

# UNITED IS THE WAY TO A HEALTHY COMMUNITY



24% OF OUR  
FUNDING SUPPORTS  
HEALTH PROGRAMS



Below are a just few examples of the programs & initiatives  
that support a Healthy Community:

- **Fans for Seniors** provides comfort and peace of mind by supplying our Senior neighbors and disabled adults with fans to stay cool during hot summer months, through a partnership with Senior Resources of Guilford.
- **The Gift of Warmth** surrounds our community with warmth through providing heaters during cool winter months.
- **Providing hope through advocacy, education, and support, with programs offered at:**
  - The Community Clinic - providing quality and compassionate healthcare
  - The Arc of High Point - Education, Inclusion and Empowering independence
  - Mental Health Associates of the Triad - providing rehabilitation care for adults with mental illness, through Destiny House and outpatient care.
  - Piedmont Health Service and Sickie Cell Agency - educating patients on Sickie Cell Disease, genetic testing, resources, and care coordination.
  - YWCA - aquatic wellness through swim lessons, arthritis exercise classes, water safety and many other instructional classes. And, offering classes for the Teaching Kitchen - preparing healthy meals for all ages and dietary provisions



**UNITED WAY**  
Greater High Point



# UNITED IS THE WAY TO POSITIVE OUTCOMES



GET INVOLVED. GIVE BACK. TAKE ACTION.



## Care for the Caregiver

A client at Senior Resources of Guilford County, Gail, the sole caregiver for her father, John, who lives with dementia and health issues. After multiple hospital stays and a stint in rehab, John returned home under Gail's care. As a strong-willed and physically capable man, John requires constant supervision—leaving Gail emotionally and physically drained.

Thanks to a respite voucher, Gail was able to take a much-needed break. A simple dinner with a friend became a deeply restorative experience. “I didn’t have to rush home to make sure he was safe,” she shared. “For the first time in a long time, I had time to myself, and I’m extremely grateful for these moments.”

For caregivers like Gail, these moments of relief are not just helpful—they’re life-changing.

## YOUR IMPACT:

- \$1 per week provides six nutritious meals to one person delivered by the Meals on Wheels program.
- \$5 per week provides one individual six bereavement support group sessions led by grief counselors.
- \$20 per week provides 150 patients living with diabetes a glucometer to help monitor and manage their health.
- \$25 provides one fan or one heater to a Senior or family.



United Way of Greater High Point funds 59 programs within our 25 local partner agencies supporting the communities of High Point, Archdale, Trinity and Jamestown.



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