



Richmond County Aging Services Newsletter

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November 2017

www.richmondnc.com

Richmond County Aging Services **39th Annual Senior Christmas Party**

AT THE COLE AUDITORIUM IN HAMLET, N.C.

Wednesday, December 13, 2017

9:00am - 12:00pm or 2:00pm - 5:00pm

ENTERTAINMENT + DOOR PRIZES + BOOTHS + SNACKS



**Free Event
Must be at least
60 years old**



CALL 910-997-4491 FOR MORE INFORMATION

Tickets will be available at your local senior center
beginning Tuesday, November 14, 2017

FLU SHOTS

Must bring photo I.D. and Medicare Card or Insurance Card

East Rockingham Senior Center	Ellerbe Senior Center	Rockingham Senior Center
Thursday, Nov 11 th 9:00am-11:00am	Tuesday, Nov 14 th 10:00am-12:00pm	Monday, Nov 20 th 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>
Ellerbe	Salute To Veterans Event (RC Hospice Campus)	Friday, November 3 rd	10:00 am	Free
East Rockingham and Ellerbe	Fruit Cake Factory (Bear Creek)	Tuesday, November 7 th	7:30 am	\$5.00
Rockingham	Winston Salem (Shopping & Lunch)	Tuesday, November 14 th	8:00 am	\$5.00
East Rockingham	Moore County Hair Day	Tuesday, November 21 st	8:00 am	Free
Ellerbe	Moore County Hair Day	Tuesday, November 28 th	8:00 am	Free

Upcoming Closings

East Rockingham Senior Center	East Rockingham Meal Site	Ellerbe Senior Center/ Meal Site	Hamlet Meal Site	Rockingham Senior Center
Tues. Nov. 7 th	Tues. Nov. 7 th	Fri. Nov. 3 rd	Tues. Nov. 7 th	Fri. Nov. 10 th
Fri. Nov. 10 th	Fri. Nov. 10 th	Tues. Nov. 7 th	Wed. Nov. 8 th	Mon. Nov. 13 th 10am- 2pm
Mon. Nov. 13 th	Mon. Nov. 13 th	Fri. Nov. 10 th	Fri. Nov. 10 th	Thur. Nov. 16 th
Thur. Nov. 23 rd	Thur. Nov. 23 rd	Mon. Nov. 13 th	Mon. Nov. 13 th	Thur. Nov. 23 rd
Fri. Nov. 24 th	Fri. Nov. 24 th	Thur. Nov. 23 rd	Fri. Nov. 17 th	Fri. Nov 24 th
		Fri. Nov. 24 th	Thur. Nov. 23 rd	
		Tues. Nov. 28 th	Fri. Nov. 24 th	

Day Light Savings Time Ends



Don't forget to turn your clocks back one hour before going to bed on Saturday, November 4th. It's also time to change the batteries in your smoke detectors.

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.

Veterans Day Nov. 11th



“The quieter you become,
The more you can hear.”
- Ram Dass



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.

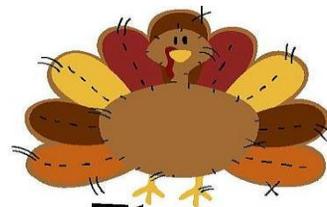
Terry Rush
910-410-1135





Like us on Facebook

**Richmond County
Aging Services
@agingisgood**



Happy Thanksgiving

**Did
you
know
?**

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

Cider-Roasted Vegetables

Prep time	15 minutes
Total time	1 Hour 15 Minutes
Serves	8

Nutritional Facts	
Calcium	77mg
Calories	228
Carbohydrate	38g
Cholesterol	0mg
Fat	7g
Fiber	7g
Iron	2mg
Protein	4mg
Sat fat	1g
Sodium	140mg

Ingredients	
1 ½	Pounds beets (1 bunch), peeled and cut into wedges
1 ½	Pounds parsnips, peeled and cut into 2-inch chunks
1 ½	Pounds baby carrots, peeled (or 1 ½ pounds carrots cut into 2-inch chunks)
4	Tablespoons brown sugar
4	Tablespoons olive oil
2	Tablespoons apple cider vinegar
1	Pound shiitake or cremini mushrooms, cleaned and stemmed

This recipe is from www.realsimple.com

Directions

Step 1 Heat oven to 450 F. Place vegetables in two small roasting pans.

Step 2 In a medium bowl., whisk together the brown sugar, oil, and vinegar. Pour over the vegetables and toss to coat well.

Step 3 Cook until tender, about 1 hour, stirring halfway. Add the mushrooms during the last 10 minutes, toss to coat well, and finish roasting. Season to taste with salt and freshly ground 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.