



Newsletter



225 South Lawrence Street
Rockingham, NC 28379

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Webpage: www.richmondnc.com

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February 2021

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.
**(Except participates for
meal pick up)**

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.

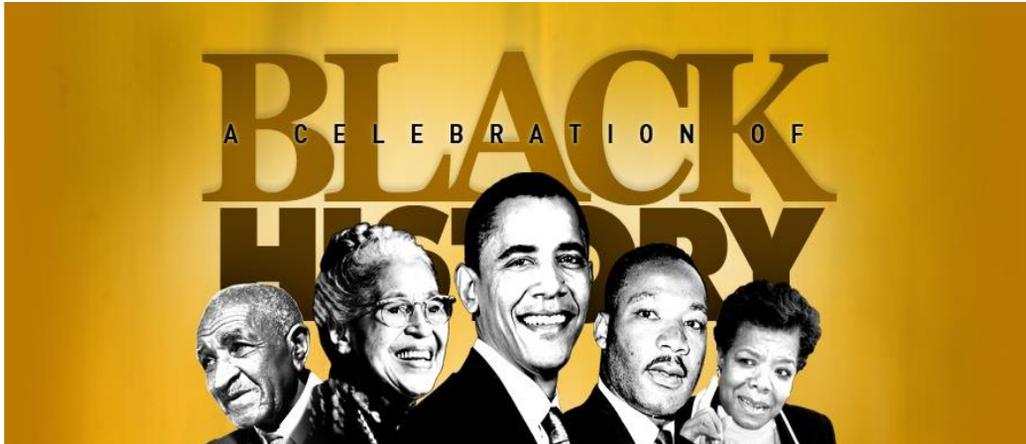
Staff is responding to calls and
requests to meet basic needs.
Re-opening will be announced via
website, Facebook, email and voice
calls.



Tracy Coble

My name is Tracy Coble
and I am the new Senior
Center Meals on Wheels
Delivery Driver
I will be working with the
nutrition program and
the senior centers.
My office number is
910-997-4491.

February is Black History Month



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history.

Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans.

www.history.com/topics/black-history/black-history-month

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!

Richmond County Aging Services

REMEMBERING THOSE WE'VE LOST

COMMUNITY EVENT

*APRIL 10, 2021 MARKS THE ONE YEAR ANNIVERSARY
OF OUR COUNTY'S FIRST LOSS DUE TO COVID*



SAVE THE DATE

FRIDAY | APRIL, 10, 2021 | 8:00PM

IF YOU WOULD LIKE TO SPONSOR A
LOVED ONE YOU LOST TO COVID,
PLEASE CALL (910) 997-4491
FOR MORE DETAILS.

FUNDS RAISED WILL GO TOWARDS OUR
SIMPLE HOME REPAIR PROGRAM
FOR SENIORS.

