



# Newsletter

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## June 2020

### Important Announcement

Richmond County Aging Services is CLOSED to all participants. This includes the East Rockingham, Rockingham and Ellerbe Senior Centers and the East Rockingham, Ellerbe and Hamlet Meal Sites. Services such as In Home Aide, Home Delivered Meals, Adult DSS Assistance Program and SHIIP Counseling are still operating with some modifications. If you have a question about a particular service please give us a call at (910) 997-4491. Staff is responding to calls and requests to meet basic needs. Re-opening will be announced via website, Facebook, email and voice calls.

COVID-19  
SENIOR CENTER  
**SAFETY SURVEY**  
JUNE 2020

EAST ROCKINGHAM  
ELLERBE  
HAMLET  
ROCKINGHAM

We miss seeing all of you at our senior centers. In light of COVID-19, we are in the process of gathering recommendations, state guidelines and operating procedures for the re-opening of our senior centers. We also would like to hear from you too. Tell us your thoughts and concerns about coming back to the senior centers by completing our 7 question safety survey. For a chance to win a gift card, give us your contact information. Deadline to complete is June 30, 2020. Pick up survey at your local senior center.

**Are you curious about how many people in your town and surrounding counties are responding to the 2020 Census? Come on, let's get Richmond County's numbers up!**

**Complete your CENSUS and encourage others to complete their CENSUS!!!**

**As of May 24, 2020**

**National Self-Response- 60.1%**

**NC Self-Response- 56.4%**

Bladen County- 41.8%

Bladenboro - 40.2%

Clarkton - 27.2%

Dublin - 10.5%

East Arcadia - 45.1%

Elizabethtown - 48.2%

Tar Heel - 17.1%

White Lake - 11.5%

Hoke County- 51.9%

Raeford - 53.9%

**Richmond County- 47.4%**

**Dobbins Heights - 37.0%**

**Ellerbe - 22.6%**

**Hamlet - 49.0%**

**Hoffman - 40.1%**

**Norman - 13.9%**

**Rockingham - 51.2%**

Robeson County- 43.6%

Fairmont - 49.0%

Lumber Bridge - 23.9%

Lumberton - 45.5%

Marietta - 37.3%

Maxton - 39.2%

McDonald - 54.8%

Orrum - 22.0%

Parkton - 33.2%

Pembroke - 32.0%

Proctorville - 27.4%

Red Springs - 45.7%

Rennert - 40.6%

Rowland - 25.4%

St. Pauls - 48.5%

Scotland County- 51.2%

Gibson - 33.6%

Laurinburg - 54.0%

Wagram - 34.9%



RICHMOND COUNTY, NC

# 2020 CENSUS

The 2020 Census is happening now.  
You can now respond online, by phone, or by mail.

1

### Complete By Computer

Visit [www.2020Census.gov](http://www.2020Census.gov) to complete your census. You will come to a screen that says Shape your future.

Click on the Respond button and follow the prompts.

2

### Complete By Phone

You have the option of completing the questionnaire by phone.

To begin, call 844-330-2020 or for Spanish call 844-468-2020.

Hours of Operation are 7:00am - 2:00am est

3

### Complete By Mail

Most households received their invitation to respond to the 2020 Census between March 12 - 20. These official Census Bureau mailings will include detailed information and a Census ID for completing the census online. During this time, homes in areas that are less likely to respond online will receive a paper questionnaire.

All homes will receive a paper questionnaire if they do not first respond online or by phone. When responding, use blue or black ink to fill in the questionnaire. Do not use a pencil.

\$

### Respond to help shape the future.

Responding to the 2020 Census helps communities get the funding they need and helps business make data-driven decisions that grow the economy. Census data impacts our daily lives, informing important decisions about funding for services and infrastructure in our community, including health care, senior centers, jobs, political representation, roads, schools and businesses.

More than \$675 billion in federal funding flows back to states and local communities each year based on census data.

 **BE COUNTED** 

RICHMOND COUNTY AGING SERVICES

# MEALS ON WHEELS T-Shirt Design Contest!

Richmond County Aging Services will be selling Meals on Wheels shirts for 2020. Proceeds from shirt sales will help to expand the program by serving more seniors. We want the shirt to be designed by one of our very talented community members! We are looking for a design that captures the love and importance of the program.



