



Newsletter



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March 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.

(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.

GLOW

(Gorgeous Ladies and gents Of the Weekdays)

Starting in April, we will launch a private Facebook group called GLOW. It will consist of weekday fashion, beauty and wellness tips. We encourage anyone that needs help creating a Facebook page to seek help from family/friends. If you are not interested in creating a Facebook page but still want to participate there are other ways you Can: text message, e-mail, etc. We will provide more details in next month's newsletter. Please call Aging Services at (910) 997-4491 if you are interested and we can add you to the private group.

RICHMOND COUNTY, NC

EARTH DAY COMMUNITY CLEAN UP

P A N D E M I C S T Y L E

SATURDAY, APRIL 24, 2021
8 AM - 11 AM [RAIN DATE: MAY 1ST]
RICHMOND COUNTY, NC

Individuals, families, businesses
and groups of all sizes* and types
are welcome to join the fun!!!

You will be provided with the tools
needed to help! Pickup locations for
supplies will be announced.

Pre-order your event T-shirt \$ 15 each

VOLUNTEER- DEADLINE: FRIDAY, APRIL 2ND

NAME YOUR PRIORITY AREA- DEADLINE: FRIDAY, APRIL 16TH

Sponsorship Opportunities Available

Call or email Jacqueline Welch (910) 997-4491
jacqueline.welch@richmondnc.com or go
online at [RCO Solid Waste's website.](#)

**Due to COVID-19 we ask that groups be 20 or fewer per pickup site.
We can assist you with multiple locations if your group is greater than 20.*



Richmond County Aging Services

REMEMBERING THOSE WE'VE LOST

TO COVID - 19

COMMUNITY EVENT

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



HUMAN SERVICES PARKING LOT

FRIDAY | APRIL, 9, 2021 | 8:00PM

A DESIGNATED ROUTE WILL BE THROUGH DOWNTOWN
ROCKINGHAM TO THE HUMAN SERVICES PARKING LOT TO
VIEW THE LUMINARIES.

PLEASE REMAIN IN YOUR VEHICLE.

PLEASE RSVP BY CALLING AGING SERVICES (910) 997-4491

2/1/21

Social Media Tips

A **QR code** (abbreviated from **Quick Response code**) is a type of [matrix barcode](#) (or two-dimensional barcode) first designed in 1994 for the automotive industry in Japan. A barcode is a machine-readable optical label that contains information about the item to which it is attached. In practice, QR codes often contain data for a locator, identifier, or [tracker](#) that points to a website or application. A QR code uses four standardized encoding modes (numeric, alphanumeric, byte/binary, and [kanji](#)) to store data efficiently; extensions may also be used.^[1]

The Quick Response system became popular outside the automotive industry due to its fast readability and greater storage capacity compared to standard [UPC barcodes](#). Applications include product tracking, item identification, time tracking, document management, and general marketing.^[2]

A QR code consists of black squares arranged in a square grid on a white background, which can be read by an imaging device such as a camera, and processed using [Reed–Solomon error correction](#) until the image can be appropriately interpreted. The required data is then extracted from patterns that are present in both horizontal and vertical components of the image.^[2]

"en.wikipedia.org"

QR Codes



Property Tax Exemption

If you are 65 or older you may qualify for a tax exemption on your property taxes.

Please call our office
@910-997-4491

or stop by Aging Services
225 S. Lawrence St.
Rockingham to pick up an
application.





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)



Daylight Savings Time
officially begins at 2:00am
Sunday, March 14th.

Don't forget to set your clock
forward one hour before
going to bed Saturday Night.

*Change batteries in your
smoke detectors.

Liberty Tax Service

Liberty Tax service will be at the East Rockingham Senior Center in March to assist seniors 60 & older with filing taxes at a discounted rate.

Days and times may vary.

For an appointment, please call Donna Luther (910)997-8332.



Senior Center February Zoom Bingo

Thursday March 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

NATIONAL NUTRITION MONTH® 2021



National Nutrition Month is a time to learn more about how to make informed food choices and develop sound eating and physical activity habits. Set small, realistic goals that help you make positive changes to avoid becoming overwhelmed or being too restrictive. Try the following weekly goals in your daily routine during the month of March.

Week 1: Eat a variety of nutritious foods every day.

- Choose healthful foods from all food groups. Half your plate should be vegetables and fruits.
- Hydrate healthfully with beverages like water, milk, or tea.
- Learn how to read and understand Nutrition Facts labels.

Week 2: Plan your meals and snacks each week.

- Use a grocery list to shop for healthful foods. Evaluate the food in your refrigerator, freezer and pantry to generate the list.
- When dining out, review the menu ahead of time to help locate healthful options.
- Choose healthful snacks to have on-hand each week.

Week 3: Expand upon your range of food choices to diversify your diet and find new flavors to enjoy.

- Next time you go grocery shopping or dine out, select a new fruit, vegetable, spice or whole grain to try.
- Try a new international dish, like Middle Eastern, African, or Asian Indian.
- Start with familiar favorites with one new food or flavor on your plate. Commit to a few bites and know you'll have an "out" by eating the other foods on your plate.

Week 4: Visit a Registered Dietitian Nutritionist (RDN) to help you thrive through the transformative power of food and nutrition.

- RDNs provide sound, easy-to-follow personalized nutrition advice to help you meet your nutrition goals.
- Ask your doctor for a referral to an RDN or meet with RDNs in a variety of settings throughout your community.
- To find an expert in your area, visit the Academy of Nutrition and Dietetics' website at www.eatright.org.



In the kitchen with Judy

Check out our Facebook page @agingisgood on Tuesdays for a short video of simple recipes for you to try at home, hosted by Judy Whitley (Ellerbe Senior Center Director and Meal Site Manager).

We Miss You!
We Love You!
Stay Healthy.

Call if you need assistance
997-4491



Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick, the foremost patron saint of Ireland.

[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

Earth Day

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

Absorption Acid Agriculture Altitude Aquatic Atmosphere Awareness

Bacteria Balance Biodegradable Botanical Bug Capacity Catastrophe

Celebration Chemicals Chemistry Climate Combustible Condensation

Corrosion Decompose Desert Disaster Discovery Disease Disposable

Earth Ecology Erosion Evaporation Evergreen Grasslands Greenhouse

Humidity Irrigation Litter Ozone Revitalize Sun Sustainable Symbiosis

Waste Water Zone