



# Newsletter



225 South Lawrence Street  
Rockingham, NC 28379

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

Email: [agingservices@richmondnc.com](mailto:agingservices@richmondnc.com)

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

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

## October 2021



### Congratulations Connie Harris!

One of our own wins an award.

Angels Among Us

Read full article on page 2

Richmond County Aging Services would like to thank William Sturdivant and the Playaz Club for hosting an event at Caddy's Chill and Grill to help raise money for Richmond County Aging Services. The Playaz Club and local bike riders raised \$660.00. Thank you for your part in helping your local seniors out.

*Thank You*



*for your Kindness*



Mini yard sale happening **now**  
Richmond County Aging Services  
225 S. Lawrence St. Rockingham, NC 28379  
Money raised will help purchase smoke alarms, door alarms, build wheelchair ramps, or conduct other minor home repairs.

# DOING WHAT NEEDS TO BE DONE

*Harris devotes life to assisting seniors in need*

**By Neel Madhavan**

Staff Writer

ROCKINGHAM — While she was young, Connie Harris saw her mother taking care of her grandmother as she got older.

“It didn’t bother her a bit — she knew that’s what needed to be done,” Harris said.

Then, on her father’s side, Harris saw her father take care of her other grandmother while she had cancer. After that, as her father’s health deteriorated, she and her sisters worked together to help take care of their father.

Seeing what her parents did, and then what she had to do to take care of her father, has inspired Harris to work helping senior citizens and giving back by assisting seniors in need in Richmond County.

Harris works for Richmond County Aging Services at the East Rockingham Senior Center, but also spends a good deal of her time outside of work with seniors, as well.

“I see some that don’t have family — they need somebody there for them, somebody to listen,” Harris said. “Someone needs to take care of the seniors, so I want to get out there and help take care of the seniors and do what I can.”

Harris spends her days checking in on her seniors from time to time or they’ll call her when they need help, whether it be something around the house or paying bills or even tech assistance. She’ll also pick up groceries or medications for them when they need it.

But perhaps even more important than the errands she runs for them is that she’s there to talk to them and keep them company if and when they’re feeling lonely.

“Sometimes they’re down and depressed and they just need someone to talk to and listen to them,” Harris said. “Anything they need, they call me and I just do what needs to be done.”

Harris said there’s one particular Richmond County senior she’s grown quite close to. She calls her “mom” and her husband “pop.”

“She calls me and we have our talks and she tells me things that she just wouldn’t want to talk to her family about,” Harris said.

The toughest part about what she does, Harris says, is when the seniors she helps and spends time with eventually pass away.

There was a senior she was working with that became ill one day. She said she tried to get her to go to the doctor or to the hospital, but the senior insisted that it was minor and that she would be okay.

Unfortunately, the woman passed away the next day.

“That weighs on your heart, I should have just made her go,” Harris said. “It’s hard — it’s like a family member passing. My little girl will see tears in my eyes and she’ll ask me what’s wrong. It’s hard.”

East Rockingham Senior Center Director Donna Luther said Aging Services plans and provides a variety of activities throughout the week for seniors to participate in. They have exercise classes and computer labs available, as well as water aerobics classes, dance classes, arts and crafts, bingo, board games and volleyball.

Throughout the COVID-19 pandemic, even when everyone was locked down in their homes, Harris said Aging Services continued their work helping seniors as much as they could.

“A lot of people, we would call to encourage them and ask them if they were doing okay or if they needed anything and they would end up encouraging us,” Luther said.

Luther said there’s a tremendous need for people like Harris to do the things they need to help seniors.

“It’s why they say we are essential people,” Luther said. “There are so many seniors that don’t have anybody to look after them or to help them in any way. Connie is truly essential for their well-being.

“There are things that these folks have done all their lives and now they can’t — they’re unable to do it,” Luther continued. “So they’re filling that gap. A lot of people don’t realize it is a tremendous blessing. We always need volunteers, especially for the home-delivered meals. One of our volunteers said one time — it’s not just that meal that you’re taking, it’s that you’re checking on that loved one every day and that’s priceless.”

*Reach Neel Madhavan at 910-817-2675 ext. 2751 or [nmadhavan@yourdailyjournal.com](mailto:nmadhavan@yourdailyjournal.com). Follow on Twitter at @NeelMadhavan.*



## 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.

## 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

## IMPORTANT ANNOUNCEMENT



The East Rockingham Senior Center will be CLOSED until Monday, October 11<sup>th</sup>. Rockingham and Ellerbe Senior Centers will remain 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.

