



AUGUST 2026

Randall by the River: A United Methodist Community

UPCOMING EVENTS

Aug 2: Kayaking and Paddle-boarding at 8 am; Lake Church Worship at 9:00 am

Aug 9: Kayaking and Paddle-boarding at 8 am; Lake Church Worship at 9:00 am

Aug 12: Community Events Meeting at 6 pm

Aug 16: Quarterly Men's Breakfast at Piney Point Clubhouse at 7 am; Kayaking and Paddle-boarding at 8 am; Lake Church Worship at 9:00 am; Youth Kick-Off Party from 2-5 pm at 25022 Strand Dr 25022 Strand Dr, Albemarle, NC 28001, USA

Aug 19: Faith Community Nurse Office Hours from 4-6 pm

Aug 23: Kayaking and Paddle-boarding at 8 am; Lake Church Worship at 9:00 am; Youth at Central from 5:30-7 pm

Aug 29: Cloth Pumpkin Bridge Event at 10 am in the Branch

Aug 30: Kayaking and Paddle-boarding at 8 am; Lake Church Worship at 9:00 am; Youth at Central from 5:30-7 pm

A WORD FROM THE PASTOR

August always seems to bring a season of transition. Summer isn't quite over, but school is beginning, calendars are filling up, and the rhythms of church life are picking back up again.

As we move into this new season, I'm reminded that God is present in every transition. We still have several wonderful weeks of Lake Church ahead of us, even as we begin looking forward to returning to the sanctuary this fall.

My prayer is that in the busyness of new schedules and routines, we will continue to make room for God and for one another. May we enter this season ready to worship, serve, grow, and share Christ's love with our community.

I'm grateful for all that God is doing among us and excited for what this new season will bring!

Grace and peace,

Pastor Hanna Barlow (980-356-2705)

CLOTH PUMPKIN BRIDGE EVENT

Get ready for fall with a fun and creative morning! On August 29 at 10:00 a.m. in the Branch, Carleen Hynes will be teaching us how to make beautiful cloth pumpkins—perfect for adding a little handmade charm to your fall decor. The cost is \$20 per person, and each participant will leave with three handmade cloth pumpkins plus the skills to make more at home!

Come enjoy a morning of creativity and fellowship. RSVP by calling or texting 980-356-2705.



QUARTERLY MEN'S BREAKFAST

All men are invited to join us for our quarterly men's gathering on Sunday, August 16 at 7:00 a.m. at Piney Point. We'll gather around the table for a good breakfast, conversation, and a chance to enjoy fellowship with one another. These quarterly gatherings are a great opportunity to connect, catch up, and strengthen relationships with other men in our church community. Whether you've joined us before or this will be your first time, we hope you'll come out and start your Sunday morning with us!

LAKE CHURCH CONTINUES THROUGH SEPTEMBER

We're soaking up a few more Sundays by the water! Lake Church will continue through Sunday, September 27, with our final outdoor service of the season. On Sunday, October 4, we'll return to the sanctuary for worship. We look forward to enjoying these last weeks at the lake together and then gathering back in our sanctuary this fall!



CONNECT YOUTH BACK-TO-SCHOOL KICK-OFF



It's time to kick off another great year of Connect Youth! All youth are invited to join us for a Back-to-School Party on Sunday, August 16 from 2:00-5:00 p.m. at the home of Dawn and Mike Melton, 25022 Strand Drive, Albemarle, NC 28001.

We'll celebrate the beginning of a new school year with an afternoon of food, fun, and fellowship! Youth are encouraged to come and bring a friend as we reconnect after the summer and get ready for another year together.

Regular Connect Youth gatherings will resume Sunday, August 23 from 5:30-7:00 p.m. at Central UMC. We're excited for another year of growing in faith, building friendships, and having fun together!

