



Newsletter



225 South Lawrence Street
Rockingham, NC 28379

Phone: 910-997-4491
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Email: agingservices@richmondnc.com

November 2021

Webpage: www.richmondnc.com

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

RICHMOND COUNTY AGING SERVICES

CHRISTMAS FRUIT BAGS

Tickets will be available at your local senior center beginning November 8th

Due to COVID, there will not be a party this year.

We sincerely apologize and realize the disappointment this brings.

FRUIT BAG PICK UP AT
Ellerbe Senior

Center

WEDNESDAY,
DECEMBER 8TH

9am - 12pm

- > Free Fruit Bag
- > Must be at least 60 years old
- > For more info call (910) 997-4491

FRUIT BAG PICK UP AT
Rockingham

Senior Center

WEDNESDAY,
DECEMBER 15TH

9am - 12pm



MINI YARD SALE

Check out our mini yard sale happening during our business hours at 225 South Lawrence Street, Rockingham, NC 28379. New items are added daily. The money we raise will help to purchase smoke alarms, door alarms, and build wheelchair ramps for those living with Alzheimer's or dementia.

Downtown **GETDOWN**
11-7 EVERY *Monday*
STARTS SEPTEMBER 13TH
FOOD KING PARKING LOT
DOWNTOWN ROCKINGHAM
FOOD TRUCKS ALL DAY
MUSIC & CRUISE IN STARTS AT 5:00P







SPONSORSHIP OPPORTUNITIES AVAILABLE 910-895-9058



DO YOU NEED HELP PAYING YOUR HEATING BILLS?

If so, the Low-Income Energy Assistance Program (LIEAP) may be able to help you.

Funds are Limited, APPLY TODAY!

Households with a person age 60 or older or a disabled person receiving services through the NC Division of Aging and Adult Services can apply from December 1, 2021, through December 31, 2021. All households can apply beginning January 3, 2022, through March 31, 2022 or until funds are exhausted.

Households with a Native American adult age 18 and older residing in Cumberland, Hoke, Robeson, and Scotland counties, who wish to apply for LIEAP benefits, must do so through the Lumbee Tribe.

Households that include an enrolled member of the Eastern Band of Cherokee Indians (EBCI) living in the five-county service area of Cherokee, Graham, Haywood, Jackson, and Swain counties, who wish to apply for LIEAP benefits, must do so through the EBCI. This includes enrolled EBCI members on and off the Qualla Boundary in the five counties.

Contact your local county department of social services for more information.



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

Division of Social Services
www.ncdhhs.gov • NCDHHS is an equal opportunity employer and provider • 10/19

I am grateful for what I am and what I have.
 My Thanksgiving is perpetual.
 ~ Henry David Thoreau

Richmond County Aging Services



WE ARE LOOKING FOR GOODIES FROM YOUR BUSINESS TO STUFF INTO OUR CHRISTMAS FRUIT BAGS.

We will be packing 1,300 bags for senior citizens. Items can be any marketing material you have such as pens, jar openers, cups, or stress balls.

> *Deadline to turn in items: Dec. 1st*

Call us at (910) 997-4491 or stop by the Rockingham Senior Center.



VETERANS DAY

11 11

THANK YOU | HONORING ALL WHO SERVED

MEMORIALS & TRIBUTES

Richmond County Aging Services

Richmond County Aging Services raise funds throughout the year and many times people will ask how they can help.

There are multiple ways, but one of the most important is very uncomfortable to talk about. Please consider speaking with your families about memorial contributions to Richmond County Aging Services as a way of remembering you.

For so many of you this is your home away from home and sometimes families don't realize that. Memorial contributions help the senior center in so many ways including helping those in need, supplementing the meal program, entertainment and even the daily expenses of the senior center.

If you have questions, please give us a call at 910-997-4491.



Important? Announcement?

The East Rockingham, 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!

Donate a
Space Heater
for Elderly in
Richmond County



Drop off NEW items only to the
Rockingham Senior Center located at
225 South Lawrence Street, Rockingham,
NC 28379. (910) 997-4491

Richmond County Aging Services

Raffle



**Gift Basket from Touch of Glo
...a \$135 value...**

- > Signature Facial or Service of Equal Value w/Amberly Williams,
- > \$25 off Color Service w/Ashley Quick,
- > \$20 Regular Manicure w/Ferre,
- > 5 Free Tanning Visits.