2/1/21

PROHIBITED AGENT/BROKER BEHAVIOR for MA/PD PLANS	APPROPRIATE AGENT/BROKER BEHAVIOR for MA/PD PLANS
Cannot state that they are from Medicare or use words or symbols, including “Medicare” in a misleading manner. For example, they cannot state that they are approved, endorsed or authorized by Medicare, are calling on behalf of Medicare, or that Medicare asked them to call or see the beneficiary.	May call a beneficiary who has expressly given advanced permission (e.g., submission of a business reply card or scope of appointment). The permission applies only to the plan or agent/broker the beneficiary requested contact from and specific to the product type(s) selected/requested.
Cannot solicit potential enrollees door-to-door (in person or via leaflet/flyer).	May call a beneficiary they enrolled in a plan to discuss plan business, as well as discuss the availability of other plan options/types within the same parent organization. Disenrolled beneficiaries may also be called for quality improvement purposes. Under limited circumstances, Low Income Subsidy (LIS) eligible enrollees may be contacted.
Cannot send unsolicited text messages or leave voicemail messages.	May call or visit beneficiaries who attended a marketing/sales event if prior permission is given and documented.
Cannot approach beneficiaries in common areas (i.e. parking lots, hallways, lobbies, sidewalks).	May initiate a phone call to confirm an appointment. A second scope of the appointment must document additional product types of interest to the beneficiary that were not agreed to in advance.
Cannot conduct marketing/sales activities in healthcare settings except in common areas. Restricted areas include, but are not limited to exam rooms, hospital patient rooms, dialysis centers and pharmacy counter areas.	May conduct marketing/sales activities in common areas of healthcare settings. Appropriate common areas include waiting rooms, cafeterias, community or recreational rooms and conference rooms in hospitals, nursing homes, assisted living centers or other congregate housing.
Cannot make unwanted calls, including contacting beneficiaries under the guise of selling a non-Medicare Advantage (MA) or non-Prescription Drug Plan (PDP) product and allow the conversation to turn to MA or PDP. For example, an agent/broker cannot begin by selling a Medicare Supplement plan and then turn the conversation to MA or PDP products.	Must secure a signed scope of appointment (SOA), prior to the appointment, when practicable. A beneficiary may sign a SOA at a marketing/sales event for a future appointment. Marketing/sales events do not require documentation of beneficiary agreement.
Cannot provide meals at marketing/sales events.	Refreshments and snacks may be provided at marketing/ sales events.
Cannot conduct marketing or sales activities at an educational event including distributing marketing materials or enrollment forms.	May schedule appointments with beneficiaries who live in long-term care facilities and other congregate housing only upon request by the beneficiary.



Groundhog Day is a popular North American tradition observed in the United States and Canada on February 2. It derives from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks; but if it does not see its shadow because of cloudiness, spring will arrive early.

https://en.wikipedia.org/wiki/Groundhog_Day



Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Western Christian feast day honoring one or two early Christian martyrs named Saint Valentine and is recognized as a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

<https://en.wikipedia.org/wiki/Wikipedia>

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



Trivia Video's

Join us on Monday, Wednesday, and Friday for Trivia Video's posted on our Facebook page [agingisgood](https://www.facebook.com/agingisgood)

Video's will be posted by 5:00pm



Follow us on Instagram,
YouTube, and Pinterest
[@agingisgood](https://www.instagram.com/agingisgood)

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.



Valentine's Tea and Chocolate Zoom

Thursday, Feb. 11th

11:00am-11:40am

Please call Kimberly Hotter (910) 997-8225
to sign up for online Zoom link



Senior Center February Zoom Bingo

Monday February 25, 2021

11:00am – 11:30am

Call Kimberly Hotter (910) 997-8225 to schedule a time for
you to pickup an at home Bingo Packet

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



Presidents' Day is an American holiday **celebrated** on the third Monday in February. Originally established in 1885 in recognition of **President** George Washington, it is still officially called "Washington's Birthday" by the federal government.

<http://blog.militaryautosource.com/2014/02/17/happy-presidents-day-...>

Monday, February 15th



Mardi Gras for the year 2021 is celebrated/ observed on Tuesday, February 16th. Mardi Gras known as Shrove Tuesday or Fat Tuesday falls annually on the day before Ash Wednesday (start of Lent). The word "**Mardi Gras**" means "Fat Tuesday" in the French language.

If anyone has any dog collars and would like to donate to the Richmond County Humane Society to help when transporting dogs to rescues please drop them off at Richmond County Aging Services 225 S. Lawrence St. Rockingham. All sizes are needed.



♥ Valentine's Day ♥

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

Adore Affection Appreciation Arrow Baby Balloons Bow
Candles Candy Card Chocolates Couples Crush Cuddle
Cupid Dance Dates Diamond Dinner Embrace February
 Feelings Flirt Flowers Forever Friends Gift Hearts
 Holiday Hugs Jewelry Kisses Love Marriage Pink
Poem Promise Proposal Red Ring Romance Roses
Soulmates Sweethearts Together Trust Unity Valentine
 Wedding XOXO