



# 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)

October 2017

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



## Candlelight Reflections

*Public Candlelight Service on*  
**THURSDAY, NOVEMBER 2, 2017**  
**1:00 P.M.— 3:00 P.M.**

Join us for a community celebration that *honors* family and friends who provide support, love and care through life's most difficult times and raises awareness and *hope* for those living with Alzheimer's, and *remembers* loved ones that have now gone.

At The Cole Auditorium  
1042 West Hamlet Avenue  
Hamlet, NC 28345

To pre-register or for more information, please contact  
Hamlet Senior Center,  
Nikki Sewell, Director at  
(910) 582-7985  
or  
Richmond County Aging  
Services, Jacqueline Welch,  
Director at (910) 997-4491



Sponsored by the Lumber River Council of Government's Family Caregiver Program, Hamlet Senior Center, Ellerbe Senior Center, East Rockingham Senior Center and Richmond County Aging Services. Special thanks to CommunityHome Care & Hospice, Richmond Pines, Pee Dee Baptist Association and Richmond Community College

### Upcoming Closings

- Ellerbe Senior Center and Meal Site Closed Wednesday Oct. 4<sup>th</sup> Thursday Oct. 12<sup>th</sup>, Tuesday Oct. 17<sup>th</sup> and Tuesday, Oct. 24<sup>th</sup>.
- Hamlet Meal Site Closed Wednesday, Oct. 11<sup>th</sup>

# Upcoming Field Trips

<u>Senior Center</u>	<u>Trip Location</u>	<u>Date</u>	<u>Time Leaving</u>	<u>Cost</u>
East Rockingham	Robeson County Fair	Wednesday, October 4th	12:00pm	\$5.00
East Rockingham and Ellerbe	Mountain Trip	Thursday, October 12th	7:30 am	\$5.00
East Rockingham	Moore County Hair Day	Tuesday, October 17th	8:00am	Free
Ellerbe	Robeson County Fair	Wednesday, October 4th	10:00am	\$5.00
Ellerbe	Campbell Soup Trip	Tuesday, October 17th	9:00am	\$5.00
Ellerbe	Moore County Hair Day	Tuesday, October 24th	8:00am	Free
Rockingham	Winston Salem	Tuesday, November 14th	8:00am	\$5.00

## Vivienne's Vowels

Vivienne is an odd one.

She has an aversion to the letters A,E,I,O and U.

Can you fix her list of animals (of any type) by putting back the missing vowels?

1. BBN \_\_\_\_\_
2. MSQT \_\_\_\_\_
3. STRCH \_\_\_\_\_
4. BLD GL \_\_\_\_\_
5. JGR \_\_\_\_\_
6. RCCN \_\_\_\_\_
7. RMDLL \_\_\_\_\_
8. CCKT \_\_\_\_\_
9. GN PG \_\_\_\_\_
10. B \_\_\_\_\_
11. CYT \_\_\_\_\_
12. YSTR \_\_\_\_\_

## Autumn

As autumn leaves  
fall all around,  
They make a blanket  
on the ground.  
When winter winds  
begin to blow,  
The roots are safe  
from the freezing snow.



## Vivienne's Vowels

### Answers:

1. Baboon
2. Mosquito
3. Ostrich
4. Bald eagle
5. Jaguar
6. Raccoon
7. Armadillo
8. Cockatoo
9. Guinea pig
10. Bee
11. Coyote
12. Oyster

## Mark your Calendars

Autumn Antics Social

Thursday, October 26, 2017

East Rockingham Senior Center



2:00pm - 4:00pm



Like  
us on  
Facebook

Richmond County  
Aging Services  
@agingisgood

## 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.



“Try to be a  
rainbow  
in  
someone's  
cloud.”  
-May Angelou



## Meals on Wheels Volunteers Needed



You can Help  
make a  
difference!  
Call  
Richmond  
County Aging  
Services  
today.

910-997-4491

Aging Services is looking for devoted volunteers to deliver meals to the homebound elderly in your community.

It takes less  
than 2 hours,

Help those who can't  
help themselves!

**It's More Than Just A Meal.**

**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

**Medicare costs hard to swallow?**

**SHIIP can help find the best Medicare Prescription Drug Plan for you!**



It's time to evaluate your plan and see what's new for 2018. SHIIP, a division of the NC Department of Insurance, offers free, unbiased information about Medicare and can assist with enrollment and subsidy applications that could save you money.

**Medicare Annual Open Enrollment Period**  
**October 15 – December 7**

Changes will be effective Jan. 1, 2018

Call to schedule an appointment with a trained SHIIP counselor today.



**SHIIP**

NC DEPARTMENT OF  
**INSURANCE**

Terry Rush  
 910-410-1135

“It is during our darkest moments that we must focus to see the light.”

-Aristotle

Did you know ?

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

# Apple-Glaze Stir Fry

Prep time	5 minutes
Total time	15 minutes
Serves	5
Serving size	1 cup

Nutritional Facts	
Cholesterol	0g
Sodium	210mg
Fiber	3g
Protein	2g
Carbohydrates	21g
Calories	140
Vitamin A	110%
Vitamin C	90%
Iron	4%

Ingredients	
4 cups	Mixed Vegetables
1	Apple, sliced thinly
½ cup	Unsweetened applesauce
½ cup	Water
1 tsp	Ginger (optional)
1 tsp	Cajun season or favorite seasoning blend)
2 Tb	Vinegar
1 Tb	Low-sodium soy sauce

#### Reheating Frozen Veggies and Sauce:

1. Add 1 cup of frozen vegetables and two cubes of sauce to a medium saucepan over medium heat.
2. Cook 5-10 minutes or until sauce has coated the vegetables and vegetables are hot.

This recipe is from the local foods programs at NC State.

#### Directions

- Place a skillet over high heat and add your vegetables. Cook of 5 minutes, stirring frequently.
- While vegetables are cooking, stir together the remaining ingredients in a bowl.
- Once vegetables are slightly browned, pour mixture over the vegetables and stir well. Reduce eat to medium-low and cook for another 5-10 minutes.
- Serve vegetables as a side dish or over rice.

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.