



Richmond County Aging Services Newsletter

225 South Lawrence Street
Rockingham, NC 28379

Phone: 910-997-4491
Fax: 910-410-1136

Email: jacqueline.welch@richmondnc.com

July 2017

www.richmondnc.com

Water Aerobics

The East Rockingham Senior Center is offering water aerobics again this year.

The cost is \$15.00 per person and it pays for the entire season.

For more information or to sign up call Donna Luther at 997-8332 or stop by the East Rockingham Senior Center.

Class size is limited, so don't delay!

Mondays and Thursdays

5:00 pm - 6:00pm

+ Lifeguard on duty **+**



" Human progress is neither automatic nor inevitable. Every step toward the goal of justice requires sacrifice, suffering and struggle; the tireless exertions and passionate concern of the dedicated individuals."

Martin Luther King, Jr.

Upcoming Closings

- All Senior Centers and Meal sites Closed Tuesday, July 4, 2017
- Ellerbe Senior Center and Meal Site Closed Tuesday, July 11, 2017
- Hamlet Meal Site Closed Wednesday, July 12, 2017

Call or stop by today to Register!

Hamlet Senior Center
910-582-7985

East Rockingham Center
910-997-8332

Ellerbe Senior Center
910-652-6006

Aging Services
910-997-4491

SCOOPS
OF
Excitement
AND
SPRINKLES
OF
fun
AWAIT YOU!

Where: Hamlet Senior Center
102 Veteran Drive
Hamlet, NC 28345

When: Thursday, July 27, 2017
At 2:00pm

Cost: FREE to seniors 55+
* Must RSVP by July 21st *

Join us For A
Getting to Know You
ICE
CREAM
SOCIAL

Take a break from the sun and enjoy some fun, all while learning some very important Summer Safety Tips & the importance of staying hydrated in the summer heat.

House Work

All of the answers in this quiz contain the word HOUSE.

1. Dwellings for people who shouldn't throw stones.
2. 1600 Pennsylvania Avenue.
3. Where ferns and philodendrons flourish.
4. Classic PBS nonfiction series.
5. Property made famous by Nathaniel Hawthorne.
6. Tip O'Neill and Newt Gingrich have both held this job.
7. Series of books by Laura Ingalls Wilder.
8. Where no husband likes to be.
9. Where beatniks often gathered in the 1950s.
10. An organization or a plant that is very weak and can easily be destroyed.
11. An highly valued cut of beef.
12. Virginia Woolf's classic novel, To the _____.

Answers on page 4

Learn How To Recycle Plastic Grocery Bags Into Sleeping Mats for The Homeless

FREE CLASSES ARE NOW BEING HELD!

Join Aging Services as we work together to help the homeless and the environment with this fun and creative project.

- Learn how to fold, cut and loop the plastic bag strips into "plarn" or plastic yarn

- Learn the simple technique of crocheting the plarn with either a hook or your fingers.

Weekly Classes:

East Rockingham

Senior Center-

Mondays At 1:00pm 997-8332

Ellerbe Senior Center- Call Judy For
More Details 652-6006

Save your Plastic Grocery Bags! Give them to your senior center director.

A Very Special Thank You!

To Richmond County Staff for raising \$ 928.00 to help us purchase fans for older adults in need.

&

To the Richmond County Sheriff's Department, Community Home Care and Hospice, Sterling Welch, Dee Dee Briggs, Sandy with Humana, James Parker with NC Works Career Center and Larry Evans for helping us at our Veteran's Breakfast Program in Ellerbe on 6/22/17.



Ronald McDonald House

The mission of RMHC is to create, find and support programs that directly improve the health and well-being of children and their families.

Pop Tab Collections

Collect your beverage tabs and help support the house that love built—a temporary “home away from home” for families of seriously ill or injured children being treated at nearby hospitals.

Donation sites:

East Rockingham, Ellerbe and Rockingham Senior Centers. Call 910-997-4491 for more information.

Mission Statement

Richmond County Aging Services is an organization that provides a focal point for aging resources as well as opportunities to extend independent living and enrich the quality of life for Richmond County older adults.



Happy 4th of July

Mark your Calendars

Autumn Antics Social

Thursday, October 26, 2017

East Rockingham Senior Center



2:00pm - 4:00pm



Upcoming Field Trips

<u>Senior Center</u>	<u>Trip Location</u>	<u>Date</u>	<u>Time Leaving</u>	<u>Cost</u>
East Rockingham	Moore County Hair Day	No trip for July	8:00am	Free
Ellerbe	Moore County Hair Day	Tuesday, July 11 th	8:00am	Free
East Rockingham	Ocean Isle Beach Shopping Trip	Tuesday, July 25 th	8:00am	\$5.00



NC DEPARTMENT OF
INSURANCE

Seniors' Health Insurance
Information Program

**Call Terry Rush at
your local office at
910-410-1135**

**SHIP Hotline at
1-855-408-1212**

www.shiip.com

**SERVICES OFFERED AT RICHMOND COUNTY
AGING SERVICES**

Realizing the importance of social interaction and physical activity to the vitality of all people, Richmond County Aging Services places special emphasis on this and can provide information and assistance. Call 910-997-4491 for more information. Some of the social and recreational activities hosted by the Center(s) include:

Health Screenings	Medicaid Benefits
Fitness and Health Promotions	Medicare Parts A & B
Insurance Counseling	Medicare Part D
Tax Preparation Counseling	Social Security Benefits
Legal Services	Job Training
General Transportation	Job Placement
Medical Transportation	Congregate Meals
Support Groups or Classes for Caregivers	Home Delivered Meals
Housing Assistance	Adult Day Care/ Day Health
Reverse Mortgage Counseling	Mental Health
Home Repair/ Modification	Disaster Preparedness, Planning or Response
Home Health Services	Durable Medical Equipment/ Assistive Devices
In Home Aide Services	Hospice Care
Long Term Care Facilities	Rehabilitation Services
Report Suspected Abuse, Neglect or Exploitation	Respite
Senior Games	Telephone Reassurance
Energy Assistance	Food Distribution

House Work

Answers (from page 2):

1. Glass Houses
2. White House
3. Greenhouse/Hothouse
4. This Old House
5. House of the Seven Gables
6. Speaker of the House
7. Little House on the Prairie
8. In the doghouse
9. Coffee House
10. House of cards
11. Porterhouse
12. Lighthouse

Richmond County Aging Services **Senior Veteran's Event**

Mark your Calendars

Date: Thursday, September 28, 2017
Location: The Cole Auditorium in Hamlet, NC
Time: 11:00 am - 1:00 pm

Call 910-997-4491 to register and for more details. Must be at least 55 years old.



**Did
you
know
?**

Our newsletter, monthly activity calendars, and meal site menus are available on-line at:

<http://www.richmondnc.com/245/Aging-Services>