



Have Fun in the Sun — Safely

There's no shortage of fun things to do in the summer. But whether you're at the beach or in your backyard, it's important to be careful in the hot summer sun. Here are a few reminders to help you stay safe.

[See the Sun Safety Tips](#)



The Importance of Your Annual Check-up

As we reach the halfway point of the year, it's a great time to find joy in the journey you're on and check in on your health. If you haven't already, scheduling your annual check-up is an important step.

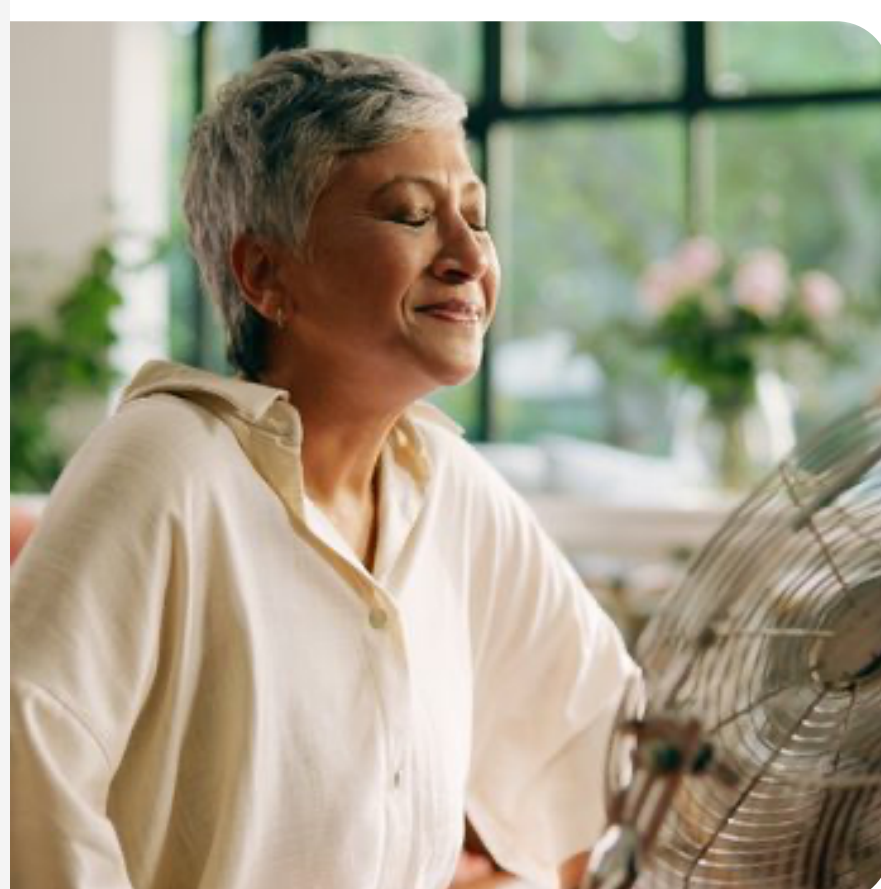
[Learn why check-ups are so important →](#)



Simple Persian Salad

Looking for a way to use all those juicy tomatoes growing in your garden this summer? Try this flavorful Simple Persian Salad from the American Heart Association.

[Get the healthy recipe →](#)



Free Fans in Randolph County

If you need help dealing with the heat, Randolph Senior Adult Centers are offering free fans as part of Duke Energy's Operation Fan Heat Relief program. Fans are available at four Randolph County locations, listed in the flyer below. (Call to make sure fans are still available before you head out in the heat!)

[Read the free fan flyer →](#)



Transportation Resources

If you're looking for transportation or other support to help you live independently and safely, check out this provider directory from the North Carolina Division of Aging and Adult Services. Just call the number for your county and ask about transportation options or other services for older adults.

[Go to the directory →](#)

Ms. Senior Forsyth County Pageant

Mark your calendars for **August 8** as we celebrate the beauty, talent, accomplishments, and inspiring lives of the women competing for the title of 2026 Ms. Senior Forsyth County. We are proud to sponsor this special event showcasing the grace, wisdom, and vibrant spirit of senior women.

The pageant will be held at First Pentecostal Holiness Church in Winston-Salem (998 Hutton Street). Join us at 2 p.m. to cheer on these incredible women!

Visit our [Community Connections](#) page for details on more events. To see photos from recent events and connect with us, [follow us on Instagram!](#)



Need Assistance?

Contact your Healthcare Concierge today!

 **Phone:** 888-965-1965 (TTY 711)

 **Email:** conciiergehta@htanc.com

 **Meet in person:** [Schedule an appointment](#)

8am-8pm | **April 1-September 30, Monday-Friday**
October 1-March 31, 7 Days a Week

Stay Connected!

Follow us on Facebook, Instagram, LinkedIn, and YouTube to keep up with what we're doing in our community!