



Newsletter



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November 2020

Webpage: www.richmondnc.com

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

2020 LIEAP

HELPING SLOW THE SPREAD

Targeted Population

- Households with persons aged 60 or older or
- Households with disabled individuals receiving DAAS services and
- Currently receiving FNS and
- Received LIEAP during the 2019 - 2020 LIEAP season

How To Apply

Beginning December 1st
call DSS at (910) 997-8450 or
Aging Services at (910) 997-4491.

PLEASE STOP AND READ

If you are a Senior and/ or in the target group, you do not need to re-apply!

Important Dates To Remember

- November 10, 2020

DSS-8106 LIEAP **Automated Payment Notice will be sent to the targeted populations** with instructions on reporting any changes.

If changes, call or return the notice to the DSS office within 10 business days.

If it is correct and no changes, you do not have to do anything.
You will receive the automated LIEAP payment from that information.
NO NEED TO RE-APPLY

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.

If you leave home, know your 3 Ws!



WEAR

a cloth mask over your nose and mouth.



WAIT

6 feet apart. Avoid close contact.



WASH

your hands or use hand sanitizer.

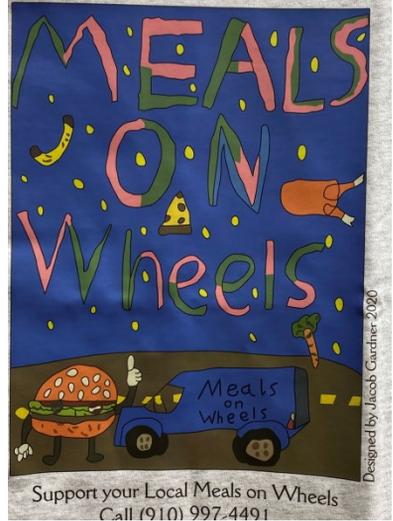
This is a one time Automatic Payment and will count for your LIEAP payment for the 2020 - 2021 Fiscal Year.



42nd Annual Senior Christmas Party Canceled

For the first time in the event's 40-plus year history, the County's Senior Christmas Party has been canceled due to COVID-19.

Due to the large scale event, there is too large of a risk when it comes to curbing the spread of the virus. We will truly miss seeing each of you this year!



Don't forget to purchase your Meals on Wheels t-shirts. Was \$25.00 Now \$20.00 (910) 997-4491

Census Count in Richmond County- Final Count

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

As of Oct. 16, 2020 National Self-Response- 67.0%
NC Self-Response- 63.4%



Richmond County- 54.2%

Dobbins Heights - 42.8%
Ellerbe - 36.4%
Hamlet - 55.4%

Hoffman - 45.1%
Norman - 36.1%
Rockingham - 58.6%

Bladen County- 44.0% Hoke County- 54.6% Robeson County- 50.2% Scotland County- 56.8%



Honoring all who served.

Veterans Day

November 11, 2020
Thank you for your service.

Election Day Voting

- **Election Day is Tuesday, November 3, 2020.** On this day, registered voters in North Carolina may vote at their assigned polling place. This is different than [early voting](#), where eligible individuals may cast a ballot at any early voting site in their county.
- **Polling places will be open from 6:30 a.m. to 7:30 p.m.:** Any voter in line at their assigned polling place at 7:30 p.m. will be able to vote. The busiest times tend to be early in the morning and just before the polls close. Avoid longer lines by voting at off-peak times.
- **Find your Election Day polling place:** Enter your information into the [Voter Search tool](#), or search using your address with the [Polling Place Search](#).
- **Find your sample ballot:** Registered voters may enter their information into the [Voter Search tool](#) to view their 2020 general election ballot. Please note, you must enter your voter information as there are about 2,000 different ballot styles across the state.
- **Unsure if you are registered?** Find out if you are registered to vote by entering your information into the [Voter Search tool](#).

The State Board asks that all voters respect the right of others to participate in the election. Intimidating any voter is a crime. Voters who feel harassed or intimidated should notify an election official immediately.