FAITH COMMUNITY NURSE OFFICE HOURS

Your Faith Community Nurse, Shirley LeHue, RN, will have Office hours at the church each month on the third Wednesday afternoon from 4-6 PM. Office hours will be held in the church office for client privacy. During this time, clients will be able to discuss with the nurse various topics such as a new diagnosis, discharge instruction review, new medications, potential side effects, interactions with herbal medications, how to organize your medications, community resources, etc. Please remember to bring your medications with you if you want to discuss medications. In addition, the nurse will be available to take your Blood Pressure as well. This is your time to set the agenda for the healthcare discussion. A well informed individual is better equipped to actively participate in the decision-making process with their healthcare team!!

Tips for Taking Medicines Safely as You Age

Medicines are intended to help us live longer and healthier lives, but taking medicines the wrong way or mixing certain drugs and supplements can be dangerous. Older adults often have multiple medical conditions and may take many medicines. The following tips can help you safely take and keep track of all your medicines.



Know What You're Taking



Mixing certain medicines can cause unpleasant and sometimes serious side effects. Make sure you know about all medicines and supplements you take, including:

- Prescription medications
- Over-the-counter (nonprescription) drugs
- Vitamins
- Dietary supplements
- Herbal remedies

Be sure your doctor and pharmacist are also aware of everything you take. Also tell your health care provider about alcohol, tobacco, and drug use. These substances can have harmful interactions with certain medications and may change the way your medicines work.

Ask Questions About Your Medicines



Ask your doctor or pharmacist any questions you have about your medications. Possible questions include:

- Why am I taking this medicine? How much medicine should I take and how often?
- When will the medicine start working? How will I know if it's working?
- What are common side effects of this medication? What should I do if I experience serious side effects?
- Is it safe to drive while taking this medicine?
- Should I take the medicine with food?
- What should I do if I forget to take my medicine?

Keep Track of Your Medicines



Make a list of all prescription medicines, over-the-counter drugs, vitamins, and dietary supplements you take. Keep one copy of the list in a safe place at home and one in your wallet or purse.

The list should include the:

- Name of each medicine or supplement
- Amount you take
- Time(s) you take it

For prescription medicines, also include the:

- Name of the doctor who prescribed it
- Reason it was prescribed

Follow Instructions



When you have a prescription filled, read everything on the prescription label and any paper handouts that come with the medicine. Follow the instructions carefully. Here are some dos and don'ts for taking your medicines the right way:

- ✓ **DO take the right dose.** Don't take a larger dose of a medicine, thinking it will help you more, and don't skip or take half doses of a prescription drug to save money. Talk with your doctor or pharmacist if you can't afford the medicine.
- ✓ **DO take medicine on time.** Some people use meals or bedtime as reminders to take their medicine. You can also use charts, calendars, timers, or smartphone apps to help you remember when and how to take your medications each day.
- ✓ **DO report problems.** Call your doctor right away if you have any trouble with your medicines. There may be something else you can take.
- ✗ **DON'T stop taking your medicine abruptly.** If you have uncomfortable side effects, write them down so you can report them to your doctor or pharmacist accurately.
- ✗ **DON'T share medicines.** Do not take medicines prescribed for another person or give yours to someone else.
- ✗ **DON'T take medicines in the dark.** Turn on a light so you don't make a mistake.

Store and Dispose of Medicines Safely



- Keep your medicines out of the reach of children and pets. If you take any prescription pain medicines (for example, morphine or codeine), keep them in a locked cabinet or drawer.
- Check the expiration dates on your medication bottles and discard any unused or expired medicines as soon as possible. Timely disposal of medicines can reduce the risk of others taking them accidentally or misusing the medications on purpose.
- Ask your doctor or pharmacist how to safely discard expired or unneeded medications.

Do I Need To Take So Many Medications?



People age 65 and older tend to take more medicines than those in any other age group, often because they have several diseases or other health problems at the same time. Taking multiple medications can be expensive and difficult to track. It also can increase the risk of side effects and other unintended problems.

If you are concerned that you might be taking too many medications, or you can't afford all your medications, have a conversation with your health care provider about whether there are any you could safely reduce or stop. But don't stop taking your medicine before talking with your doctor.

To learn more about taking medicines safely as you age, visit www.nia.nih.gov/medication-safety.

National Institute on Aging Information Center

800-222-2225 | 800-222-4225 (TTY)

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