



Newsletter



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Rockingham, NC 28379

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September 2021

Webpage: www.richmondnc.com

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

Aging Services Welcomes Two Smiling Faces



My name is Rochell Martinez 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 name is Annette Hawkins, and I am returning to the In-Home Aide Level I program. I love helping others and look forward to meeting new people.

Important Announcement

The East Rockingham Senior Center Building **will not** be available to rent for the month of September. Each month will be evaluated due to Covid-19. Sorry for any inconvenience this may cause. You will be refunded your full amount. Please call (910) 997-4491 with any questions.

IMPORTANT

ANNOUNCEMENT



Richmond County Aging Services' Senior Centers are **OPEN**.

There **will be** restrictions in place.

>>>If you **HAVE** or **HAVE NOT** been vaccinated with the Covid-19 vaccine, you will **BE** asked to **practice social distancing** and **wear face masks**.<<<

We have a limited capacity on how many participants we can allow in the buildings at any given time for meal sites, activities and games!!! Please check with your local senior center director for more information.

Thank you for your cooperation and we look forward to seeing everyone again.

Classes starting soon!



Set a date to
Quit Smoking

Let us help with a

Fresh Start!



A **FREE** 4-week tobacco cessation class

FREE Patches!
Gifts for attending meetings!

- Make a plan
- Know what to expect
- Set a date
- Control the cravings
- Maintain the quit

To register:
Call Kendra
Faries
910-997-8292

Want a private quit coach: Call QuitlineNC @ 1-800-Quit-Now

RICHMOND
COUNTY
AGING
SERVICES &
DSS PRESENTS

SENIOR SYMPOSIUM

For October, Aging & DSS (sister agencies), teamed up to host this year's Senior Symposium. There will be some really great local resources ready to provide you with their company information & goodies in bags rather than from booths (due to COVID). We will play educational BINGO with some fantastic prizes to win!!!



2 SESSIONS TO PICK FROM

8:30AM- 12:00PM
OR
1:00PM-4:30PM

TOPICS

- MEDICARE 101
- FRAUD
- EDUCATIONAL BINGO
- LUNCH
- MORE DETAILS TO COME



Senior Symposium
EDUCATE. ADVOCATE. SEEK JUSTICE.

SPONSORED BY



AMERICAN WOODMARK

SAFETY PROTOCOLS WILL BE IN PLACE

**MUST WEAR MASKS &
SOCIAL DISTANCE**

FREE
ENTRY
WITH
TICKET

OCTOBER
WED OR THURS
27-28

COLE AUDITORIUM
1042 W. HAMLET
AVE., HAMLET,
NC 28345

TICKETS AVAILABLE
9/27/21 AT THE
ROCKINGHAM SENIOR
CENTER. SEATING IS
LIMITED! (910) 997-4491

Makes great Christmas gifts



Richmond County Aging Services RADA Cutlery Fundraiser

You can
Help make a
difference!
Call
Richmond
County Aging
Services
today.
997-4491

Enjoy the ease and convenience of ordering online.
Use the following website
www.HelpOurFundraiser.com
Internet Order # 504891
Password: aging101
Or stop by the Rockingham Senior Center to place an order.
Proceeds will go towards Senior Center Programs & Activities

Located at 225 South Lawrence Street
beside the Rockingham Fire Department

Aging Services, Senior Centers and Meals on Wheels will be closed Labor Day Monday, September 6, 2021.



East Rockingham Senior Exercise

Seniors making
exercising fun
Monday - Friday
9:30am - 10:30am

Free

Must be 55+

Masks required



World Heart Day Wednesday,
September 29th

What are you doing to stay heart healthy?



YOU HAVE A **SPOT.** | TAKE YOUR **SHOT.**

Know Your COVID-19 Vaccine Rights



Everyone is eligible.

COVID-19 vaccines are available to everyone regardless of immigration status. Getting vaccinated will not affect immigration status, and no one's information will be shared with ICE for immigration enforcement.



ID is not required.

Vaccine providers may ask to see ID to help them confirm who does or does not have insurance. Those unable to show ID can still get vaccinated.

Vaccines are free.



COVID-19 vaccines are free to everyone in North Carolina. The federal government is covering the cost. No vaccine provider should be charging anyone to receive the vaccine.

Insurance

is not required.



COVID-19 vaccines are available to everyone, even if they do not have health insurance. If uninsured and billed for the vaccine, tell the provider to bill the HRSA COVID-19 Uninsured Program.

Visit my myspot.nc.gov to make an appointment or call 888-675-4567 for questions.



GLOW

(Gorgeous Ladies and Gents Of the Weekdays)

GLOW will be canceled for the month of September. We apologize for any inconvenience this has caused.

Doing nothing is hard, you never know when you're done.

~ author unknown



September is FALL HAT MONTH

Wear your favorite hats during the month of September and you will be entered to win a prize at the end of the month!

>>> Bonus entry if you let us take a picture and share on social media! <<<

Just see your senior center director.

Help us reach 2,000 followers BY THE END OF SEPTEMBER



SEASONEDTIMES.COM

and we will do a giveaway to one of our followers when we hit 2k.

PLAZA JAM 2021 SCHEDULE



2021

~~June 3rd - The Entertainers~~

~~July 1st - The Embers featuring Craig Woolard~~

~~August 5th - The Tones~~

September 2nd - The Tams

October 7th - North Tower Band

BB&T | Now Truist

Dieffenbach GM SUPERSTORE



First CarolinaCare INSURANCE COMPANY

Caddy's Grill & Chill

Come Join The Caddy's Crew For "Caddy's Thursday Night Cruisin"

905 E Broad Avenue, Rockingham, NC 28379

LOUDEST BIKE WINS "MONEY POT & BELT"

Winner Takes All

**Thursday, September 16, 2021
6pm - 10pm**



Entry Fee
\$20

Donations
Accepted!

