



# 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](mailto:jacqueline.welch@richmondnc.com)

## August 2017

[www.richmondnc.com](http://www.richmondnc.com)



## TELL ME SOMETHING GOOD

Tell me something good focuses on the positive things that happen to you, your family or friends.

Share with your peers some of the great things that you have witnessed in your community.

Check your senior center's calendars to check for dates and times.



**SHIIP**  
NC DEPARTMENT OF  
**INSURANCE**

Seniors' Health Insurance  
Information Program

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

SHIIP Hotline at  
1-855-408-1212

[www.shiip.com](http://www.shiip.com)

## Upcoming Closings

- East Rockingham Senior Center and Meal Site Closed Tuesday, August 8<sup>th</sup>, - Senior Center will re-open at 3:00pm
- Ellerbe Senior Center and Meal Site Closed (Tuesday, August 8<sup>th</sup> - Senior Center will re-open from 1:00pm – 3:00pm), Wednesday, August 23<sup>rd</sup> and Wednesday, August 30<sup>th</sup>, 2017
- Hamlet Meal Site Closed Tuesday, August 8<sup>th</sup>, Wednesday, August 9<sup>th</sup> and Monday, August 21<sup>st</sup>.

# Upcoming Field Trips

<u>Senior Center</u>	<u>Trip Location</u>	<u>Date</u>	<u>Time Leaving</u>	<u>Cost</u>
East Rockingham	Campbell Soup Maxton	Tuesday, August 15th	9:00am	\$3.00
Rockingham	Asheboro, NC	Wednesday, August 16 <sup>th</sup>	8:00am	\$3.00
East Rockingham	Moore County Hair Day	Tuesday, August 22nd	8:00am	Free
Ellerbe	Campbell Soup Maxton	Wednesday, August 23rd	9:00am	\$3.00
Ellerbe	Moore County Hair Day	Wednesday, August 30th	8:00am	Free

## Deaf and Hard of Hearing

The Division of Services for the Deaf and the Hard of Hearing works to ensure that all Deaf, Hard of Hearing, or Deaf-Blind North Carolinians have the ability to communicate their needs and to receive information easily and effectively in all aspects of their lives, especially their health and well-being.

### East Rockingham Senior Center

**Tuesday, September 19<sup>th</sup> 2017**

**10:00am – 12:00pm**

Join us to learn how you or your loved one could receive assistance.

Call Donna Luther with the East Rockingham Senior Center at 910-997-8332 for more information.

# SAVE THE DATE

## Nicknames

Can you identify the person, place, or thing by its nickname?

- Horseless Carriage**  
\_\_\_\_\_
- Chairman of the Board**  
\_\_\_\_\_
- The Big Apple**  
\_\_\_\_\_
- Jewish Penicillin**  
\_\_\_\_\_
- Broadway Joe**  
\_\_\_\_\_
- The Land of the Rising Sun**  
\_\_\_\_\_
- The Show-Me State**  
\_\_\_\_\_
- The Mile-High City**  
\_\_\_\_\_
- The Eternal City**  
\_\_\_\_\_
- Snake Eyes**  
\_\_\_\_\_
- Big Sky Country**  
\_\_\_\_\_

Answers on page 4

## 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.

Don't tell me the sky's the limit when there are footprints on the moon.

- Paul Brandt

Condiments add flavor to many foods. So do spices. Can you unscramble the following sets of letters and name a spice?

- |              |            |
|--------------|------------|
| 1. NAIES     | 6. GRINGE  |
| 2. WACARAY   | 7. CAME    |
| 3. CONIMONAN | 8. MUGNET  |
| 4. VOLEC     | 9. KARIPAP |
| 5. RUCRY     | 10. GASE   |

Answers on page 4



# MYSTERY PROGRAM

**Ellerbe Senior Center**

Thursday, August 17, 2017

12:15pm

**East Rockingham Senior Center**

Friday, August 18, 2017

12:30pm

*Join us if you dare*



## 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.



Like  
us on  
Facebook

Richmond County  
Aging Services



Pencils, paper, notebooks, folders, hand sanitizer and even Kleenex are just a few of the many items needed.

Drop off items at Wal-Mart Stuff the Bus Drop Site on Friday, August 18<sup>th</sup> Richmond County Aging Services is serving as a drop off location for your convenience. 225 South Lawrence Street, Rockingham.

Please call 997-4491 for more information.

**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

**Nicknames Answers**  
**(from page 2):**

1. Automobile
2. Frank Sinatra
3. New York City
4. Chicken soup
5. Joe Namath
6. Japan
7. Missouri
8. Denver
9. Rome
10. A pair of ones (dice roll)
11. Montana

**Spices Answers**  
**(from page 3):**

- |             |            |
|-------------|------------|
| 1. Anise    | 6. Ginger  |
| 2. Caraway  | 7. Mace    |
| 3. Cinnamon | 8. Nutmeg  |
| 4. Clove    | 9. Paprika |
| 5. Curry    | 10. Sage   |

**Did  
you  
know  
?**

Our newsletter, monthly activity calendars, and meal site menus are available on-line at:  
<http://www.richmondnc.com/245/Aging-Services>

# Sunshine Rice

A citrus taste, combined with almonds, celery, and onions – but no added salt – makes this side dish a new classic...

Try it with fish!

Prep time	5 minutes
Cooktime	10 minutes
Yields	4 servings
Service size	1/3 Cups rice

Nutritional Facts		Ingredients	
Calories	276	1 ½ Tbsp	Vegetable Oil
Total fat	6 g	1 ¼ Cup	Celery, with leaves, rinsed and finely chopped
Saturated fat	1 g	1 ½ Cup	Onion, finely chopped
Cholesterol	0 mg	1 Cup	Water
Sodium	52 mg	½ Tbsp	Lemon Juice
Total fiber	5 g	1 Dash	Hot Sauce
Protein	7 g	1 Cup	Instant white rice, uncooked
Carbohydrates	50 g	¼ Cup	Slivered Almonds
Potassium	406 mg		

## Directions

- Heat oil in a medium-sized saucepan. Add celery and onion, and sauté until tender (about 10 minutes)
- Add water, juices, and hot sauce. Bring to a boil over high heat.
- Stir in rice, and bring back to a boil. Cover and turn heat down to simmer until rice is tender and liquid is absorbed, about 5-10 minutes.
- Stir in almonds. Serve immediately.

Recipe Source: *Deliciously Healthy Dinners!*

According to Myplate guidelines ¼ of your plate should be whole grains. I like to use leftover chicken stock to make rice and other whole grains. This would be great served with fish and broccoli. Enjoy!

The Richmond County Cooperative Extension's goal is to provide the residents of the community with research-based knowledge. For more information on food safety, health, wellness, and nutrition please contact the Family and Consumer Sciences Agent, Janice Roberts, MS at 910-997-8255.