



# Richmond County Aging Services Newsletter

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

## 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.



## Upcoming Closings

- Rockingham Senior Center closed Monday, September 4<sup>th</sup>.
- East Rockingham Senior Center and Meal Site Closed Monday, September 4<sup>th</sup> and Thursday, September 7<sup>th</sup>.
- Ellerbe Senior Center and Meal Site Closed Monday, September 4<sup>th</sup>, Thursday, September 7<sup>th</sup>, Tuesday, September 19<sup>th</sup> and Wednesday September 20<sup>th</sup>.
- Hamlet Meal Site Closed Monday September 4<sup>th</sup>, Thursday September 7<sup>th</sup> and Wednesday, September 13<sup>th</sup>

# Upcoming Field Trips

<u>Senior Center</u>	<u>Trip Location</u>	<u>Date</u>	<u>Time Leaving</u>	<u>Cost</u>
Ellerbe	Moore County Hair Day	Tuesday, September 19th	8:00am	Free
Ellerbe and Rockingham	Mayberry Days, Mount Airy, NC	Wednesday, September 20th	8:00am	\$ 5.00
East Rockingham	Moore County Hair Day	Wednesday, September 27th	8:00am	Free

## Mangled Monograms

Unscramble the three letters in each clue below and you will have the initials of a President of the United States.

- |         |         |
|---------|---------|
| 1. DRF  | 9. JCW  |
| 2. EDD  | 10. STH |
| 3. MRN  | 11. BOH |
| 4. B JL | 12. WRR |
| 5. AQJ  | 13. HHC |
| 6. GSU  | 14. VBM |
| 7. WBG  | 15. FGR |
| 8. FJK  |         |

Answers on page 3



## Hamlet Senior Center's 1st Health Fair

### Thursday, September 7, 2017



**FREE Hotdogs**  
**Music**  
**Entertainment**  
**Games**



**Hamlet Senior Center**  
**102 Veterans Drive**  
**Hamlet, NC 28345**

**Free Screenings**  
**Blood Pressure**  
**Hearing**  
**Vision**  
**And much more**

### Vaccinations



**Flu**                      **Hepatitis**  
**Shingles**              **TDAP**  
**Pneumococcal**

**Please stop by and bring a current Insurance card to pre-register.**

Join us for our very 1st Health Fair where you are encouraged to **AGE OUT LOUD** by visiting a variety of vendors for information & resources available in the community. Receive free health screenings, giveaways, vaccinations and more. Fellowship with other citizens of Richmond County while enjoying a hotdog or playing a friendly game. Learn how to take control of your health today! This is an event you DON'T want to miss!

## Mangled Monograms

Answers from page 2:

1. FDR (Franklin Delano Roosevelt)
2. DDE (Dwight David Eisenhower)
3. RMN (Richard Milhous Nixon)
4. LBJ (Lyndon Baines Johnson)
5. JQA (John Quincy Adams)
6. USG (Ulysses S. Grant)
7. GWB (George W. Bush)
8. JFK (John Fitzgerald Kennedy)
9. WJC (William Jefferson Clinton)
10. HST (Harry S. Truman)
11. BHO (Barack Hussein Obama)
12. RWR (Ronald Wilson Reagan)
13. HCH (Herbert Clark Hoover)
14. MVB (Martin Van Buren)
15. GRF (Gerald R. Ford)



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Richmond County  
Aging Services  
@agingisgood

“ Things work out best for those  
who make the best of how things  
work out. ”

- John Wooden



## 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.

“ Our greatest glory is not in  
never falling, but in rising every  
time we fall. ”

- Confucius

## 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.

**Great Information, please join us!**

**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



**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)**

**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.



**Did  
you  
know  
?**

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

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

# Fruit Chaat

This is an Indian-style sweet and savory snack that is super easy to prepare. You can vary the fruits to your liking and what's readily available.

Prep time	20 minutes
Total time	20 minutes
Serves	6
Serving size	¾ cup

## Nutritional Facts

Vegetables	¼ cup
Fruits	½ cup
Fat	0 grams
Cholesterol	0 mg
Sodium	211 mg
Fiber	3 grams
Protein	1 gram
Carbohydrates	20 g
Calories	104

Nutrition Information per Serving: Based on 2 limes, ½ tsp salt, ½ tsp red chili powder, ¼ tsp black pepper

## Ingredients

½ tsp	salt
½ tsp	red chili powder
¼ tsp	Black pepper
1-2	limes
2	medium bananas, peeled and slices
1	medium apple, chopped into small pieces
1	mango, peeled and cut into small pieces
1	cup halved red grapes
1	Medium sweet potato

Recipe Source:

MEDMEDS

## Directions

- Poke holes in the sweet potato and microwave for 5-8 minutes, rotating half way through. Allow to cool, peel and cut into small cubes.
- Combine banana, apple, mango, grapes, and sweet potato in a big mixing bowl.
- Squeeze juice from limes into mixture and toss.
- Mix in the salt, chili powder, and black pepper.

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.