parents Lloyd E. and Ruth K. Outen.

She is survived by her loving husband of 67 years, Elder Joe C. Helms; sons, Mike and Charles and their wives Robin and Jill Helms; four grandchildren, Joseph, Steven, Bethany and Zachary Helms; her sister in law Ruth Winn and husband Jimmy; nieces, Eloise Hicks and Janice Martin and their husbands; several grand and great nieces and nephews; and Savannah Crowder, her primary caretaker of many years.

Sister Lou, as she was affectionally known by her many friends, was raised in the Charlotte Midwood neighborhood and graduated from UNC-Greensboro, then known as Woman's College (WC). She taught school for about 10 years, and was regularly greeted by former students celebrating her as their "favorite first grade teacher."

Sister Lou was very civic minded and embarked on

duties large and small to improve the lives of people in her community. As President of the Peachland Woman's

Club she led an effort to build a community center in Peachland. Once built, she organized and hosted a program that offered a daily lunch and educational program for all of the senior citizens in the community. Later she helped facilitate the town's taking ownership of the building. The meal service she started there continues to this day.

Sister Lou served in Peachland's elections precinct as a judge, then registrar from 1969 to 1993. She served as a member of the Anson County Board of Elections from 1993 to 1999. She helped improve the lives of many young people as the leader of several 4-H clubs, and was recognized by the NC 4-H Honor Club as Outstanding Adult Leader of the year in 1977.

Her family was her heart and joy and she prayed unceasingly for our wellbeing and success. Nothing brought her more joy than the calls and visits of her friends and family members. Christmas was her favorite time of year, and for as long as she was able, she cooked a huge, delicious Christmas eve dinner for our family. Even in 2019 she wanted her home perfectly decorated for her family's Christmas gathering.

Elder Joe and Sister Lou first met at Union Grove Primitive Baptist Church, and devoted their lives to the service of God's church and his people. She was a member of Lawyer Springs Primitive Baptist Church for 66 years. She maintained a loving home and entertained and cared for many people, including a sitting governor and his entourage, countless churchgoers from afar, local people needing shelter or counseling, and of course her family. She was the model "preacher's-wife," serving God through supporting and serving her husband and his ministry. She was a Godly woman and lived a purpose driven life to serve her God, family, community and friends. While she will be sorely missed, we praise God for the life she lived, the example she set, and the heavenly home she is now enjoying.

In lieu of flowers, the family requests donations to Lawyers Springs Primitive Baptist Church, c/o Michael L. Helms, 29706 Hollybrook Dr., Albemarle, NC 28001. Morgan & Son Funeral Home is serving the Helms family.

Texting Tool to Access Food for Children - Free or Reduced Price - Text to 877-877 to Find Nearby Meal Sites

Governor Roy Cooper announced on Friday, March 27 that parents who need food assistance for their children can text FOODNC to 877-877 to locate nearby free meal sites. The texting service is also available in Spanish by texting COMIDA to 877-877.

After entering their address, parents will receive a text with the location and serving times for nearby pick-up and drive-thru free meal sites while schools are closed. Sites have peen set up across the state for families with children ages 18 and younger, including preschool children, who rely on free and reduced-price meals at school.

"School closings mean no meals for some of our most vulnerable children. Now families have an easier way to find food during these times of financial stress," Governor Cooper said. Parents can also call 2-1-1 to speak with an operator who will help them locate meal sites in their community. The 2-1-1 service is available 24 hours a day, 7 days a week. Services are provided in English, Spanish and many other languages.

Additionally, No Kid Hungry has created a map of local school sites, community organizations and food assistance programs across North Carolina where families can access food. The interactive map can be viewed at *nokidhungrync.org/covid19* and is updated daily.

The Governor's North Carolina COVID-19 Education and Nutrition Working Group, co-chaired by the NC Department of Health and Human Services (NCDHHS) and the

NC Department of Public Instruction (NCDPI), worked in partnership with state and community organizations such as No Kid Hungry to set up the texting program.

