



Richmond County Aging Services Newsletter

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www.richmondnc.com

Richmond County Aging Services

New Hours of Operation



The Rockingham Senior Center
will have new operational hours effective
Tuesday, January 2, 2018.

MONDAY	7:30 AM - 5:30 PM
TUESDAY	7:30 AM - 5:30 PM
WEDNESDAY.....	7:30 AM - 5:30 PM
THURSDAY.....	7:30 AM - 5:30 PM
FRIDAY.....	8:00 AM - 5:00 PM

Call 910-997-4491 for more information.



**Christmas is
not so much
about
opening
presents, as
opening our
hearts!**

Janice Maeditere

Winter Weather Policy

There's beginning to be a nip in the air which means winter is quickly approaching. In the event Richmond County Government offices are closed due to inclement weather such as snow or ice, the Senior Centers and Meal Sites will be closed as well.

Check with local TV Channels 9 and 14.

Local AM Radio Stations WAYN 900, WKDX 1250, WLWL 770 and FM Radio Station WJSG 104.3 for weather related announcements.

Upcoming Closings

East Rockingham Senior Center	East Rockingham Meal Site	Ellerbe Senior Center/ Meal Site	Hamlet Meal Site	Rockingham Senior Center
Wed. Dec. 13 th	Wed. Dec 13 th	Wed. Dec. 13 th	Wed. Dec. 13 th	Tues. Dec. 12 th
Wed. Dec. 20 th	Wed. Dec. 20 th	Wed. Dec. 20 th	Wed. Dec. 20 th	Wed. Dec. 13 th
Thur. Dec. 21 st	Thur. Dec. 21 st	Thur. Dec. 21 st	Thur. Dec. 21 st	Mon. Dec. 25 th
Fri. Dec. 22 nd	Fri. Dec. 22 nd	Fri. Dec. 22 nd	Fri. Dec. 22 nd	Tues. Dec. 26 th
Mon. Dec. 25 th	Mon. Dec 25 th	Mon. Dec. 25 th	Mon. Dec 25 th	Wed. Dec. 27 th
Tues. Dec. 26 th	Tues. Dec. 26 th	Tues. Dec. 26 th	Tues. Dec 26 th	Mon. Jan. 2 nd
Wed. Dec. 27 th	Wed. Dec. 27 th	Wed. Dec. 27 th	Wed. Dec 27 th	
Thur. Dec. 28 th	Thur. Dec. 28 th	Thur. Dec. 28 th	Thur. Dec 28 th	
Fri. Dec. 29 th	Fri. Dec. 29 th	Fri. Dec. 29 th	Fri. Dec. 29 th	
Mon. Jan. 2 nd	Mon. Jan. 2 nd	Mon. Jan 2 nd	Mon. Jan. 2 nd	



Meals on Wheels Volunteers Needed

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!

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

910-997-4491

It's More Than Just A Meal.

*** No trips scheduled for December and January ***

Senior Christmas Party tickets for the evening party are still available.

You can pick yours up at the Rockingham Senior Center.

Call 910-997-4491 for more information.

Riddle Me This

1. Feed me and I'll grow quickly. Give me water and I will die.
What am I?
1. When Jack and Leah went to the seashore, they saw a boat filled with people. Yet there wasn't a single person on the boat. How is that possible?
2. Which word in the dictionary is always spelled incorrectly?
3. A policeman in New York City watched a taxi driver go down a one-way street the wrong way, pass a stop sign without stopping, and take a left in front of a no left turn sign, but he just let him go?
Why?

Answers on page 4



CANNED FOOD DRIVE

*Proceeds will benefit local
food banks.*

*"No one has ever become poor from
giving." Anne Frank*

Beginning Dec. 1st
Until Dec. 13th

Bring in unexpired canned goods or non-perishable food items to your local senior center or the day of the Senior Christmas Party at the Cole. Each item equals one entry into the drawing to win a

\$ 50 GIFT CARD TO WAL-MART

Call 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.



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Richmond County
Aging Services
@agingisgood

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

Answers from page 3

1. Fire
2. They weren't single. They were all married.
3. Incorrectly
4. The taxi driver was walking

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



Did you know ?

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

Chicken Cabbage Stir Fry

Prep time	10 minutes
Total time	20 Minutes
Serves	4

Nutritional Facts	
Calcium	2%
Calories	90%
Carbohydrate	4g
Cholesterol	40mg
Dietary Fiber	1g
Fat	2.5
Fiber	7g
Iron	2%
Protein	13g
Sat fat	1g
Sodium	140mg
Sugars	0g
Vitamin A	2%
Vitamin C	30%

Ingredients	
3	Chicken breast halves
1	Teaspoon Vegetable Oil
3	Cup Cabbage, Shredded
1	Tablespoon Cornstarch
½	Teaspoon Ground Ginger
¼	Teaspoon Garlic Powder
1	Tablespoon Soy Sauce
1	Red Bell Pepper

This recipe added by Leanne D.
www.justapinch.com

Directions

Heat the oil in a frying pan to medium-high heat. Cut chicken breast into strips and add to the pan, turning constantly until done. Add cabbage and other vegetables and sauté 2 minutes until cabbage is crisp-tender. In a separate bowl, mix cornstarch and seasonings; then add water and soy sauce, and mix until smooth. Stir sauce into chicken/cabbage mixture. Cook until sauce has thickened and chicken is coated, about 1 minute. Serve with a whole grain like brown 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.

Low Income Energy Assistance Program (LIEAP)

East Rockingham Senior Center	Ellerbe Senior Center	Hamlet Senior Center
Mon. Dec. 4 th	Tues. Dec. 5 th	Mon. Dec. 18 th
Wed. Dec. 6 th	Mon. Dec. 11 th	Tues. Dec. 19 th

East Rockingham

134 Safie 6th St.
Rockingham, NC 28379
910-997-8332

Hours: 9:00am-1:00pm

Ellerbe Senior Center

306 Millstone Road
Ellerbe, NC 28338
910-652-6006

Hours: 9:00am-1:00pm

Hamlet Senior Center

102 Veterans Drive
Hamlet, NC 28345
910-582-7985

Hours : 9:00am- 1:00pm

Applications taken daily between
9:00am – 1:00pm

at Richmond County DSS

125 Caroline Street, Rockingham NC 28379.

Call 910-997-8400 for more information.

Applications are being taken for persons who are /or disabled persons who are receiving services through the Division of Aging and Adult Services (DAAS) only December 1st through December 31st 2017. Any other households may apply January 2nd 2018 through January 31st 2018 (or till all funds are exhausted).

What you will need to apply:

- 1) Verification of earned and unearned income (check stub, benefit, award letter, bank statement)
- 2) Verification of any resources (savings account statement, stocks, bonds, IRAs)
- 3) Photo ID
- 4) Social Security cards of each household member
- 5) Your heating bill or account number