Tickets are \$5 each or 5 for \$20

*Purchase tickets beginning Monday, November 1st from
your local senior center.*

*Drawing will be held on Monday, December 20th at 4pm.
Call (910) 997-4491 for more details.*

All proceeds benefit Aging Services' programs and activities.



**Have We Told
You Lately How
Thankful We
Are Of Our
Employees?**

Our employees have shown dedication, compassion and love to our agency as well as each and every one of their clients and participants during these uncertain times.

We hope you can hear our gobbles and see our wobbles and know how much we truly appreciate them!

*Thank!
You!* 4

Rockingham

Downtown Spooktacular

Trick-Or-Treating - Games, Activities

Friday, October 29, 2021
4PM - 6PM



TRICK or TREAT

Stop by and visit

Aging Services' staff

on Friday, October

29th between 4pm

and 6pm at 225

South Lawrence

Street, Rockingham

beside the

Rockingham Fire

Department.

Makes great Christmas gifts

Richmond County Aging Services

RADA Cutlery Fundraiser

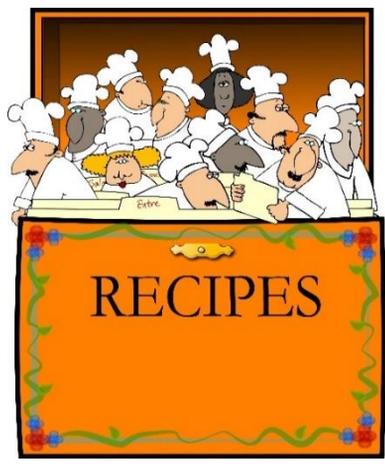


You can
Help make a
difference!
Call
Richmond
County Aging
Services
today.
997-4491

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

Send us your Thanksgiving Recipe for a chance to win a prize



Thanksgiving is coming, send us your favorite recipe and be entered in a drawing to win a special prize. Email your recipe to terry.rush@richmondnc.com or give a copy 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



Aging Services staff
would like to wish
you and your family a
Happy Thanksgiving



Hat Contest Winner
Michael Clinton

Wreath Winner
Sue Glover

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

**REPORT ADULT
AND/OR CHILD
ABUSE**

**Richmond County
DSS
Intake Line**

(910) 997-8415

**IF YOU
THINK IT,
REPORT IT**



RICHMOND ASSIST PROGRAM

**NEED HELP?
BEHIND ON UTILITIES?
BEHIND ON RENT/MORTGAGE?**

RICHMOND COUNTY
HUMAN SERVICES
CENTER

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

**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**



10TH ANNUAL SALUTE TO VETERANS

Friday, November 5th, 2021

Richmond County Hospice Campus
1119 US Highway #1 North
Rockingham, North Carolina 28379

(910) 997-4464

Registration: 10:30AM ~ Event: 11:00AM
Lunch will be provided



IN THE KITCHEN
with Judy Whitley

Check out our Facebook page @agingsgood 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.

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.

extended to
NOV. 12th Friday, Oct. 29th

Deadline:

**CONTACT PAM HILL
FOR MORE INFORMATION**

(910) 997-4491

pam.hill@richmondnc.com

Richmond County Aging Services



Daylight savings time ends at

2:00 am on Sunday, November 7th.

Don't forget to turn your clock back one hour before going to bed

Saturday Night, November 6th.



Please change batteries in all your smoke alarms and carbon monoxide detectors.

If you need a FREE smoke alarm, please call (910) 997-4491.

Important Announcement

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

Thanksgiving

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

Acorn Autumn Bake Beans Bison Bread Carve Casserole
Celebrate Cider Cook Combread Cranberries Delicious Dessert
Dinner Dressing Drumstick Fall Family Feast Giblets
Gobble Gravy Ham Harvest Holiday Leftovers Maize Meal
Oven Pans Parade Pecan Pie Pilgrims Pumpkin Recipe
Rolls Seasons Stuffing Tablecloth Thankful Thanksgiving Thursday
Tradition Travel Turkey Yams