Voting Assistance

- North Carolina law allows any voter to receive assistance going in or out of a voting booth as well as preparing a ballot if the person providing help is a near relative or legal guardian of the voter. ([N.C.G.S. § 163-166.8](#))
- A near relative is a spouse, parent, grandparent, sibling, child, grandchild, mother- or father-in-law, son- or daughter-in-law, stepparent or stepchild.
- Some voters may receive help from other assistants. If a voter meets any condition below, he or she is eligible to get help from a person of their choice, except the voter's employer or union representative, or an agent thereof.
 - They are a voter who, because of:
 - physical disability is unable to enter the voting booth without help.
 - physical disability is unable to mark a ballot without help.
 - illiteracy is unable to mark a ballot without help.
 - blindness is unable to enter the voting booth or mark a ballot without help.
- Any voter who qualifies for assistance may ask for help at any one-stop early voting site or Election Day polling place.
- When arriving at a voting place, the voter should request permission for help from the chief judge, stating the reasons he or she needs help. The voter may then identify the person he or she wants to help them. The assistant may go into in the voting booth with the voter.
 - The assistant may not:
 - try to persuade or induce any voter to cast a vote in a particular way.
 - make any record of anything that occurs in the voting booth.
 - reveal to any person how the assisted voter voted, unless the person giving help is called to testify in court.

For more information please visit:

<https://www.ncsbe.gov/voting/vote-person-election-day>

NOVEMBER IS AMERICAN DIABETES MONTH

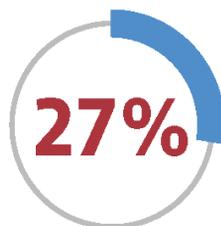
34.2 Americans
with
MILLION diabetes

OR


1 PERSON IN **10**

1.6 MILLION including
WITH TYPE 1 DIABETES about

187,000 CHILDREN
& ADOLESCENTS


27% of seniors
(65 or older)
have diabetes


88 million Americans have
prediabetes or **1 in 3**

Take Action

MAKE A HEALTHY CHANGE
KNOW YOUR NUMBERS
JOIN THE FIGHT

Show your
support.
Wear blue.

WORLD DIABETES DAY
NOVEMBER 14

AMERICAN DIABETES MONTH

MOST COMMON TYPES OF DIABETES

TYPE 1 DIABETES

Body does not produce enough insulin. Occurs at every age, size, or shape and in every race. No cure but it can be managed.

TYPE 2 DIABETES

Body produces insulin but cannot use it well. The most common form of diabetes and is preventable.

PRE-DIABETES

A condition before Type 2 diabetes is developed, where blood glucose levels are higher than normal but not high enough to diagnosis as diabetes.

SYMPTOMS

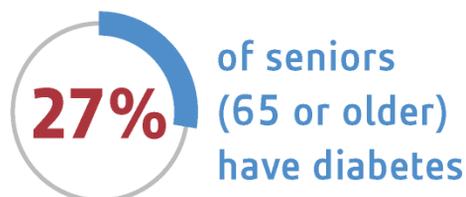
- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

RISK FACTORS FOR PREDIABETES

- Age 45 or older
- Are Black, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- Have a parent, brother or sister with diabetes
- Are overweight
- Are physically inactive
- High blood pressure or taking medicine for it
- Low HDL cholesterol and/or high triglycerides
- Had gestational diabetes or diagnosed with Polycystic Ovary Syndrome

TAKE ACTION

- **Make a healthy change.** Eat more fruits and vegetables. Reduce the amount of added sugar in your diet. Fit more purposeful exercise into your life. Obtain a healthy weight. If you smoke, quit.
- **Know your numbers.** Get regular health screenings with a medical practitioner to check blood pressure, weight, blood sugar, A1C and cholesterol. People with higher body mass index, cholesterol and blood pressure are more at risk of developing diabetes.
- **Join the fight.** Go to diabetes.org/countmeinada to learn more about how you can volunteer, advocate and connect with others.



Medicare costs hard to swallow?

SHIP can help find the best Medicare Prescription Drug Plan for you!

It's time to evaluate your plan and see what's new for 2021. The Seniors' Health Insurance Information Program (SHIP) offers free, unbiased information about Medicare and can assist with enrollment and subsidy applications that could save you money.

Medicare Annual Open Enrollment Period
October 15 – December 7
Changes will be effective Jan. 1, 2021

Call to schedule an
appointment with a trained
SHIP counselor today.

Terry Rush
(910) 410-1135



SHIP
NC DEPARTMENT OF
INSURANCE

We are
Hooting and
Howling for
our
Employees



You all have shown dedication, compassion and love to your jobs as well as each and every one of your clients during these uncertain times.

I hope you can hear the hoots and howls and know that you are truly appreciated!

Richmond County Aging Services

May the Blessings of this
Thanksgiving fill your Heart
and Home.

