

Richmond County Aging Services



# Newsletter

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## September 2018

RICHMOND COUNTY AGING SERVICES

## VETERAN'S LUNCH & LEARN

Sponsored by the AMVETS Chapter 316 Rockingham, NC 28379

THURSDAY, SEPT 27, 2018

11:00AM - 1:00PM

FREE EVENT



FREE EVENT

LOCATED AT

THE COLE AUDITORIUM

1042 West Hamlet Avenue, Hamlet, NC 28345

MUST BE 55 OR OLDER

REGISTER BY THURSDAY, SEPT 20TH

CALL 910-997-4491



Ellerbe Senior Center hosted their Annual Family and Friends Day on Friday, August 17. Hot Dogs, Chips and Desserts were served. Seniors and their Family and Friends enjoyed playing Rummikub, Volleyball, Bingo and various other games.

## Upcoming Trips

\*Seating is limited on trips

Senior Center	Trip Location	Date	Time Leaving	Cost
Ellerbe	Moore County Hair Day*	Wednesday, September 5 <sup>th</sup>	8:30am	Free
Rockingham	Winston Salem Shopping & Lunch*	Thursday, September 13 <sup>th</sup>	7:30am	\$5.00
East Rockingham	Moore County Girls Day Out*	Tuesday, September 25 <sup>th</sup>	8:00am	Free

## Upcoming Events

Event Name	Event Location	Date	Time
Health & Wellness Fair	Hamlet Senior Center	Thursday, September 6 <sup>th</sup>	10:00am-2:00pm
Walk with Ease Class	East Rockingham Senior Center	Mon, Tues, and Wed starting September 10 <sup>th</sup>	10:00am-11:00am
Alive after 55	The Taco Factory	Thursday, September 20 <sup>th</sup>	6:00pm
Veteran's Lunch	Cole Auditorium	Thursday, September 27 <sup>th</sup>	11:00am-1:00pm
Alzheimer's Walk	Cole Auditorium	Saturday, October 20 <sup>th</sup>	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
Monday, Sept. 3 <sup>rd</sup>	Monday, Sept. 3 <sup>rd</sup>	Monday, Sept. 3 <sup>rd</sup>	Monday, Sept. 3 <sup>rd</sup>	Monday, Sept. 3 <sup>rd</sup>
	Thursday, Sept. 6 <sup>th</sup>	Wednesday, Sept. 5 <sup>th</sup>	Thursday, Sept. 6 <sup>th</sup>	
		Thursday, Sept. 6 <sup>th</sup>	Wednesday, Sept. 12 <sup>th</sup>	
		Tuesday, Sept. 18 <sup>th</sup>		

In English, words such as Mr., Mrs., Ms., Dr., Uncle., Captain, etc., are called "honorific titles." Can you identify the honorific title for each character in this quiz?

1. A brand of cookies, especially chocolate chip.
2. Joe DiMaggio was the spokesman for this small appliance.
3. In the 1950s, he was know as Mr. Television and by this nickname.
4. He couldn't refrain from " squeezing the Charmin."
5. Jackie Coogan played this member of the Adams Family on TV.

Answers on page 4

## Richmond County Dementia Capable Action Team



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.

## Save the Date

### 1st Annual Alzheimer's Walk Fundraiser

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

The Cole Auditorium, Hamlet NC

Register online at:

[www.richmondnc.com/245/Aging-Services](http://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



#### "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.

# 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!



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.

**The Taco Factory**  
**405 W. Broad Ave.**  
**Rockingham, NC 28379**

THURSDAY,  
SEPTEMBER 20TH  
@ 6:00PM  
RSVP BY 9/19/18  
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.

## Answers from page 3

1. Mrs. Fields
2. Mr. Coffee
3. Uncle Milty (Milton Berle)
4. Mr. Whipple
5. Uncle Fester

## 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](mailto:agingservices@richmondnc.com)



## Hamlet Senior Center's 2<sup>nd</sup> Annual Health & Wellness Fair

### Services

- Screenings
- Hearing
- Vision
- Mammograms
- Glucose
- Blood Pressure

### Location

Hamlet Senior Center by City Lake  
**Thursday, September 6, 2018**  
**10am to 2pm**  
102 Veterans Drive  
Hamlet, NC 28345

**Immunizations & Mammograms require pre-registration & copy of insurance card.**

**Please call or stop by to register 582-7985**

## Dementia-friendly community...

As of 8/31/18

**188** Dementia Friends have been made at the following locations:

- > Richmond County Aging Services,
- > Community Home Care & Hospice,
- > R Co. Libraries,
- > Area of Richmond Transit,
- > R Co. DSS,
- > King's Gate Church Senior Group,
- > Affinity Living Group,
- > R Co. Administration: Finance, Planning, Tax, Water, Veterans.

Learn more on page 5.



**MONDAY**  
**Sept. 24**

**Our Heroes' Tree®**  
9 a.m. to 3:30 p.m.  
Cole Auditorium

# *A Community Tribute*

## SCHEDULE OF EVENTS

### 9:00 - 10:00 a.m.: Our Heroes' Tree® Program

Richmond Community College will be honoring veterans Sept. 24 with an

**Our Heroes' Tree®** program, a national initiative that bridges military and civilian communities by honoring the service and sacrifice of U.S. service members and their families. Our Heroes Tree® will display remembrance ornaments honoring the legacy of veterans Sept. 24 through Nov. 12.

### 11:30 a.m. - 1:00 p.m.: Lunch and Learn Seminar - "Entrepreneur Benefits for Veterans"

Sponsored by RichmondCC's Small Business Center, this presentation will target veterans considering starting their own business or those who already own a business.

The following organizations will have representatives providing information:

North Carolina Military Business Center, Veterans Business Outreach Center, Carolina Small Business Development Fund, and the SBA.

### 1:30 to 3:00 p.m.: "Death, Dying and Grief with a Focus on Honoring Veterans on Their End-of-Life Journeys"

Presenters Marlene M. Lee and Keith J. Midberry will discuss perspectives on death, dying and grief in response to common myths and questions, and explore why and how the unique aspects of veterans may relate to the end-of-life journey. Topics include grief timespan, communication, patriotic symbolism, hospice, suicide and more.



Scan to Register



Scan to Register

## Richmond County's Dementia Capable Action Team

### A dementia-friendly community...

- raises awareness of and develops respect and inclusion for people with dementia;
- has services and resources embedded in all areas of the community to ensure meaningful access to community and promote quality of life;
- supports and educates people with dementia, their care partners and families from diagnosis through disease progression; and
- promotes meaningful engagement in community life.

**Want to learn how you or a local business can become Dementia Friendly?**

**Call Jacqueline Welch at 910-997-4491**

**ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC.**  
CONTACT SHERI DUNN-RAMSAY AT (910) 410-1907 OR [srdunn-ramsay@richmondcc.edu](mailto:srdunn-ramsay@richmondcc.edu).

[www.richmondcc.edu/heroestree](http://www.richmondcc.edu/heroestree)