



Grant to provide dementia caregiver resources Including three “Accepting the Challenge” training workshops

♣ Those who provide care for people with dementia will be able to check out sensory activity kits and participate in training sessions thanks to a “Bright Ideas” Library Services and Technology Act grant from the State Library of North Carolina.

The grant, developed by Community Navigator Angi Polito, will fund 11 sensory activity kits that caregivers can use with people who are experiencing dementia, and three caregiver training workshops.

The kits provide simple, hands-on experiences that keep the person’s mind active and offer the comfort of a repetitive action.

Each kit includes fidget balls and reusable water paint cards. Kits aimed primarily for women include a companion doll and a lacing activity card, while those aimed for men also include a busy-work board and “Plumber Pals” pipes.

Each bundle also includes three books for caregivers: *Put Your Mask on First*, a book about self-care; *Caregiving 101: Activities for the Family Caregiver*; and *Caregiving 101: Activity Fun Book*. The kits will be available at each library, on the Mobile Library and through the Extension Services Department.

Countywide caregiver training workshops

Three libraries will offer “Accepting the Challenge,” a



Community Navigator Angi Polito displays a sensory activity kit that caregivers can use with people who are experiencing dementia.

hands-on, multi-disciplinary training workshop presented by Melanie Bunn, RN MS GNP, of the Dementia Alliance of North Carolina.

The workshops are free, and will be available at three times and locations:

- Archdale Public Library — 3 p.m. Tuesday, August 30;
- Liberty Public Library — 6 p.m. Tuesday, August 30;
- Asheboro Public Library — 10 a.m. Wednesday, August 31.

Each 2-hour session is designed to help caregivers provide the best care possible and in turn offer a quality of life for people with dementia. Topics include background information on

dementia and Alzheimer’s disease; physical approaches; communication skills; offering assistance; evaluating cognitive levels; “Meaningful Days” (activities); and problem behavior.

The “Accepting the Challenge” training also will be available on two DVD sets that can be checked out from the library.

The grant is made possible by funding from the federal Institute of Museum and Library Services (IMLS) under the provisions of the Library Services and Technology Act (LSTA) as administered by the State Library of North Carolina, a division of the Department of Natural and Cultural Resources (IMLS grant number LS-252476-OLS-21).

Join a research study on online search practices

A researcher from The University of North Carolina at Chapel Hill School of Information and Library Science will be at the Asheboro library on Tuesday, August 30, seeking volunteers for a study on how people search for information online. Participants will be asked to carry out searching activities for 30 minutes, and will receive \$15 for their participation. Walk in or sign up by scanning the QR code at right, or email ftripodi@email.unc.edu for details.



Archdale

336-431-3811
Fax 336-431-4619
10433 S. Main St.
Mon-Thur 9-8;
Fri 9-6; Sat 9-1

Asheboro

336-318-6800
Fax 336-318-6823
201 Worth St.
Mon-Thur 9-9; Fri 9-6;
Sat 9-1

Randolph Room

336-318-6815
Mon-Fri 9-5:30
Sat 9-12:30

Franklinville

336-685-3100
111 Sumner Place
Mon-Thur 10-6; Sun 1-5

Liberty

336-622-4605
Fax 336-622-2665
239 S. Fayetteville St.
Mon-Tues 9-7
Wed-Fri 9-5
Sat 9-3

Ramseur

336-824-2232
Fax 336-824-2232
1512 S. Main St.
Mon-Fri 9-5
Sat 9-1

Randleman

336-498-3141
Fax 336-498-1139
142 W. Academy St.
Mon-Fri 9-6;
Sat 9-1

Seagrove

336-873-7521
530 Old Plank Rd.
Tues-Fri 10-6; Sat 11-3

Extension Service

336-318-6816 or 336-318-6817; Mon-Fri 9-5

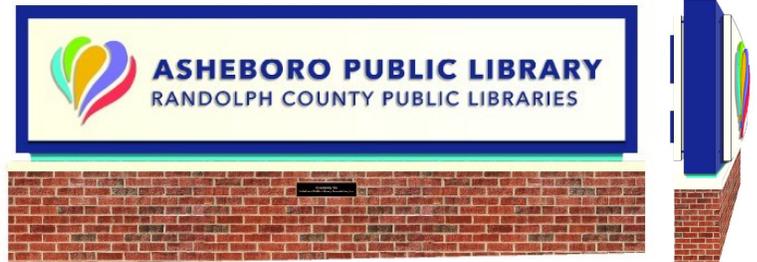
from
the
director



Ross A. Holt

Sign(s) o' the times

♣ **Way back in 2014, we undertook a strategic facility study to plan for our building needs over the next 20 years.**



The Asheboro sign, and a side view showing its dimensional features.