All design entries must  
be turned in by:

**FRI. June 12th by noon**

The winning design will be featured on the front of the 2020 Meals on Wheels Fundraiser shirts to be sold in July- September. The winner will also get a FREE shirt and a \$ 50.00 Gift Card.

Winner will be notified by Fri. June 26th.

## Rules For Entry

- Submit Entry to Jacqueline Welch- located at the Rockingham Senior Center (225 South Lawrence Street, Rockingham, NC 28379) by noon on Friday, June 12, 2020 (910) 997-4491
- Only ONE entry per community resident, any age can submit
- White Paper Only- designs must be drawn on plain white paper, size 8.5" x 11" only and in vertical or portrait mode
- Contact Information- put your name, address, telephone number and email on the back of your entry
- Be Kind- please do not submit any entries with political themes, derogatory comments, violence or anything disrespectful





## WE ARE TRYING SOMETHING NEW!

This time of year we usually begin asking the public for donations for our Annual Yard Sale. Unfortunately, at this time we are unsure when we will be able to have our Yard Sale due to COVID-19. So in this era of social distancing, we are pleased to announce the creation of our Online Thrift Shop. We will be showcasing unique items on our Facebook Page and on our Webpage. To view the items posted visit <http://www.richmondnc.com/487/Online-Thrift-Shop> or <https://www.facebook.com/agingisgood/shop/?rt=19>.

## HERE IS HOW IT WORKS!

1. If you are interested in purchasing the item(s) please comment below the item on our Facebook Page Wall, Private Message or email Jacqueline Welch and let her know you want it at [jacqueline.welch@richmondnc.com](mailto:jacqueline.welch@richmondnc.com). This is first come, first serve.
2. If you are the first person to claim the item, you will get a confirmation that the item is yours.
3. Once you have been confirmed the purchaser, you will need to pay for the item. We accept Cash, Money Order or Credit Cards (A Convenience Fee of 2.5% of the amount being paid plus .30 cents will be applied to your credit card payment).
4. Once confirmation of your payment has been received, you will be contacted to arrange for pick-up.
5. Check back weekly- new item(s) will be posted weekly.

## DONATE & FEEL GREAT!

Donating is a great way to give your unwanted items a second life. By donating you help recycle unwanted items. This tax deductible contribution will not only support your community but declutter your home as well. Recycling at its very best! Remember 100% of the profits from your donation go directly to the Senior Center. If you want to donate to The Online Thrift Shop please give us a call at (910) 997-4491. We can make arrangements to accept your new or gently used item(s). We do not have much storage space, so we ask that you please hold on to any large items until we are able to have our annual yard sale. So let's get those garages, attics and closets cleaned out and find lots of hidden treasures for us to sell. We appreciate your donation. All items must be clean, gently used, free of stains, pet hair, mold and smoke odor.

### These are some of the items we can accept:

#### Clothing & Accessories

Men's, Women's and Children's Clothing & Shoes. Hats, Scarves and Ties, Purses, Bags and Jewelry.

#### Housewares

China, Dishes, Silverware, Cookware, Glassware, Pots & Pans, Rugs, Tablecloths, Linens, Blankets, Bed Sheets, Curtains, Bath Towels, etc.

#### Furniture & Furnishings

Small Tables, Chests, Chairs, Area Rugs - clean no stains or tears, Artwork, Pictures & Frames, Floor Table & Lamps, Fans, Decorative Pillows.

#### Other items

Puzzles, Boxed Toys and Games (all pieces). Books-soft cover only (fiction and non-fiction), must be clean, no broken bindings, no missing pages, NO MAGAZINES. Videos, DVDs, CDs, & Records (NO HOME RECORDINGS).

#### ITEMS WE CAN NOT ACCEPT

TV's, Stereos, Drapery Hardware, Mattresses, Hazardous Material, Used Car Seats, Major Appliances.

All donation pick-ups are at Aging Services discretion.

Donations are tax deductible, receipt given upon request.

All donations are final.

