



Newsletter



225 South Lawrence Street
Rockingham, NC 28379

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

Email: agingservices@richmondnc.com

June 2021

Webpage: www.richmondnc.com

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

RICHMOND COUNTY AGING SERVICES

Fans Needed For Senior Citizens

Help keep seniors cool for the summer by donating:

**NEW FANS
or
MONEY**

at the Rockingham Senior Center located at
225 South Lawrence Street beside the
Rockingham Fire Department.

Call (910) 997-4491 if you have questions.



A big thank you to everyone who donated and to everyone who came out to support our Yard Sale. We raise \$1,302.78 to go towards our Aging Services' Dementia Friendly Program.

What is Juneteenth and why do we celebrate it?

Juneteenth is a holiday, or commemoration meant to **celebrate word of emancipation** finally coming to a group of enslaved people in Galveston, Texas. It commemorates this group of slaves who learned that they had been emancipated months earlier.

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Dating back to 1865, it was on **June 19th** that the Union soldiers, led by **Major General Gordon Granger**, landed at **Galveston, Texas** with news that the war had ended and that the **enslaved were now free.**

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



ADULT INCONTINENCE SUPPLIES

If you are 55 or older and are in need of adult incontinence supplies, please give us a call. We have a limited supply of 2XL Pull-Ups. (must have ID)

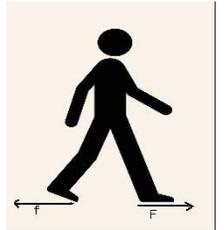
Please call our office
@910-997-4491
or stop by
Aging Services
225 South Lawrence
Street Rockingham to
pick up.

Sunday, June 20th
first day of Summer



Senior Summer Outreach Walk-Thru

- Date: July 1, 2021
- Location: East Rockingham Senior Center
- Time: 9:00am-11:00am
- Information on Medicaid, Medicare, and other summer community activities for seniors.



Please practice social distancing

Father's Day Sunday, June 20th

HAPPY FATHER'S DAY

By Karen K. Boyer

He never looks for praises.
He's never one to boast.
He just goes on quietly working
For those he loves the most.

Sunscreen: Tips to wear it well

1. Get UVA and UVB protection. Always opt for a sunscreen that provides both UVA and UVB protection. ...
2. Choose SPF 30 or higher. Always use a sunscreen with SPF (Sun Protection Factor) 30 or higher. ...
3. Apply sunscreen early — and liberally.
4. Your skin can take up to a half-hour to absorb sunscreen. ...
5. Reapply sunscreen every two hours. ...
Don't rely on sunscreen alone....



PLAZA JAM 2021 Schedule



1784
ROCKINGHAM
A CITY LOOKING FORWARD



2021

June 3rd – The Entertainers

July 1st – The Embers featuring **Craig Woolard**

August 5th – The Tonez

September 2nd – The Tams

October 7th – North Tower Band

BB&T | Now Truist

Dieffenbach
GM SUPERSTORE



First Carolina Care
INSURANCE COMPANY

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 6/2 we wear Polka dot, on 6/9 we wear Pastels, on 6/16 we show our nails, on 6/23 show us your bracelets, necklaces, anklets and 6/30 Beach Flash (beachwear).** 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 | June 2 nd | Polka dot |
| Wednesday | June 9 th | Pastels |
| Wednesday | June 16 th | Show us your nails |
| Wednesday | June 23 rd | Bracelets, Necklaces, Anklets |
| Wednesday | June 30 th | Beach Flash Wednesday |

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

TRIVIA QUESTIONS

BE ON THE LOOKOUT FOR TRIVIA
QUESTIONS ON
OUR FACEBOOK PAGE @AGINGISGOOD



IN THE KITCHEN

with Judy Whitley

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 our Ellerbe Senior Center Director and Meal Site Manager.



 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!

SENIOR CENTER ZOOM CHAT



THURSDAY, JUNE 17, 2021

11:00AM - 12:00PM

CALL DONNA LUTHER
(910) 997-8332
FOR MORE INFORMATION.