We've met many of the recommendations of that plan, from automatic sliding doors to improved lighting; from "right-sizing" book collections to rearranging floor plans for "behaviorally usable" seating — not to mention replacing the Randleman library (although the city was already undertaking that job as the plan was being drafted).

We're expecting to find an expanded home for the Randolph Room, and just now are implementing Radio Frequency ID for materials handling and self checkout.

And while some of the recommended building expansions have not been possible, brilliant reorganization on the part of staff has dramatically opened up floor space in Franklinville, Ramseur, Seagrove and the Asheboro Children's Room.

Liberty's interior renovations will increase space within the four walls and provide ADA-compliant restrooms.

One recommendation not yet addressed was to "add iconic signage" to identify each library both as the local municipal library and as part of the county library system. Last year, our 2021-2026 Strategic Plan also urged us to "create clear, consistent exterior signage at all locations to promote wayfinding and branding."

Now, at long last, those iconic signs are going up.

The Asheboro Public Library Foundation has funded a colorful monument sign with a brick base for the Asheboro library. The two-sided sign will have a convex face with a dimensional logo mark and raised letters.

To be completed this month, it will sit between the fountain and the road. It's meant to echo the original 1964 marker at the corner of Cox and Worth streets.

The county library trustees, meanwhile, voted in July to fund signs for Archdale, Franklinville, Ramseur and Seagrove through the library's trust.

Archdale's will feature a dimensional logo mark and raised lettering on the gable end of the building facing the road. Wall-mounted signs will be provided for the other three libraries; these also will have a convex face with a dimensional logo mark and raised letters.

Soon we will be able to check another box on those 2014 recommendations, make our buildings more immediately identifiable, and carry our new, heart-shaped logo throughout the county.



The **Randolph County Public Libraries NEWS** is published monthly by the Asheboro Randolph County Public Libraries and the Friends of the Library. To subscribe, join the Friends by returning the membership application on page 4.

Ross A. Holt, Director • A. Owen George III, President, Friends of the Library •

Printing by Hunsucker Printing Co.

Shepherd Shakespeare returns with *As You Like It*

♣ Kid-friendly Shakespeare comes back to the Asheboro library as the Shepherd Shakespeare Company presents *As You Like It*, 10 a.m. Tuesday, September 27.

The high-energy, interactive performance leads the audience from the confines of court to freedom and adventure in the Forest of Arden. The play has it all — mistaken identities, wrestling, misinterpreted letters and Shakespeare’s famous “All the world’s a stage” speech.



One performer, barreling through a bevy of costumes and props, will enlist audience members at key moments to help tell this fantastic tale.

Cook Smart, Eat Smart! Go to ‘school’ for healthy food in workshops

♣ Sign up for the “Cook Smart, Eat Smart Cooking School” and learn how to prepare simple, healthy and delicious foods for you and your family.

Four workshops taught by Randolph County Cooperative Extension Agent Jeannie Leonard will take place from 6-8 p.m. Thursdays beginning September 22.

Space is limited; call 336-318-6803 to sign up, or drop by the Asheboro library. Because each class sets the stage for the next one, participants should attend all four sessions.



Jeannie Leonard

“Cook Smart, Eat Smart” keeps it simple — simple, healthy preparation techniques, simple ingredients and simple equipment. Each session contains several basic cooking techniques and other topics related to preparing and eating meals

at home, while delivering tips on stretching food dollars while still eating healthily.

Leonard is Cooperative Extension’s Family and Consumer Sciences agent. She moderates the Facebook page “Jeannie’s Kitchen,” where she shares easy and affordable seasonal recipes.



Book discussions

Asheboro Reads: *The Diamond Eye* by Kate Quinn, 2 p.m. Tuesday, August 30; *When Ghosts Come Home* by Wiley Cash, 2 p.m. Tuesday, September 27.

Archdale Book Break: *Window on the Bay* by Debbie Macomber, 2 p.m. Tuesday, September 20.

Book Bites (Archdale): Talk about the most exciting or interesting book you have read lately; share a second if time permits. A list of all books shared will be posted online for reading inspiration. 2 p.m. Tuesday, September 13.