# How Social Workers Help Connect Older Adults with Community Resources.

Social workers are silent heroes of senior care. They connect older adults with community resources that can help them maintain their best quality of life. It does not matter if a senior needs medical, emotional, spiritual or physical support, social workers can often be seen acting as a bridge between the older adult and the providers who can help.

Here at Richmond County Aging Services, we have two social workers that can assist you.

They can typically help with everything from Meals on Wheels program enrollment, transportation, elder abuse, housing, Medicare, Medicaid applications and so much more.

Have you ever asked yourself how you can get help should you need it? Do you find it difficult to make ends meet monthly? Give Sharon Morrison or Lirosia Wall a call!

RICHMOND COUNTY HUMAN SERVICES



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RICHMOND COUNTY HUMAN SERVICES



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Richmond County Aging Services



## Adopt a Senior Program

### Meals on Wheels

By donating to the Meals on Wheels program, your gift provides nutritious meals delivered by a volunteer's friendly smile to a home-bound senior.

Aging Services' Meals on Wheels program delivers approx. 30,000 meals a year to seniors who can not shop or cook for themselves.

For just \$10 a day, you can help feed a senior in need.

Mail donations to RC Aging Services at 225 South Lawrence Street, Rockingham, NC 28379

Call (910) 997-4491 with any questions.

# KEEP CALM

and Avoid *Coronavirus Scams*

Ignore offers for vaccinations and home test kits. Scammers are selling products to treat or prevent COVID-19 without proof that they work.

Hang up on robocalls. Scammers use illegal sales calls to get your money and your personal information.

Watch out for phishing emails and text messages. Don't click on links in emails or texts you don't expect.

Research before you donate. Don't let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](https://ftc.gov/charity).

Stay in the know. Go to [ftc.gov/coronavirus](https://ftc.gov/coronavirus) for the latest information on scams.

Sign up to get FTC's alerts at [ftc.gov/subscribe](https://ftc.gov/subscribe).

# Interview Questions for my Grandchildren to ask me:



Now that it is summer time, it is the perfect opportunity for your children and/or grandchildren to learn more about you. Encourage them to ask questions and learn more about your life. It is a meaningful way to pass along family history and holiday traditions to the next generation. Here are some questions that may help get the conversation started. Have fun!

1. When and where were you born?
2. Were you named after a family member or does your name have a special meaning?
3. Do you have a nickname that your siblings or friends call you? How did you get the nickname?
4. Did you have brothers and sisters?
5. What kind of games did you play? Did you play any sports?
6. Did you have chores growing up?
7. Did you have electricity, TV, or phone?
8. Did you have any pets and what were their names?
9. What did your house look like? Did you share a room?
10. Were your parents strict? What happened when you got in trouble?
11. What is the most important lesson that your parents taught you?
12. What was your school like and did you have a favorite subject?
13. What did you want to be when you grew up?
14. What was your first job?
15. How did you meet grandma/grandpa? What was the marriage proposal like? Where was your wedding?
16. Did you get an allowance? Would you save it or spend it? What did you buy?
17. Do you have a holiday tradition? What is your favorite thing about the holidays?
18. Where have you traveled? What is your favorite city to visit? Do you have a favorite family vacation memory?
19. What can you tell me that I would be surprised to learn about you?
20. What were your grandparents like?
21. Tell me about when I was born? What is your favorite memory you have had with me?

**HAPPY  
FATHERS DAY**

# SUMMER TIME

A E T V C R B C N B A S E B A L L I Z G H E A T  
 L R J R P A T I O B L L E H S A E S O S P D S K  
 L U N Z E Y M C O O L E R A Q N C Q P Y J F U W  
 E T O D G S F P F V U O F G L K R R K W X Q N S  
 R N I G G B E B I R Z T O L K L I U S E M A G R  
 G E T I G M S D W N I Y D P E N E F B W E C W E  
 I V A A L E M T O U G S D O K N Q R B N Z M C K  
 E D E N M R U O B W U U B L O L O Q B Z U T G C  
 S A R O S U U S N D W X E E D R F C L M W S N A  
 S N C L A S B N I S V R K A E G S B W B U A I R  
 E A E E E I U O A U L I F E G U A R D O S K E C  
 R F R M D E T I R N S E U C E B R A B O N X E E  
 D G U R A L T L E T S W X H D B T J T F J S S R  
 N D R E N J E E B A X I I A B L M I L H I W T I  
 U P Y T O L R D A N E N K M M R U O C D E D H F  
 S D F A M H F N A N R V K I M Q G A E T E Q G P  
 T W I W E T L A X U O A O C S I E F P G L E I T  
 U J U R L J Y D Y F H C M O O B N I S A M A S J  
 O M P O P S I C L E S A M F I L C G K H Y A W R  
 K C R I C K E T H K A T Y K M N B E I J O S U B  
 O A C T I V I T E S E I E H I R W N A K B R B U  
 O D D N A S F R U Y S O A C N I A M U L Z Z T T  
 C D B A C K Y A R D B N P K N Y Q F T S Z V Z S  
 X Z G A R D E N W T A O B L I A S T T A O B I Z