Competition Starts at 8pm

Belt Winner Must Come Defend Belt Every 3rd Bike Night

Food & Drink Specials Available

All Motorcycles, Jeepers, Cars & Trucks Are Welcome

Don't Miss Out On This Great Event!

Bring The Entire Family & Have Fun!

ALL DONATIONS WILL GO TO R.CO. AGING SERVICES

To Learn more about their agency visit  @agingisgood



HOUSING OPPORTUNITIES + PREVENTION OF EVICTIONS

NOW ACCEPTING APPLICATIONS

HOPE offers rent and utility assistance for very low-income renters that have experienced financial setbacks due to COVID-19 pandemic.

YOU MAY BE ELIGIBLE FOR ASSISTANCE IF:

- You live in one of the 88 counties the program serves.
- You rent your place of residence.
- You have missed one or more rent payments since April 1, 2020, or you have been at risk of possible eviction or being homeless.
- You have lost income, become unemployed or faced major financial costs or hardships due to the pandemic.
- Your household income is less than 50% of the area median income for the county where you live.

LEARN MORE:

www.HOPE.NC.gov

HOPE CALL CENTER

888-9ASK-HOPE 1-888-927-5467

8 A.M. TO 5 P.M. MONDAY– FRIDAY

Habla Español

SKINCARE & MAKEUP TECHNIQUES FOR OLDER ADULTS

with Denita Yannone Cauley

Mature skin has unique needs and it deserves to be treated properly. As you get older, skin tends to become thinner, duller, and less even.

Join us for our 4 part series:

- }} Senior Skincare
- }} Everyday Makeup
- }} Glam-ma Makeup
- }} BYOM-Bring Your Own Makeup

Class size is limited to 10

- }} Every Wednesday in September starting 9 / 8 / 21
- }} 2pm
- }} No Charge
- }} East Rockingham Senior Center
- }} Stop by or Call to Register (910) 997-8332

WE'RE BACK IN SHAPE!

**ROCKINGHAM
SENIOR CENTER'S
EXERCISE ROOM
IS OPEN**

Hours:

Monday - Thursday

7:30am - 4:00pm

Friday

8:00am - 4:00pm

Must be 55 and older

Free!!

Any questions please call
(910) 997-4491



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.

BE PREPARED FOR A HURRICANE

Threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes, and landslides.



FEMA

FEMA V-1006/ May 2018

Hurricanes are massive storm systems that form over warm ocean waters and move toward land. The Atlantic hurricane season runs June 1 to November 30. The Pacific hurricane season runs May 15 to November 30.



Can happen along any U.S. coast or territory in the Atlantic or Pacific



Can affect areas more than 100 miles inland



Most active in September

IF YOU ARE UNDER A HURRICANE WARNING, FIND SAFE SHELTER RIGHT AWAY



Determine your best protection for high winds and flooding.



Evacuate if told to do so.



Take shelter in a designated storm shelter or an interior room for high winds.



Listen for emergency information and alerts.



Only use generators outdoors and away from windows.



Do not walk, swim, or drive through flood waters.

HOW TO STAY SAFE WHEN A HURRICANE THREATENS



**Prepare
NOW**

Know your area's risk of hurricanes.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

If you are at risk for flash flooding, watch for signs such as heavy rain.

Practice going to a safe shelter for high winds, such as a FEMA safe room or ICC 500 storm shelter. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not subject to flooding.

Based on your location and community plans, make your own plans for evacuation or sheltering in place.

Become familiar with your evacuation zone, the evacuation route, and shelter locations.

Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.

Keep important documents in a safe place or create password-protected digital copies.

Protect your property. Declutter drains and gutters. Install check valves in plumbing to prevent backups. Consider hurricane shutters. Review insurance policies.



**Survive
DURING**

If told to evacuate, do so immediately. Do not drive around barricades.

If sheltering during high winds, go to a FEMA safe room, ICC 500 storm shelter, or a small, interior, windowless room or hallway on the lowest floor.

If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.

Listen for current emergency information and instructions.

Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown.[®] Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Stay off bridges over fast-moving water.



**Be Safe
AFTER**

Listen to authorities for information and special instructions.

Be careful during clean-up. Wear protective clothing and work with someone else.

Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.

Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.

Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

Document any property damage with photographs. Contact your insurance company for assistance.



Take an Active Role in Your Safety

Go to **ready.gov** and search for **hurricane**. Download the **FEMA app** to get more information about preparing for a **hurricane**.



Ice Cream Flavors



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

Almond Apple Banana Birthday Blackberry Blueberry
 Butterscotch Caramel Cheesecake Cherry Chocolate Coffee
 Firework Grape Kitkat Krackel Lavender Mango Mint
 Mocha Neapolitan Orange Oreo Peach Pecan
 Peppermint Pineapple Pistachio Pumpkin Raspberry Reese
 Smores Snickers Strawberry Superman Tiger Turtle Twix
 Vanilla



RICHMOND ASSIST PROGRAM



NEED HELP?

BEHIND ON UTILITIES?

BEHIND ON RENT/MORTGAGE?

WE CAN HELP! VISIT THE WEBSITE FOR MORE DETAILS

<https://www.richmondnc.com/550/Richmond-Assist-Program>



INCOME ELIGIBILITY

Provides financial assistance to those families of low to moderate-income who are behind on rent and utility costs



PROCESS

Eligible households can receive a *one-time* up to \$1000 to avoid disconnections/evictions "Payments made to vendors only"



APPLICATIONS

All applications are to be submitted in the RED BOX in front of the DSS entrance

Applications available at DSS entrance, most utility companies, and on the website