Liberty Book Club: *The Book Woman’s Daughter* by Kim Michelle Richardson, 6:30 p.m. Thursday, September 15. Call 336-622-4605 or stop by the library for copies of the book.

Liberty Readers Meet-Up, 1 p.m. Monday, September 26, at the Liberty Senior Center, 128 S. Fayetteville Street. Talk about books you’ve read over the summer and plan for upcoming meetings.

Three more libraries launch book clubs – see page 4.

Podcasters talk with middle grades author Micki Bare

The “Dave and the Borrowers” podcast is back with Micki Bare, author of the new middle-grade novel *The Society of Sentinelia*, Book One of her Zahra of the Uwharries pentalogy.

Borrowers Sam, Savvy and Lexi will talk with Micki about her lifelong dream of being a writer, being a journalist and teacher, and more. The podcast will go live on September 22.



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YES! I'd like to become a Friend and support the wonderful programs sponsored by the Friends each year.

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Asheboro, NC 27204**

Memberships are tax deductible

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| <input type="checkbox"/> Family..... | \$30 | <input type="checkbox"/> Benefactor..... | \$250 |
| | | <input type="checkbox"/> Lifetime..... | \$500 |

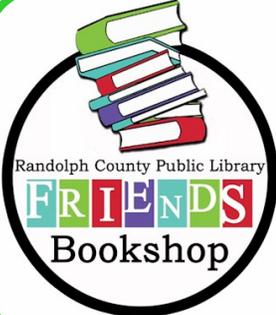
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By: Celeste Brady Burgess

In Memory of: Nancy "Gran" Stanley Craven
By: Bobby & Denise Lowe-Burgess

In Memory of: Judy Deaton Hart
By: Bobby & Denise Lowe-Burgess

In Memory of: Charles Lednum
By: Ramseur Area Civitan Club

In Memory of: Ronald "Ronnie" Kidd
By: Bobby & Denise Lowe-Burgess

In Memory of: Margaret Jester White
By: Toni Marley
Round Dozen Book Club

In Honor of: Elizabeth Hudson
By: Reviewers Book Club

To the Friends of the Library

In Honor of: John T. Davis
By: Tricia M. Davis

Sunset Series returns with 'Cash on Cash'

♣ Mark your calendars!

The Friends of the Library Sunset Signature Series will return at 7:30 p.m. Saturday, October 22, with "Cash on Cash." The show features singer-songwriters Robert Burke Warren and Casey Noel in a deep dive into the words and music of Johnny Cash.

Look for more details in next month's newsletter, and expect more series events in the spring.

Liberty initiative feeds hungry kids

♣ **Crock pots and snack sacks helped reduce childhood hunger in the Liberty area this summer thanks to a \$22,000 “No School Break Without Food” grant to the Liberty library from the Save the Children Foundation.**

“Because Liberty Elementary was not going to have summer meal options and the school bus meal delivery was not happening as it did during the pandemic, we were concerned about what our local families were going to do for meals for their children who are out of school,” says Brenda Heindl, library manager.

The grant established two food programs. One provided families who have school-aged children with a crock pot and five pre-packaged meals each week for twelve weeks to make in the crock pot. The meals included non-perishable items and a recipe.

The other provided ingredients for “Snack Sacks” assembled by volunteers and intended as a lunch meal replacement, but not requiring heat or refrigeration.

Crock pot meals

Heindl, with her family as taste testers, and several library colleagues outside North Carolina, developed the crock pot meals. So far they have created 15 recipes, all with items costing no more than a total of \$5.

Each recipe feeds 4-6 people.

“From offsetting the rising cost of food, to helping feed older children while parents are away at work, to ensuring parents who work third-shift jobs that their diabetic children will have a meal while they are away, this program has been eye opening and educational for the staff at the Liberty Public Library,” Heindl says.

It also has helped connect families with other needs to the library’s Community Navigators.

Snack Sacks

The library has provided small, free snack packs in collaboration with the Liberty Association of Churches since summer 2021, but this year, the need seemed greater, so the more meal-like Snack Sacks became part of the No School Break Without Food initiative, Heindl says.

Creation of the Snack Sacks also has had impacts on the library beyond providing simple meals. “A mother recently told us that their kids request to come to the library more



Liberty library volunteers prepare “Snack Sacks” for area children facing food insecurity over the summer.

than once each week because they enjoy having a snack and then having a space to play with the train table or LEGOs, or interact with other children who are at the library,” Heindl says.

