



# Newsletter



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Webpage: [www.richmondnc.com](http://www.richmondnc.com)

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

## April 2021

## April is National Volunteer Month

Richmond County Aging Services would like to say **THANK YOU** to our volunteers for their time and expertise!

All your volunteer work is **GREATLY APPRECIATED**. We could not do it without you!



We love you all!

### Let's Congratulate Richmond County's Newest Dementia Friendly Community Member!

**Remax Southern Realty**



### What is a Dementia Friendly Community?

People are often happier if they can live independently in their own homes for longer. Dementia friendly communities are villages, towns and cities where more people understand dementia, there is less fear and avoidance, and people living with dementia are included and supported to live independently for longer.

### How do I become a Dementia Friend?

Call Richmond County Aging Services at (910) 997-4491 to sign up for the FREE 1 hour class.

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

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## HUMAN SERVICES PARKING LOT

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

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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

# April is Autism Awareness Month

**Wear Blue**  
**Friday,**  
**April 2<sup>nd</sup>**



RICHMOND COUNTY AGING SERVICES INVITES YOU TO  
PLAY

## BINGO AT HOME

Starting  
April 12th-  
until a  
coverall  
takes place

CALL KIMBERLY  
HOTTER AT 910-997-  
8225 FOR MORE  
DETAILS

Must be 55 or older and from  
Richmond County

PRIZES AWAIT OUR WINNERS!

### 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.

# GLOW

(Gorgeous Ladies and Gents Of the Weekdays)

Each month and week on Wednesdays we will have a different topic of what to wear. On 4/7 we wear PINK, on 4/14 we wear ACCESSORIES, on 4/21 we wear MONOCHROMATIC and on 4/28 we wear ANIMAL PRINT! Go shopping in your own closet. This is meant to be FUN! SO HAVE FUN!!! Then we will go live on Facebook to chat and catch up. >>>You can also take pictures of yourself and post within the group. <<< Remember this group is PRIVATE and what goes on in this group stays in this group. We want it to be fun and comfortable for everyone.

GLOW will also take you on virtual visits to >>>local professional estheticians<<< to get >>facials, >>eyebrow waxes, >>eyelash lifts and tints, etc. If you have ever wondered what's it's like or wanted to get a particular spa service done but were hesitant, watching our videos may help!!!

GLOW is a place to connect with like-minded >>>women<<< and >>>men<<< to discuss all things which embody skincare, makeup, overall inner and outer beauty, wellness, and fashion. It goes without saying that this is a space of positive, fun, and communal energy - be sure your presence and comments reflect it.

Wednesday	April 7 <sup>th</sup>	Pretty in Pink
Wednesday	April 14 <sup>th</sup>	Accessories----scarfs, hats, ties, boots, etc.....
Wednesday	April 21 <sup>st</sup>	Monochromatic---- same color in different tints or shades
Wednesday	April 28 <sup>th</sup>	Animal Print

If you have any questions, please call Jacqueline Welch or Terry Rush at (910) 997-4491.



## 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\*



## Senior Center

### Zoom Bingo

Thursday April 22, 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



Follow us on Instagram, Pinterest, and YouTube @agingisgood





# **SMP SCAM WATCH: COVID-19 VACCINE SURVEY**

## **Be on the Lookout for COVID-19 Survey Scams**

- Legitimate surveys won't offer money, gifts, or any incentive to take them.
- Legitimate surveys won't include urgency such as "You must take this survey in the next hour or it will expire."
- Check links by hovering over them. If they seem long and suspicious, don't click them.
- Check logos, language, and phone numbers. If anything seems "doctored" or doesn't match what you see on a legitimate vaccine provider site, don't click any provided links.

**Contact the North Carolina SMP to report Medicare fraud, errors, or abuse at 855-408-1212 or email [NCSMP@ncdoi.gov](mailto:NCSMP@ncdoi.gov).**

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NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

**Questions or concerns:  
Please call (910)410-1135  
Terry Rush  
Richmond County  
SHIP Coordinator**

# 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).

## 2021 (31<sup>st</sup>) Annual Senior Games Of Richmond County

N O R T H  
C A R O L I N A  
**Senior Games**



Registration forms taken March 29<sup>th</sup>, 31<sup>st</sup> and April 5<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup> 9:00am until 12 noon at the Hamlet Senior Center.

Limited games please read registration forms for more information.

Registration forms can be picked up at any senior center.

### Important Announcement

If your church or organization would like to be added to our email distribution list, please send those email links to [terry.rush@richmondnc.com](mailto:terry.rush@richmondnc.com) or call (910)-410-1135



### **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.

# Protecting Yourself While on Social Media

We know that these are trying times for all of us and being at home alone makes this worse. Please know these people are not trying to be your friend or lover. They just want your money or access to your checking or savings accounts. Here are a few things to be aware of while on social media or unknown calls.

- 1) If someone reaches out to you on social media that you do not know, be skeptical and on guard.
- 2) If something via Email or other seems too good to be true, it probably is.
- 3) If someone is asking you to pay anything with gift cards, cash app, or some other mysterious way, it is 100% a scam.
- 4) Please do not open accounts (Social Media or Bank Accounts) for anyone you do not know.
- 5) **Do Not** give out your **Social Security Number** to anyone you do not know. Trust and believe the IRS knows your number and will mail you out paperwork.

In addition, the IRS will not contact you by phone to scare you into paying them, again especially not by gift card. Always remain skeptical. Ask lots of questions if you are unsure and ask someone you trust to help you if you are unsure.

**Please reach out to Adult Protective Services at (910)997-8401 or Aging Services (910) 997-4491 if you have any questions. These are just a few examples of what these people are doing to trick you. We are here to provide support and information if needed.**

This information is a collaboration between APS, Aging Services and Chad Huber. Mr. Huber follows these people daily to learn the tricks of the trade in order to get information out to protect others from being scammed. He brings these scams to light on his social media accounts.





# Spring



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

Allergies April Arise Baseball Birds Birth Bloom Blossom

Born Breeze Bud Bulbs Bunny Butterfly Chick Cloud Cookouts

Daffodil Daylight Easter Eggs Flowers Frog Fun Garden Grass

Green Grow Hatch Lamb Lemonade Nest Picnic Pollen Rabbit

Rain Rainbow Rebirth Robin Season Showers Sky Spout Spring

Sunshine Tadpole Tree Tulip Umbrella Weather Windy