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



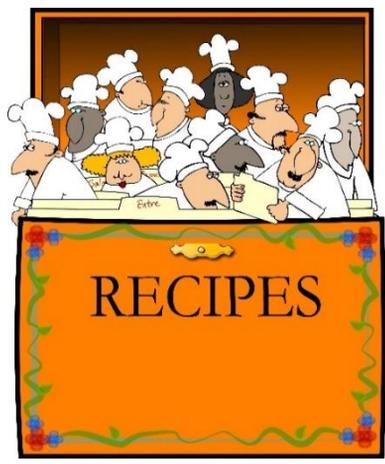
# Richmond County Aging Services RADA Cutlery Fundraiser

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](http://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

## Send us your Thanksgiving Recipes for a chance to win a prize



Thanksgiving is coming, send us a favorite recipe and be entered in a drawing to win a special prize. Email your recipe to [terry.rush@richmondnc.com](mailto:terry.rush@richmondnc.com) or give a copy of to your local senior center director. Last day to submit your recipes will be Monday, November 22, 2021.

# East Rockingham Senior Exercise

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

**Free**

Must be 55+

\*Masks required\*



Richmond County Aging Services

## RAFFLE

for Senior's Coffee & Tea Supplies



Goal: raise at least \$ 300

Tickets: \$1 each or 6 for \$ 5  
Monetary or Supply Donations  
Gladly Accepted

Starts: Tues. 9/7 Ends: Tues. 10/5

Purchase tickets at:

East Rockingham (910 997-8332,  
Ellerbe (910) 652-6006 or  
Rockingham (910) 997-4491  
Senior Centers

Wreath donated by a participant  
in hopes to raise money for  
their coffee & tea fund.



@agingisgood



## RICHMOND ASSIST PROGRAM



**WE CAN HELP! VISIT THE WEBSITE FOR MORE DETAILS**  
<https://www.richmondnc.com/550/Richmond-Assist-Program>



### PROCESS

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



### INCOME ELIGIBILITY

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



### 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

**Is your Medicare plan still right for you?**  
**An annual Medicare review may help you save.**

**SHIP can help.**

Medicare's Annual Open Enrollment Period is **Oct. 15 – Dec. 7**. During that time, seniors who have Medicare coverage can make plan changes that may lower their costs. You could save by:

- Evaluating eligibility for low-income subsidies
- Choosing the best Part D Drug Plan based on current medications & preferred pharmacy
- Exploring available Medicare Advantage Plans

The Seniors' Health Insurance Information Program (SHIP) offers free individual counseling to assist you in selecting the best Medicare options for you. **Schedule an appointment today to see if you can save!**

**Richmond County  
Aging Services**

**Terry Rush  
(910)410-1135**



**NC DEPARTMENT OF  
INSURANCE**

MIKE CAUSEY • COMMISSIONER

# Adopt a Senior for Christmas 2021

Would you like to help bring holiday cheer to a Senior Citizen who may be alone for Christmas?

It's easy, just partner with us! Become an Adopt a Senior for Christmas Sponsor today. >Santa Sponsor, >Elf Sponsor, >Reindeer Sponsor or >Snowman Sponsor.

Between Nov. 13th - Dec. 11th place a Christmas tree at your business with specific tags that suggest the perfect gift for an older adult.

All donations are tax deductible.

Deadline:

Friday, Oct. 29th

**CONTACT PAM HILL  
FOR MORE INFORMATION**

(910) 997-4491

pam.hill@richmondnc.com

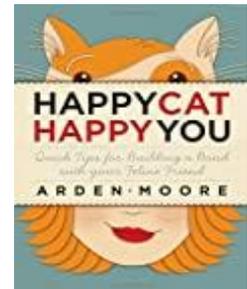
Richmond County Aging Services



**World Smile Day  
Tuesday, Oct 5<sup>th</sup>**



**National Boss's Day  
Saturday, October 16<sup>th</sup>**



**National Cat Day  
Friday Oct. 29**

## Important Announcement

The East Rockingham Senior Center Building **will not** be available to rent for the month of October. 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.

# Fall

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

Acorn    Amber    Apple    Autumn    Bale    Bounty    Brown    Burn  
Change    Chilly    Cider    Cold    Corn    Cozy    Festive    Flannel  
Foliage    Gather    Harvest    Hay    Jacket    Leaves    Maize  
Nature    Nippy    Nuts    October    Orange    Orchard    Pie    Pumpkin  
Quarterback    Rake    Reap    Red    Scarecrow    Scenic  
Season    Seasonal    Spice    Sweatshirt    Temperate  
Thanks    Vote    Winterize    Yam    Yellow