



Newsletter



225 South Lawrence Street
Rockingham, NC 28379

Phone: 910-997-4491
Fax: 910-410-1136

Email: agingservices@richmondnc.com

January 2021

Webpage: www.richmondnc.com

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

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.

When Richmond County Government Offices are closed due to inclement weather such as snow or ice, the meal on wheels program will not operate as well.

Check with local TV channels 9 and 14. Local AM radio stations WAYN 900, WKDX 1250, WLWL 770, and FM radio station WJSG 104.3 for weather related announcements.



Richmond County Aging Services

CANNED FOOD DRIVE



Supporting seniors in need. Let's keep them home and safe.

**DONATIONS ARE ACCEPTED AT THE ROCKINGHAM SENIOR CENTER
225 SOUTH LAWRENCE STREET, ROCKINGHAM.
CALL (910) 997-4491 WITH ANY QUESTIONS.**

Donate from January 4th - January 29th

Some items that would help

Canned Food

Soups
Stews
Vegetables
Meats

**Dry Boxed
Foods**

Pasta
Crackers
Granola Bars
Cereals

**Paper Goods/
Cleaning
Products**

Paper Towels
Toilet Papers
Dish Soap
Disinfectant
Spray

Toiletries

Shampoo
Conditioner
Body Soap
Lotion

Games

Word Search
Crosswords
Sudoku
Card Games
Pens/Pencils

Ordering has been extended till January 29, 2021

Richmond County Aging Services

Alzheimer's Awareness T-shirt Fundraiser



*actual t-shirt design
may vary*

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

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.

Due to the outpouring support of our community, Richmond County Aging Services is offering free Gently Used Blankets and Comforter's to seniors 60 & Older. If you would be interested in receiving one, please call our office at 910-997-4491 to schedule a day and pick-up time.

While supplies last!



All Offices, Senior Centers, and Meal Sites will be closed Monday, January 18, 2021 in Observance of Martin Luther King Jr. Birthday.

"I Have a Dream" is a public speech that was delivered by American civil rights activist Martin Luther King Jr. during the March on Washington for Jobs and Freedom on August 28, 1963, in which he called for civil and economic rights and an end to racism in the United States. Delivered to over 250,000 civil rights supporters from the steps of the Lincoln Memorial in Washington, D.C., the speech was a defining moment of the civil rights movement and among the most iconic speeches in American history.

It's not too late to apply

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.

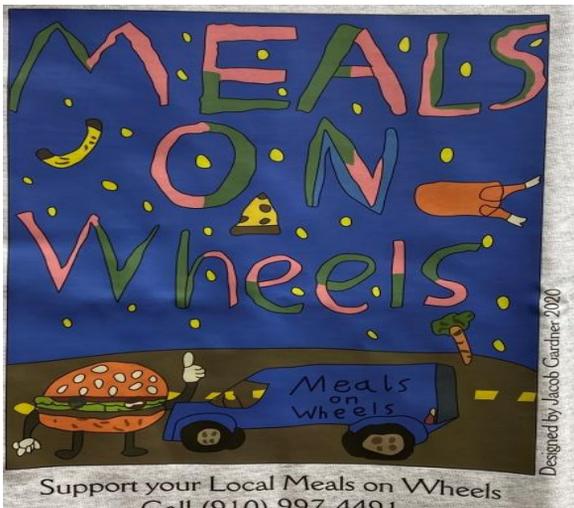
**If it is correct and no changes, you
do not have to do anything.**

You will receive the automated LIEAP
payment from that information.
NO NEED TO RE-APPLY

If you leave home, know your 3 Ws!



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



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

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

Auld Lang Syne

Auld Lang Syne

Poem by Robert Burns
TRADITIONAL SCOTTISH TUNE



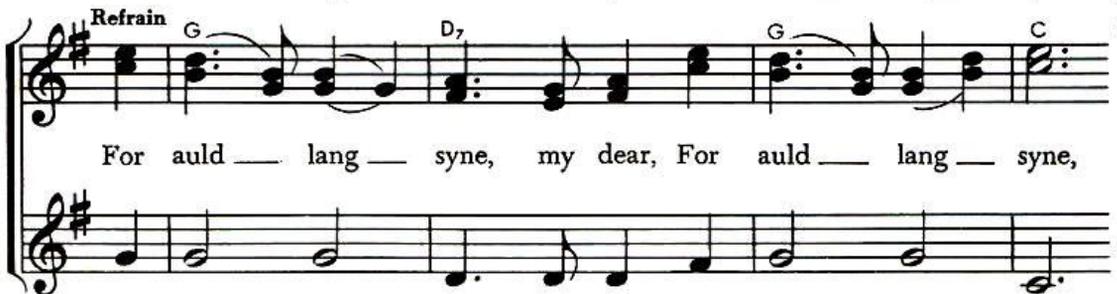
1. Should auld ac- quaint-ance be for- got, And nev - er brought to mind?

2. And here's a hand, my trust - y frien', And gies a hand o' thine,



Should auld ac- quaint-ance be for- got, And days of auld lang syne?

We'll take a cup of kind - ness yet for auld — lang — syne.



For auld — lang — syne, my dear, For auld — lang — syne,



We'll take a cup o' kind - ness yet, For auld — lang — syne.



Richmond County Aging Services Staff would like to wish everyone a Happy and Prosperous New Year!

East Rockingham Senior Center

January Zoom Bingo

Thursday January 21, 2021

11:00am – 12:00pm

For more information, please call Kimberly Hotter
910-997-8225



If you have suggestions on other virtual or live programs, please give us a call (910) 997-8225

Richmond County Aging Services

East Rockingham Senior Center Building Rentals

Due to COVID-19, building rentals are not being accepted at this time.

You may call our office at (910) 997-4491 to leave your contact information and the date you are interested in for the year 2021.

Should we be allowed to open back up, we will contact you on a first come first serve basis.

Happy New Year

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

Ball	Balloons	Calendar	Celebrate	Champagne	Cheers	
Clock	Collards	Confetti	Cornbread	Countdown	Dancing	
Day	Eve	Extravaganza	Festivities	Fireworks	Games	
Gathering	Gown	Happy	Hat	Holiday	Hourglass	January
Kiss	Midnight	Music	New	Noisemaker	Old	Parade
Party	Resolution	Sparkles	Streamer	Time	Toast	Tradition
		Tuxedo	Vow	Year		

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

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.

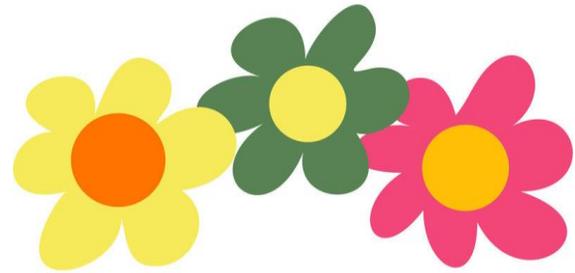


TIP # 5

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.



Thank You



for your Kindness

**Richmond County
Aging Services
would
like to thank
everyone
who have donated
to help keep our
seniors keep
warm this winter
by donating
heaters, blankets,
throws and
momentary
donations.**

