



Newsletter

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August 2018

Richmond County Aging Services



We are having

SPIRIT NIGHT

at Captain D's

Eat at Captain D's in Rockingham and 10% of ALL inside sales will benefit senior programs and activities.

If you use the drive-thru, be sure to tell the cashier that you want to support Richmond County Aging Services.

**Prize Wheel-
\$1.00 to spin & everyone is a winner!**

THURSDAY, AUGUST 16, 2018
5:00PM - 8:00PM

1246 E. BROAD AVENUE
ROCKINGHAM, NC 28379



CALL RCAS AT
910-997-4491



FOR MORE INFORMATION.

Richmond County Dementia Capable Action Team



Save the Date

1st Annual Alzheimer's Walk Fundraiser

SATURDAY, OCTOBER 20, 2018
10:00AM - 12:00PM

The Cole Auditorium, Hamlet NC

Whether you are walking for friends, family, a person living with Alzheimer's, or to fight the nation's sixth-leading cause of death, we all have a reason to walk. Join our Have Fun Do Good end Alzheimer's Walk as we reclaim the future for millions.

Proceeds from the fundraiser will be distributed both locally and nationally. 80% of the proceeds will help purchase items and services for Alzheimer's patients and caregivers in Richmond County. 20% of the proceeds will be donated to the Alzheimer's Association to help further research and the expansion of services to those in need nationwide.

Register online at:

www.richmondnc.com/245/Aging-Services

For more information on joining us for this annual walk, please contact Jacqueline Welch, Executive Director of Richmond County Aging Services at 910-997-4491

Upcoming Trips

*Seating is limited on trips

Senior Center	Trip Location	Date	Time Leaving	Cost
East Rockingham	Maxton Campbell Soup*	Tuesday, August 21 st	9:30am	\$5.00
Ellerbe/East Rockingham	Moore County Hair Day/Pamper Day*	Tuesday, August 28 th	8:00am	Free

Upcoming Events

Event Name	Event Location	Date	Time
Alive after 55	Captain D's	Thursday, August 16 th	6:00pm
Fundraiser	Captain D's	Thursday, August 16 th	5:00pm- 8:00pm
Health & Wellness Fair	Hamlet Senior Center	Thursday, September 6 th	10:00am- 2:00pm
Alzheimer's Walk	Cole Auditorium	Saturday, October 20 th	10:00am- 12:00pm

Upcoming Closings

East Rockingham Senior Center	East Rockingham Meal Site	Ellerbe Senior Center/ Meal Site	Hamlet Meal Site	Rockingham Senior Center
Wednesday, August 22 nd 9:00am-1:00pm	Wednesday, August 22 nd	Wednesday, August 22 nd	Wednesday, August 8 th	Wednesday, August 22 nd 7:30am-1:00pm
			Tuesday, August 21 st	
			Wednesday, August 22 nd	



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.

Captain D's
1246 E. Broad Ave.
Rockingham, NC 28379

THURSDAY,
AUGUST 16TH
@ 6:00PM
RSVP BY 8/15/18
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.

Semordnilap

A semordnilap is a word that spells a different word forward and backward, such as faced and decaf.

1. Forward, it's a sheet of dried seaweed often used to wrap sushi; backward, it removes wrinkles.
2. Forward, it means twofold or double; backward, it's high praise.
3. Forward, it's a famous Middle East canal; backward, he's the Greek king of the gods.
4. Forward, it's an emotional state; backward, it's death, destruction, or some other terrible fate.
5. Forward, it's a sturdy fabric; backward, it means searched for and/or obtained coal, copper, etc.

Answers on page 4



"FINISHED FARM CHORES"

30" x 40" Oil on Canvas Painting.
Image shown above is the actual painting being raffled.
Artist: John Moore of Ellerbe, NC.

Richmond County Aging Services

Raffle!

Drawing will take place on
Thursday, September 27, 2018
at 3:00pm

TICKETS:

1 for \$1.00
6 for \$5.00

ALL PROCEEDS BENEFIT
EAST ROCKINGHAM &
ELLERBE SENIOR CENTER'S
ART PROGRAM.

For more information call 910-997-4491.

Thank you for your support!

SOCIAL/RECREATIONAL 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. Some of the social and recreational activities hosted by the Center(s) include:

- Health Screenings
- Fitness and health promotions
- Insurance counseling
- Tax preparation counseling
- Legal Services
- General Transportation
- Medical Transportation
- Support groups or classes for caregivers
- Housing assistance
- Reverse mortgage counseling
- Home repair/modification
- Home health services
- In-home aide services
- Medicaid benefits
- Medicare parts A /B
- Medicare part D
- Social Security benefits
- Job training
- Job placement
- Congregate meals
- Home-delivered meals
- Adult day-care/day health
- Mental health
- Disaster-preparedness, planning or response
- Durable medical equipment/assistive devices
- Hospice care
- Long-term care facilities
- Rehabilitation services
- Report suspected abuse, neglect or exploitation
- Respite
- Senior Games
- Telephone reassurance
- Energy assistance
- Food distribution

Call 910-997-4491 for more information.



10th Annual "Stuff the bus" event will be held Thursday, August 9th from 9:00am-2:00pm at the Rockingham Wal-Mart. All supplies collected will be distributed through the staff of Richmond County Schools. Any questions please 997-4491.

Answers from page 3

1. Nori / Iron
2. Dual / Laud
3. Suez / Zeus
4. Mood / Doom
5. Denim / Mined

Congratulations to Arallen Jones the raffle winner of the Duralast Lift Kit.