The project also has enabled librarians to talk with youthful volunteers who are helping assemble the packets about food insecurity in the community.

Both programs have brought in new foot traffic to the library and brought back patrons who had not visited the library for a number of years, Heindl says.

Continuing to meet the need

Heindl and her staff already are working on alternatives as the No School Break Without Food program comes to an end. “We want to figure out a way to continue the program because of the immense need that we now definitely know is here,” she says.

The library budget already includes funds to place a “Little Free Pantry” or cabinet of free food items outside the library.

Plans also are being developed to continue packaging quick crock pot meals for families to pick up, and to share recipes with the community at large, as library patrons not participating in the program have expressed interest in trying out the meals.

Technology classes to focus on basics, email

♣ Asheboro library technology classes coming up will cover computer basics and email.

Become more tech savvy in “Computer Basics for Adults,” offered at 2:30 p.m. Tuesday, September 13, and repeated at 10:30 a.m. Monday, September 19. The popular class is designed for those who are new to computers or who feel they need to have more instruction.

Participants will leave feeling confident on navigating the desktop; opening, closing and switching between

windows; understanding operating systems; and storing information in various ways to keep it safe.

In “Understanding the Power of Email,” offered at 10:30 a.m. Thursday, September 8 and repeated at 3 p.m. Wednesday, September 21, learn how this popular communications tool works. Make an email account and learn about email account providers, composing and replying to emails, sending attachments, and dealing with spam in your inbox.

All the classes are free and the public is invited; call 336-318-6803 for more information.

Three libraries launch book discussion groups

...and more activities at libraries around the county

♣ New book clubs are coming to the Ramseur, Randleman and Seagrove libraries.

Randleman will kick off monthly “Book Club Fridays” in September with clubs for teens and adults.

For adults age 19 and up, it’s “Randleman Readers Recommend...” at 3:30 p.m. September 9. Teens in grades 6-8 can join the “Book Look Club,” 3:30 p.m. September 16; and for teens in grades 9-12 it’s the “BookTok Club,” 3:30 p.m. September 23. There’s no assigned title for any of the clubs; just bring a book to share.

Anyone interested in a book club for adults at the **Ramseur** library can come to an organizational meeting at 1 p.m. Tuesday, September 6, at the library.

Seagrove will host “The Un-Book Club” at 6:30 p.m. on the last Thursday of each month beginning September 29, for people who hate being told what to read. Bring a favorite book or two to share.

Snakes and Apples

Learn all about snakes and apples in school-age children’s activities at Franklinville and Seagrove.

In **Snakes with 4-H**, identify snake friends and frenemies with Randolph County 4-H. Seagrove, 4 p.m. Tuesday September 13; Franklinville, 4 p.m. Tuesday, September 20.

In **Apples, Apples, Apples**, find out about the different varieties of apples, try them out and see if you can spot the difference. Franklinville, 4 p.m. Tuesday, September 6; Seagrove, 4 p.m. Tuesday, September 27.

Genealogy in Asheboro and Liberty

You’ve taken the Ancestry DNA test — now what?

Find out in **Ancestry DNA Tools and Tips** at 6:30 p.m. Thursday, September 15, at the Asheboro library. Randolph Room genealogist Kendra Lyons will discuss how to navigate Ancestry DNA Tools for genealogical research.

Whether you’re a beginning genealogist, or an experienced researcher who may be stumped, join the **First Friday Genealogy Meet-Up**, 2 p.m. Friday, September 2, at the Liberty library. Learn about library resources and meet library staff that can help you discover your family history.

Junk Journals

Adults and teens in Franklinville and Seagrove can turn ephemera such as brochures, wrappers, ticket stubs and more into artful “Junk Journals” with paper crafter Vicky Bunting. Seagrove, 4 p.m. Thursday, September 15; Franklinville, 4 p.m. Monday, September 19.

There’s more...

This is just a sampling; check with your local library for more activities and events.

Teens to explore runes

♣ Etched in stone all over northern Europe, ancient carvings tell of ancient warriors, heroes and villains, and mark the burials of mighty kings.

They are runes. What do they mean? What do they teach us of the old ways and old days?

Learn the mysteries of their meanings in “Runes: An Ancient Art Form” at 4 p.m. Monday, September 12, in an Asheboro TeenZone event. Work your name in runes and learn to make your own Binrune symbols — with a dash of history thrown in by Dave Bare, Teen Services Librarian.