



# Richmond County Aging Services Newsletter

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## February 2018

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

Facebook: [@agingisgood](https://www.facebook.com/agingisgood)

Richmond County Aging Services & The Hamlet Senior Center



# Valentine's Social

WEDNESDAY, FEBRUARY 14, 2018

1:30 PM - 4:00 PM

The Cole Auditorium  
1042 W. Hamlet Avenue Hamlet, NC 28345

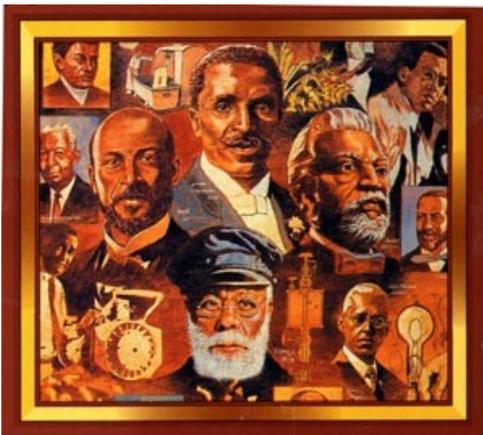
DANCING • SNACKS • GAMES • DOOR PRIZES

Must be at least 55 • Call 910-997-4491 to register by Friday, February 9th





## African American Inventors & Their Patent #



- **WILLIAMS B ABRAMS: Patent #450,550, 4/14/1891-** Developed the Hame Attachments Part for a draft horses' collar.
- **ELIJAH ABRON: Patent #7,037,567, 5/2/2006:** Created substrate sheets with a removable strip that helped to bind papers together.
- **CHRISTOPHER P. ADAMS: Patent #5,641,658, 6/24/1997-** He put together a method for performing amplification of nucleic acid with two primers bound to a single solid support.
- **JAME S. ADAMS: Patent #1,356,329, 10/19/1920:** Adams allowed for airplane propelling means. This created the opportunity for blades to rotate parallel to airflow, in order to lessen a possible drag, if an engine failure were to occur.
- **GEORGE EDWARD ALCORN: Patent #4,172,004, 10/23/1979-** Alcorn developed a method for forming dense dry etched multi-level metallurgy with non-overlapped vias.
- **Patent #4,201,800, 5/6/1980-** He also created a hardened photo resist master image mask process, etc.
- **Nathaniel Alexander** created the first folding chair for use in churches, school, and group gatherings.

Website Address: <https://www.thoughtco.com/african-american-inventors>

## Upcoming Trips

Senior Center	Trip Location	Date	Time Leaving	Cost
Rockingham	Southern Pines Chocolate Festival	Saturday, Feb. 10 <sup>th</sup>	8:30 am	\$5.00
East Rockingham	Moore County Hair Day	Tuesday, Feb. 20 <sup>th</sup>	8:00 am	Free
Ellerbe	Campbell Soup Trip	Tuesday, Feb. 20 <sup>th</sup>	9:00 am	\$5.00
Ellerbe	Moore County Hair Day	Wednesday, Feb. 28 <sup>th</sup>	8:30 am	Free

## Upcoming Events

Event Name	Event Location	Date	Time
Valentine Social	Cole Auditorium	Wednesday, February 14 <sup>th</sup>	1:30pm-4:00pm
Prom 80's Theme	Cole Auditorium	Friday, March 16 <sup>th</sup>	6:00pm-9:00pm
Veteran's Event	Cole Auditorium	Thursday, March 29 <sup>th</sup>	9:00am-11:00am

## Upcoming Closings

East Rockingham Senior Center	East Rockingham Meal Site	Ellerbe Senior Center/ Meal Site	Hamlet Meal Site	Rockingham Senior Center
Thursday, Feb. 8 <sup>th</sup> 9:00am-11:30am	Thursday, Feb. 8 <sup>th</sup>	Wednesday, Feb. 14 <sup>th</sup> 1:30pm-5:00pm Meal site open	Thursday, Feb. 8 <sup>th</sup>	Thursday, Feb. 8 <sup>th</sup> 8:30am-11:30am
Wednesday, Feb. 14 <sup>th</sup> 1:30pm-5:00pm		Tuesday, Feb. 20 <sup>th</sup>	Wednesday, Feb. 14 <sup>th</sup>	
		Wednesday, Feb. 28 <sup>th</sup>		2

# What Month Is It?

All of this quiz contain the name of a month of the year.

1. Charity founded by President Franklin Roosevelt to combat polio.
2. The capital of Alaska.
3. Top elected city or town official.
4. This Rochester, Minnesota, medical research center is one of America's top hospitals.
5. This 1956 comedy, starring Marlon Brando and Glenn Ford, satirizes the US occupation and Americanization of the island of Okinawa following the end of World War II.

Answers on page 4

## What is Real ID ?

The Real ID Act of 2005 requires two forms of verification of address, in addition to the normal requirements of documentation to verify date of birth and social security number, which will add a gold star in the top right corner of state identification. The gold star will signify that a state ID is in compliance with federal standards, thus removing the need to bring two forms of ID in order to pass through TSA checkpoints, access military bases, courthouses and nuclear plants.

