



Newsletter

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September 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 SHIP 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.

Game On!

Jacob Gardner, ten years old, entered and won our t-shirt design contest for Meals on Wheels.

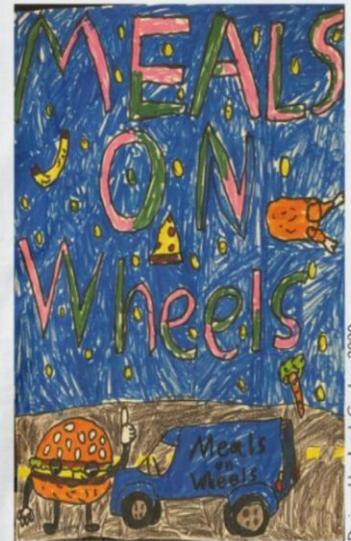
Jacob chose a gift card from GameStop as his winning prize. He had a vision of how important nutritional meals to home bound older adults are.

The vivid colors expressed in this drawing bring to mind health and vitality.

The funds raised from this t-shirt will go to help purchase a meal for a senior in need.

Game On!

Help us raise money for seniors in need of a daily meal.



Designed by Jacob Gardner 2020

Support your local Meals on Wheels
Call (910) 997-4491

Deadline to pre-order has passed, however we will have some extra shirts on hand towards the end of September if you would like to make a purchase.

Give us a call at (910) 997-4491

WE NEED YOU

Are you a crafter, potter, or seamstress? Do you have a special item that you make and would be willing to donate to our Online Shop to raise money for the centers? Due to COVID19 we want to offer them on our Facebook store in case we are unable to hold a sale.

Please call the center if interested
(910) 997-4491.

Visit our Shop by going to Facebook>
Richmond County Aging Services>
Groups> RCAS Online Thrift Shop.

RICHMOND COUNTY AGING SERVICES

ONLINE THRIFT SHOP

(910) 997-4491
@AGINGISGOOD
WWW.RICHMONDNC.COM

Census Count in Richmond County

Are you curious about how many people in your town and surrounding counties are responding to the 2020 Census?

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

Come on, let's get Richmond County's numbers up!

As of August 24, 2020 National Self-Response- 64.2% NC Self-Response- 60.1%



Richmond County- 50.9%

Dobbins Heights - 39.1%

Ellerbe - 32.3%

Hamlet - 51.5%

Hoffman - 43.9%

Norman - 33.3%

Rockingham - 55.0%

Bladen County- 46.2% Hoke County- 55.3% Robeson County- 47.3% Scotland County- 53.9%

Riddle Me This

1. Is an older one-hundred dollar bill worth more than a newer one?
2. A farmer has 17 pigs all but nine are sold, how many are left?
3. What kind of coat is always wet when first put on?



Sunday September 16, 2020



In our hearts, In our thoughts, In our prayers.

Richmond County Aging Services



DEMENTIA ASSISTANCE PROGRAM

For Caregivers of Alzheimer and Dementia Patients

Call (910) 997-4491 for more information.

If you or your loved one have been **DIAGNOSED** with Alzheimer's Disease or dementia, you may qualify to receive the following:

- Adult Incontinence Supplies
- Door Alarm
- Respite Care
- Smoke Alarm
- Wheelchair Ramp

Answers from top: 1. A \$100 bill is worth more than a newer \$1 bill
2. Nine
3. A coat of paint

September is Preparedness Month

Each September, National Preparedness Month encourages and reminds Americans to be prepared for disasters or emergencies in their homes, businesses, and communities.

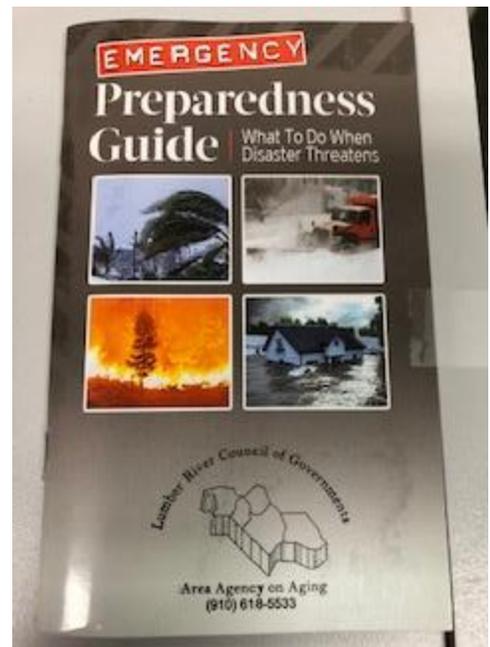
If you would like your **Free** guide to *Emergency Preparedness What To Do When Weather Threatens*, please call your local senior center to arrange a time to pick one up.