Happy Thanksgiving



FIVE WINTER HEATING SAFETY TIPS

TIP # 1



Keep flammable materials at least three feet away from furnaces, fireplaces, wood stoves and space heaters. Twenty-nine percent of fires that spread past the object of origin happened because the heat source (space heater or fireplace) was too close to things that can burn.

TIP # 2



Never use an oven or stovetop to heat your home. Kitchen ovens were never designed for heating homes, only for cooking food.

TIP # 3



Have a qualified professional inspect and clean your heating system annually. Check the area around your furnace or boiler. Many heating equipment fires are a result of flammable materials and substances being kept too close to the furnace. Keep trash, paint and other flammable materials far away from your heating system.

TIP # 4



Never leave space heaters unattended or run them overnight while you are sleeping. Space heaters should also be plugged directly into a wall. Do not use an extension cord or power strip as they can overheat and cause a fire.

TIP # 5



Test smoke alarms and carbon monoxide detectors once per month. During a winter storm, smoke alarms dependent on your home's electrical service may not work during a power outage. If your smoke alarm uses a back-up battery, install a new battery at least once a year.

What You Can Do If You Are at Increased Risk for Severe Illness from COVID-19

Are You at Increased Risk for Severe Illness?



Based on what we know now, those at increased risk for severe illness from COVID-19 are:

- Older adults
- People of any age with the following :
 - Cancer
 - Chronic kidney disease
 - COPD (chronic obstructive pulmonary disease)
 - Immunocompromised state (weakened immune system) from solid organ transplant
 - Obesity (body mass index [BMI] of 30 or higher)
 - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - Sickle cell disease
 - Type 2 diabetes mellitus

Here Is What You Can Do to Help Protect Yourself



Limit contact with other people as much as possible.



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Avoid all cruise travel and non-essential air travel.



Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CAREGIVING IN CRISIS

During National Family Caregivers Month, we address the new realities family caregivers face with their loved ones during these uncertain times.



Video appointments are great, but they come with **their own challenges.**



It was hard enough to **cover dad's added costs** and now I'm on unemployment.



I want to keep grandma **at home** and out of the nursing home.



Family caregivers manage health emergencies, juggle priorities, and suffer isolation - and all that was before COVID. The pandemic brings even more challenges as family caregivers handle

Caregiving in Crisis.

With COVID, **how much risk is too much?**



It's just so hard **not to be with mom** and she's worse because of it.



November is National Family Caregiver Month. A month to take time to honor and recognize more than 90 million people who give their time to care for a family member in need. We are here to support you, give our agency a call if you are in need of assistance (910) 997-4491. Please know that if you feel overwhelmed or don't know where to start, we are more than happy to listen and work with you to find solutions that fit your specific situation.

Alzheimer's Awareness T-shirt Fundraiser



*actual t-shirt design
may vary*

Adult Sizes: Small- 4XL \$ 20.00 Each

Youth Sizes: Small - XL \$ 20.00 each

T-shirt color: Ash Grey

About Fundraiser: Richmond County Aging Services will be selling t-shirts to raise funds for our Dementia Assistance Program (DAP).

The funds raised from this t-shirt will help those living with Alzheimer's Disease or dementia by providing assistance such as Wheelchair Ramps, Adult Incontinence Supplies, Smoke Alarms, Door Alarms and Respite Care.

Deadline: Completed order forms and payment due by 5pm Monday, November 30, 2020.

Phone: Call (910) 997-4491 to place order.

ORDER FORM available at
<http://www.richmondnc.com/343/Donations-Fundraising>

It Is Time To Fall Back



Daylight savings time ends at
2:00am on Sunday, November 1st.

Don't forget to turn your clock back one
hour before going to bed
Saturday Night, October 31st

Please change batteries in all of your smoke alarms and carbon monoxide detectors.

**If you are in need of a FREE smoke alarm,
please call (910) 997-4491.**

Thanksgiving

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

Acorns Appreciation Autumn Baking Banquet Biscuits Blessed
 Candles Cards Carve Casserole Celebration Centerpiece Chrysanthemums
 Cider Cooking Corn Cornbread Dessert Dressing Eat Family
 Feast Festival Football Gathering Giblets Gobble Gratitude Gravy
 Ham Harvest Holiday Leaves Love Maize November Overeating
 Pie Pumpkins Rolls Scarecrows Stuffing Thankful Thursday
 Tradition Travel Turkey

Are you enjoying these puzzles?
 Let us know (910) 997-4491