### What you will need to apply:

- Certified Birth Certificate
- Social Security Card
- 2 proofs of physical address in your name
- If married or divorced:
- All of the above plus
- Your marriage or divorce decree

Cost is \$ 13.00

For more information check out:

<https://www.dmv.org/articles/the-real-id-act-are-you-ready-for-a-national-id>



**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. The March of Dimes**
- 2. Juneau**
- 3. Mayor**
- 4. The Mayo Clinic**
- 5. The Teahouse of the August Moon**

**DEEP Class**

(Diabetes Empowerment Education Program Information)

**Location Name:**

East Rockingham Senior Center

**Address:**

135 Safie 6<sup>th</sup> St. Rockingham, NC

**Class Dates (Tuesday):**

Feb 27<sup>th</sup> , March 6<sup>th</sup> , March 13<sup>th</sup> ,  
 March 20<sup>th</sup> , March 27<sup>th</sup> , April 3<sup>rd</sup>

Time: 2:00pm - 4:00pm

Call today to register!

East Rockingham Senior Center

910-997-8332

**Did you know?**

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

<http://www.richmondnc.com/245>

[/Aging-Services](#) or on our

Facebook page [@agingisgood](#)

# One Pan Lemon Thyme Chicken Asparagus

Cook time	40 mins.
Serves	6
Prep Time	10 mins.

Nutritional Facts	
Amount Per Serving	
Calories	321
Calories from Fat	153
<b>Total Fat</b>	17g
Saturated Fat	5g
Cholesterol	116 mg
Sodium	94 mg
<b>Potassium</b>	629 mg
<b>Total Carbohydrates</b>	3g
Dietary Fiber	0g
Sugars	0g
Protein	35 g
Vitamin A	2.1%
Vitamin C	14.9%
Calcium	5.2%
Iron	10.5%

Ingredients	
6	Bone in, Skin on or off Chicken thighs
	Pinch of salt, to season
	Cracked black pepper
2	Teaspoons dried Thyme
1	Tablespoons Olive Oil
6	Cloves Garlic, Crushed
Or 1 1/2	Tablespoons Minced Garlic
1/3	Cup Fresh Squeezed Lemon Juice
5	Fresh Thyme Springs
2-3	Bunches of Asparagus (24 Spears), Woody ends removed

<https://cafedelites.com>

## Instructions

1. Preheat your oven to 200 \*C / 400 F. Season chicken thighs with salt, pepper and dried thyme.
2. Heat large (34 cm or 13-14 inch) cast iron skillet (or heavy based oven-proof pan), over medium-high hear. When the skillet (or pan) is hot, add the oil. Sear the thighs, skin-side down, until skin is golden and crisp (about 4-5 minutes). Flip chicken and sear on the other side for a further 5 minutes.
3. Add the garlic to the centre of the pan, and cook while stirring, for one minute until fragrant. Pour in the lemon juice, and sprinkle over fresh thyme leaves from 2 sprigs. Place another 2 sprigs around the chicken.
4. Transfer skillet (or pan),to the oven and cook for 25-30 minutes, or until completely cooked through. Add the asparagus spears to the pan during the last 12 minutes of cook time.
5. Garnish wit lemon slices and leaves from the remaining sprig of thyme. Serve immediately.

Introducing



RICHMOND COUNTY AGING SERVICES

# Alive after 55

SUPPER CLUB

LET'S GET TOGETHER FOR SUPPER  
AND  
ENJOY A NIGHT OUT WITH OTHER  
SENIORS OVER 55 YEARS OLD.

## SMITHFIELD'S CHICKEN & BBQ

718 E US HWY 74,  
ROCKINGHAM, NC 28379

THURSDAY,  
FEBRUARY 15TH  
@ 6:00PM

**RSVP BY 2/14/18  
910-997-4491**

This program is open to any senior who is looking for social support, friendship and great food. We will meet once a month on the 3rd Thursday at 6:00pm at a designated restaurant in Richmond County.

**Reservations for Dinners will close 24 hours before actual event so the venue will know how many members to expect.  
RSVP's are a must, call 910-997-4491**

*PAY-YOUR-OWN-WAY-MEAL.*

*PLEASE REMEMBER TO TIP THE WAIT STAFF GENEROUSLY,  
A MINIMUM OF 15% - 20% SO WE WILL BE WELCOME AT THE NEXT EVENT.*



Anyone can catch your eye,  
but it takes someone special to catch your heart.

~ Author Unknown

### 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.



Like us on Facebook

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Aging Services  
@agingisgood

Richmond County Aging Services

WE'RE CURIOUS

**YOUR OPINION MATTERS**



Take a moment to tell us what programs, activities or field trips you would like to see offered at our senior centers.

Or just tell us

How We Are Doing!

Phone: 910-997-4491

Email:

agingservices@richmondnc.com