ACTIVITES    ADVENTURE    ALLERGIES    BACKYARD    BARBECUE    BASEBALL  
 BEACH    BIKE    BOAT    BUTTERFLY    CAMPING    COOKOUT    COOLER  
 CRICKET    DANDELIONS    DESERT    FAN    FIRECRACKERS    FRISBEE    FUN  
 GAMES    GARDEN    GOLF    HEAT    LAKE    LEISURE    LEMONADE  
 LIFEGUARD    MOSQUITOS    OUTDOORS    PATIO    PICNIC    POOL    POPSICLE  
 RAFT    RAINBOW    RECREATION    SAILBOAT    SAND    SEASHELL  
 SEASHORE    SHORTS    SIGHTSEEING    SNOWCONE    SPRINKLER    SUN  
 SUNBLOCK    SUNBURN    SUNDRESS    SUNTAN    SWIMMING    UMBRELLA  
 VACATION    WATERMELON

# Father's Day

Q L F B B C D Y Z Q U E K T E E N Q M S H T X N  
A G A I G W R D A C B C Y H L V M Y N N U F S V  
H J Z I K R E N Q U R Z B O B I F I L G F F D Z  
H Y H M C T E A R E S P E U A T J N N D D C I D  
T R B O Q E T H L H S N M G D C M E K U A M A M  
N E U B N P P I Z A E D O H N E R I O R G D R W  
D S S P G E A S X R L Y S T E T X R I M V X F C  
O P Y M X B S E W D F R D F P O P N G A Y O A L  
M O E N L Q N T F W L N N U E R G M G N X E N E  
T N C E E N I T B O E R A L D P B M N O O F U V  
N S T M T O S R Q R S A H U U B H Z I U Y R G E  
E I C H A D O U S K A B L E S S E D H T H L T R  
G B S T N E L S V I M V X L G N I H C A O C N S  
I L U C O V U T R N M G E N T L E O A E D B Q D  
L E O O I O F I I G N I D N A T S R E D N U M E  
L S E O S T R N P Z F U N R M L P S T L G X B T  
E J G L S E E G S U O R E N E G I I R D X T S A  
T V A L A D D D G I V I N G T W U S A A R O W I  
N D R Y P N N X H B T I H C O N F I D E N T E C  
I D U K M R O E V I T R O P P U S D L L L E E E  
X S O Z O E W S P Y V E A O M X D U A Z G J T R  
I C C N C T Z G E Y H G V M M C L Y N X K K G P  
C Z P E D S A N X T N A R G S V O R I B E S T P  
V S A C R I F I C I N G U G T L G K P Q H U Q A

APPRECIATED    BEST    BLESSED    BRAVE    BUSY    CARING    CLEVER  
COACHING    COMPASSIONATE    CONFIDENT    COOL    COURAGEOUS    DAD  
DEPENDABLE    DEVOTED    FUNNY    GENEROUS    GENTLE    GIVING  
GRANT    HANDSOME    HANDY    HARDWORKING    HONEST    INTELLIGENT  
LOYAL    PROTECTIVE    PROUD    RELIABLE    RESPONSIBLE    SACRIFICING  
SELFLESS    SMART    SPECIAL    STERN    STRONG    SUPPORTIVE    SWEET  
TEACHING    THOUGHTFUL    TRUSTING    UNAFRAID    UNDERSTANDING  
WISE    WONDERFUL