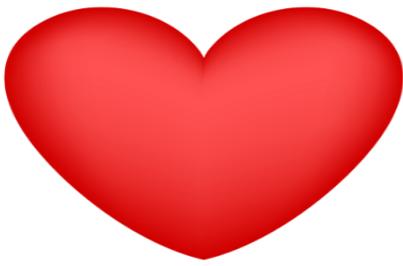
East Rockingham Senior Center 997-8332

Ellerbe Senior Center 652-6006

Hamlet Senior Center 582-7985

Rockingham Senior Center 997-4491





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.



Memorial Donation

Richmond County Aging Services raise funds throughout the year and many times people will ask how they can help.

There are multiple ways, but one of the most important is very uncomfortable to talk about. Please consider speaking with your families about memorial contributions to Richmond County Aging Services as a way to remember you.

For so many of you this is your home away from home and sometimes families don't realize that. Memorial contributions help the senior center in so many ways including helping those in need, supplementing the meal program, entertainment and even the daily expenses of the senior center.

RCAS

225 South Lawrence St.

Rockingham, NC 28379

If you have questions , please give us a call 910-997-4491



FRUITS & VEGGIES

MORE MATTERS MONTH

1 in 10

adults meet the federal recommendations for fruit and vegetable consumption

12.2%

of adults meet the recommendation of 1½–2 cups of fruits daily

9.3%

of adults meet the recommendation of 2–3 cups of vegetables daily



FRUITS AND VEGETABLES FOR BETTER HEALTH

Fruits and veggies provide essential nutrients that contribute to a healthy mind and body.

Make the focal point of your meals

Aim to eat a rainbow of colors

Try fresh, frozen, canned or 100% juice

Fill half your plate

Eat a variety

Buy in season

Grow your own



FRUITS & VEGGIES

MORE MATTERS MONTH

September is Fruit and Vegetable month! Fruits and vegetables provide essential nutrients that support health and prevent disease. According to the Centers for Disease Control (CDC), on average, only 12.2% of adults meet the daily fruit intake recommendation of 1½ to 2 cups per day, and only 9.3% of adults meet the daily vegetable intake recommendation of 2 to 3 cups per day!

Risks related to underconsumption of fruits and vegetables:

- heart disease
- stroke
- diabetes
- high blood pressure
- digestive disorders
- vision problems
- lack of protection against certain cancers
- obesity
- and more!

BUSY LIFESTYLE

- Wash, chop, and store vegetables right after grocery shopping for later use
- Choose fruits such as apples, bananas, and oranges that can be taken with you on the go
- Keep cut up vegetables on hand such as carrots, celery, and peppers for quick snacks
- Use pre-cut frozen vegetables that just need heating

ON A BUDGET

- Prepare meals at home to save money
- Incorporate frozen, canned, and dried forms of fruits and vegetables as they are just as nutritious as fresh versions
- Make soups or casseroles that can be consumed multiple times throughout the week or frozen for later use
- Buy fruits and vegetables when they are in season

LABOR DAY

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

ACCOUNTING	ACHIEVEMENT	ACTIVITIES	AMERICAN	ANNUAL		
CELEBRATION	COMMUNITY	DATE	DEDICATION	DESERVING	EARNINGS	
EMPLOYEE	EMPLOYER	FAIR	FEDERAL	FUND	HIRE	HOLIDAY
HOURS	INDUSTRY	INTERVIEWS	JOB	LABOR	LEGAL	MERIT
MONDAY	MONEY	OBSERVANCE	OFFICIAL	ORGANIZE	PARADE	
PAYMENT	PINIC	QUIT	RETIREE	REWARD	ROLE	SALARY
SEPTEMBER	STRIKE	SUPERVISOR	TIME	TREASURER	UNIFICATION	
	UNION	VACATION	WAGE	WORKERS		