



Richmond County Aging Services Newsletter

225 South Lawrence Street
Rockingham, NC 28379

Phone: 910-997-4491
Fax: 910-410-1136

Email: agingservices@richmondnc.com

Webpage: www.richmondnc.com

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

April 2018

Aging Services welcomes three new smiling faces



Lee Anne Sago

Hello! My name is Lee Anne Sago and I am the new Social Worker with Aging Services. My office is located in the Aging Services Building on 225 Lawrence St. Rockingham. I will be at the Rockingham Center on Thursdays and I will also be traveling to Hamlet and Ellerbe Senior Centers. I am more than happy to try to help you any way I can. My office number is 997-8439. I look forward to meeting everyone!



Pam Hill

My name is Pam Hill and I am the new Senior Center Office Assistant. I will be working with the nutrition program and the senior centers. My office number is 910-997-4491.



Linda Lammonds

My name is Linda Lammonds I am the new East Rockingham Senior Center Meal Site Manager. My office number is 910-997-8225.

*Thank you to the East
Rockingham United Methodist
Church for providing breakfast
for our
March Veteran's Event.*

Upcoming Trips

Sitting is limited on trips

Senior Center	Trip Location	Date	Time Leaving	Cost
East Rockingham	Moore County Girls Day Out	Tuesday, April 10 th	8:00am	\$5.00
Ellerbe	Moore County Pamper Day	Wednesday, April 18 th	8:30am	\$5.00
Rockingham & East Rockingham	Concord Mills Shopping & Lunch	Wednesday, April 25 th	8:00am	\$5.00
All Centers	Fish Hatchery Fishing Trip	Thursday, April 26 th	9:00am	Free

Upcoming Events

Event Name	Event Location	Date	Time
Alzheimer's Workshop	Cole Auditorium	Thursday, April 12 th	9:00am-11:00am
Alive after 55	La Cabana Restaurant	Thursday, April 19 th	6:00pm
Arthritis Class	Ellerbe Senior Center	Mondays and Thursdays May 14 – July 12	1:00pm-2:00pm

Upcoming Closings

East Rockingham Senior Center	East Rockingham Meal Site	Ellerbe Senior Center/ Meal Site	Hamlet Meal Site	Rockingham Senior Center
Thursday, April 12 th 8:30am-11:30am	Thursday, April 12 th	Thursday, April 12 th	Wednesday, April 11 th	Thursday, April 12 th 8:30am-11:30am
Thursday, April 19 th	Thursday, April 19 th	Tuesday, April 17 th	Thursday, April 12 th	
Monday, April 30 th	Monday, April 30 th	Thursday, April 19 th	Thursday, April 19 th	
		Wednesday, April 25 th		
		Thursday, April 26 th		

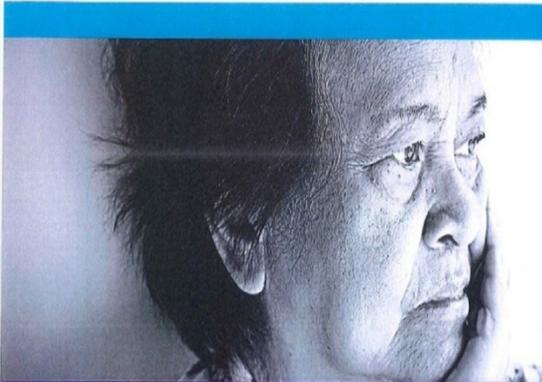
Military Intelligence

All of the answers in this game are words and phrases that include
Military rank.

1. Peter Pan's nemesis.
2. One of the "Big Three" automobile manufacturers in the United States.
3. Wording you might find on a "No Trespassing" sign.
4. This popular children's television program, conceived by and starring Bob Keeshan, debuted in 1955 and ended its running just shy of thirty years later.
5. Food company that includes brands such as Betty Crocker, Pillsbury, and many more.

alzheimer's association

understanding and responding
to dementia-related behavior



an education program by the alzheimer's association

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.



Cumberland Council of Governments



alz.org | alzheimer's association

Call 1-800-272-3900 to register

understanding and responding to dementia- related behavior

A FREE EDUCATION PROGRAM



Date: Thursday, April 12, 2018

Time: 9:00 a.m. - 11:00 a.m.

Location: RC Cole Auditorium

1042 W. Hamlet Avenue

Hamlet, NC 28345



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. Captain Hook
2. General Motors
3. Private Property
4. Captain Kangaroo
5. General Mills

Upcoming Arthritis Class

The arthritis exercise class is a group exercise and education program designed to help reduce pain and stiffness due to arthritis, helps to maintain or improve mobility, helps with muscle strength and functional abilities of everyday tasks.

Location Name:
 Ellerbe Senior Center

Address:
 306 Millstone Rd.
 Ellerbe, NC 28338

Class Dates :
 May 14, 2018 - July 12, 2018
 Mondays and Thursdays
 1:00pm-2:00pm

Free Program. Call today to register!
 Ellerbe Senior Center
 910-652-6006

Sponsored by :
 The Lumber River Council of
 Governments



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.

La Cabana Mexican Restaurant

220 W BROAD AV.
ROCKINGHAM, NC 28379

THURSDAY,
APRIL 19TH
@ 6:00PM

RSVP BY 4/18/18
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.*

Richmond County Aging Services

FISHING TRIP

THURSDAY, APRIL 26

9:00 AM - 1:00 PM

Located at

McKinney Lake State Fish Hatchery
220 McKinney Lake Road,
Hoffman, NC 28347

Free Event

Must be at least 55 years old
Call 910-997-4491 to register by
Thursday, April 19, 2018

Fishing poles and bait will be provided
or you can bring your own.

Sponsored by
Richmond County
Ducks Unlimited,
NC Wildlife Resources
Commission, Shorty's
Septic Tank Service and
Glenns Bait & Tackle



Walkie Talkies

If you find it difficult to get active, why not start walking?

Join us on Thursday mornings at 9:00am at the East Side Cemetery.

For more information call 997-4491.

Did you know?

Our newsletter, monthly activity calendars and meal site menus are available online at

www.richmondnc.com/245/aging-services and on our

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



Muffin Pan Vegetable Quiche

Serves	12
Serving Size	2 quiches

Nutritional Facts	
Amount Per Serving	
Calories	121
Total Fat	5g
Saturated Fat	2g
Cholesterol	160mg
Sodium	189mg
Potassium	162mg
Total Carbohydrates	4g
Dietary Fiber	1g
Sugars	3 g
Protein	14g

Ingredients	
5	eggs
3	egg whites
8 oz	mushrooms, sliced
1 cup	fresh spinach
1 cup	1%or skim milk
¼ cup	shredded cheese
¼ cup	sliced scallions(optional)

By Madi Johnson from the Eat Smart, Move More, Weigh Less Program

Directions:

1. Position a rack in the center of the oven; preheat to 325 degrees. Coat a nonstick muffin tin generously with cooking spray or line with foil baking cups.
2. Whisk eggs, egg whites, and milk in a medium bowl. Divide egg mixture evenly among the prepared muffin cups. Sprinkle the vegetables and cheese into each cup.
3. Bake until the tops are just beginning to brown, 25 minutes. Let cool for 5 minutes. Flip the quiches out of the pan and let cool completely.

Tip: Can use any preferred vegetable combination. Try red peppers, broccoli, or tomatoes.

Make several and freeze for breakfast all week! Play with vegetables and herbs to find your favorite combo.