School sites and community organizations providing food are experiencing a high demand for services and rely on dedicated volunteers to provide meals. NCDHHS and NCDPI ask that people who are not at high-risk for severe illness associated with COVID-19 sign up to volunteer to prepare meals. Those interested in volunteering should call their local school district office, community organization or visit volunteernc.org

People who are at higher risk for severe illness COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based upon available information to date, those at high-risk for severe illness from COVID-19 include:

• People aged 65 years and older

- People who live in a nursing home or long-term care facility
- Other high-risk conditions could include:
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised including cancer treatment

- People of any age with severe obesity (body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk

• People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk

Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.

Be on Guard Against Scams Related to Coronavirus Pandemic

North Carolina Insurance Commissioner Mike Causey joins the Coalition Against Insurance Fraud in urging residents to be on guard against scammers preying on fears related to the coronavirus pandemic.

"Crooks will stop at nothing to scam the public, including using the coronavirus as a means of stealing your money, or worse your personal identity," Commissioner Causey said. "If you get an unsolicited visit, call or email offering "corona" insurance, free or low-costs tests, or seeking personal information, it's best to close the door, hang up, or exit out of the email and notify the authorities."

The Coalition Against Insurance Fraud has identified the top five coronavirus - or COVID-19 - scams:

1) Fake "corona" insurance. Fake health insurance agents may try to sell low-priced insurance to cover coronavirus treatment. Most standard health insurance policies provide coverage for coronavirus treatment. If you receive one of these



Mr. James Kenneth "Buddy" Martin

Mr. James Kenneth "Buddy" Martin, 81, of Ansonville died Tuesday afternoon, March 17, 2020, at his home.

Graveside Services were held on Friday, March 20, 2020, at Concord United Methodist Church Cemetery. with Rev. Robert Burr officiating.

Buddy was born June 8, 1938, in Anson County to the late James Brady "Jim" and Virginia Waddell Martin.

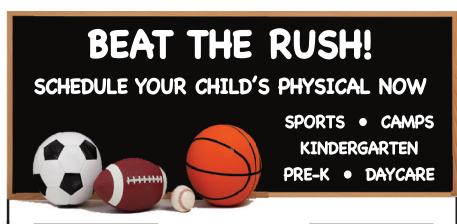
He was a lifelong cattle farmer and a member of Concord United Methodist Church.

Buddy is survived by his soulmate Debra Boysworth of the home; three sons, Robin Martin (Carolyn) of Albemarle, Kerry Martin of Monroe and Kevin Martin of Ansonville; one daughter, Michelle Martin Blair of Ansonville; twelve grandchildren; and eight great-grandchildren.

He was preceded in death by his sister Edna Mills Vincent.

Memorials may be made to Concord Cemetery Fund, c/o Bruce Shankle, 3655 Randall Road, Polkton, NC 28135.

Due to an order issued by NC Governor Roy Cooper to limit crowd size the service was only attended by family, funeral home staff and guest personally invited by the family.



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calls, simply hang up on the caller or robocall.

2) Canceled heath insurance. Beware of bogus calls warning you that your health insurance was canceled. These scammers may give you a toll free number to call or you may be urged to click on a link in an email. Clicking on the link could result in the scammer installing malware on your electronic device. Most of these are attempts to steal your personal information. If you have a question regarding your health insurance, call the number on your insurance card.

3) Corona medicines and tests. Scammers are peddling fake vaccines, drugs, all-natural or organic treatments that are "insured and paid for" by your health insurance policy. The novel coronavirus is new. There is no known cure yet.

4) Senior scams. Beware of free virus tests at senior centers, health fairs or in your home. These scammers might ask for your Medicare number, Social Security number or other information to steal your medical or personal identity. Talk to your doctor or local health department if you think you need a test. Call your health insurer to answer any coverage questions.

5) Bogus travel insurance. Be wary of pitches for travel insurance that claim to cover coronavirus-related trip cancellations. Most standard travel insurance policies do not cover viral outbreaks or pandemics unless you are sick or if you have an expensive 'cancel for any reason" policy. Know what your policy does and doesn't cover.

If you have questions you may speak to a consumer specialist at the N.C. Department of Insurance by calling 855-408-1212. To report suspected fraud, contact the N.C. Department of Insurance Criminal Investigations Division at 919-807-6840. Callers may remain anonymous



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