Richmond County Aging Services
**CAN'T TAKE CARE
OF ALL OF IT
YOURSELF?
LET US HELP!**

HERE ARE SOME WAYS WE CAN HELP:

- > IN HOME MEDICAL CARE
- > ASSISTANCE WITH COMPLETING APPLICATIONS FOR GOVERNMENT PROGRAMS
- > CASE MANAGEMENT SERVICES
- > HOUSEKEEPING
- > TRANSPORTATION SERVICES
- > FOOD ASSISTANCE PROGRAMS
- > HOUSING ASSISTANCE
- > LONG TERM CARE
- > HOUSING IMPROVEMENTS AND MORE

CALL (910) 997-4491

LIROSIA WALL

SHARON MORRISON

4/29/21



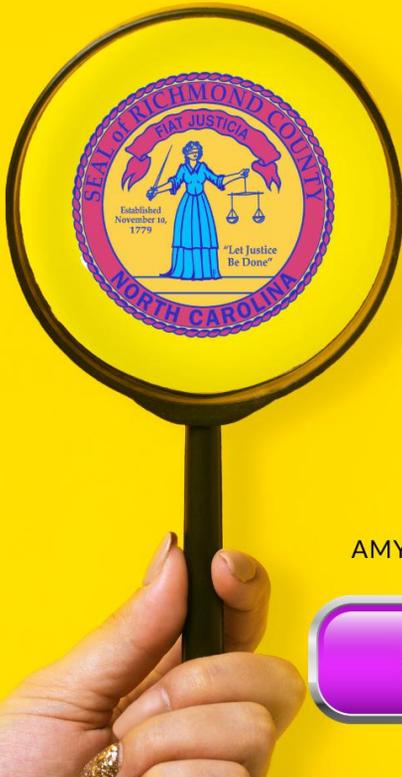
NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Questions or concerns:

**Please call
(910)410-1135**

**Terry Rush,
Richmond County
SHIIP Coordinator.**

Richmond County Aging Services



**WE ARE
HIRING**

IN HOME AIDE

SEND YOUR APPLICATION TO:

AMY.GREENE@RICHMONDNC.COM

CLICK HERE

4/19/21



**REPORT ADULT
AND/OR CHILD
ABUSE**

**Richmond County
DSS
Intake Line**

(910) 997-8415

**IF YOU
THINK IT,
REPORT IT!**

Follow us on Instagram, Pinterest, and YouTube @agingisgood

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



Email Distribution List

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



We still have T-shirts available.

They are \$15 each.

Remaining T-shirts sold will benefit

Aging Services'

*Minor Home Repair &
Modification Program.*

Call (910) 997-4491

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.

Types of Advance Directives

1. The living will. ...
2. Durable power of attorney for health care/Medical power of attorney. ...
3. POLST (Physician Orders for Life-Sustaining Treatment)
A POLST form also helps describe your wishes for health care, but it is not an advance directive.
4. Do not resuscitate (DNR) orders.
5. Organ and tissue donation.



For assistance, please contact Legal Aide of NC (877)579-7562

Need A LIFT?

List of Transportation Services in our area:

- ART (Area of Richmond Transit) (910)895-1313
- ASAP Transportation (843)862-4277
- Dewey Brower Taxi Service (910)205-0777
- H&S Premier Services (910)730-8020 or (910)719-8175
- Zipp Transportation (910)334-2493



Important Announcement

As of June 1, 2021, the East Rockingham Senior Center Building is available for rental. Pricing and availability information please call 910-997-4491.

Father's Day

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

APPRECIATED BEST BLESSED BRAVE BUSY CARING CLEVER
COACHING COMPASSIONATE CONFIDENT COOL COURAGEOUS DAD
DEPENDABLE DEVOTED FUNNY GENEROUS GENTLE GIVING
GRANT HANDSOME HANDY HARDWORKING HONEST INTELLIGENT
LOYAL PROTECTIVE PROUD RELIABLE RESPONSIBLE SACRIFICING
SELFLESS SMART SPECIAL STERN STRONG SUPPORTIVE SWEET
TEACHING THOUGHTFUL TRUSTING UNAFRAID UNDERSTANDING
WISE WONDERFUL