

RICHMOND COUNTY AGING SERVICES
NEWSLETTER

YOUR TRUSTED RESOURCE FOR AGING WELL

FEBRUARY 2022



*Valentine's
Day Zoom
Meeting*

CONVERSATION HEART ZOOM
MEETING
THURSDAY, FEBRUARY 10, 2022
11:00AM
IF INTERESTED CONTACT
KIMBERLY HOTTER
BY TUESDAY THE 8TH AT 3PM
910-997-8225

Richmond County Aging Services is
CLOSED for the month of February
to all participants .

This includes the East Rockingham,
Rockingham and Ellerbe Senior Centers
and the East Rockingham, Ellerbe and
Hamlet Meal Sites.

Services such as In-Home Aide, Home
Delivered Meals, Adult DSS Assistance
Program and SHIP Counseling (except
participates for meal pick up) 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.

East Rockingham Building Rentals

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

Each month will be evaluated due to Covid-19.
Please call (910) 997-4491 with any questions.

RICHMOND COUNTY AGING SERVICES

VETERAN'S BREAKFAST & LEARN

Sponsored by the AMVETS Chapter 316 Rockingham, NC 28379

THURSDAY MARCH 31, 2022
9:00AM - 11:00AM

FREE EVENT



FREE EVENT

LOCATED AT
THE COLE AUDITORIUM
1042 West Hamlet Avenue,
Hamlet, NC 28345

SEATING IS LIMITED, REGISTER TODAY
MUST BE 55 OR OLDER
REGISTER BY THURSDAY, MARCH 24
CALL 910-997-4491



Liberty Tax Service of Rockingham, will be at the East Rockingham and Ellerbe Senior Centers in the month of March to assist seniors 60 & older with filing taxes at a discounted rate.



ERSC: Donna Luther (910) 997-8332
ELL-SC: Judy Whitley (910) 652-6006

For an appointment, please call.

Days and times may vary at each senior center.



CONNECT WITH US

@AGINGISGOOD • WWW.RICHMONDNC.COM
AGINGSERVICES@RICHMONDNC.COM



DO YOU NEED ASSISTANCE PAYING YOUR WATER BILL?

Low-Income Household Water Assistance Program (LIHWAP) can help!

LIHWAP is a temporary emergency program that will help eligible households and families afford water and wastewater services, providing a one-time payment for eligible low-income households paid directly to the utility company. LIHWAP runs through September 2023 or until the funds are exhausted.

How Do I Know if I Qualify for LIHWAP?

If your water or wastewater services have been cut off or if you have received notice that your services are in danger of being cut off because your bill is past due, or you simply need help paying your water bill, you may be eligible!

Who is eligible to receive LIHWAP?

To be eligible for the LIHWAP program, a household must have at least one U.S. citizen or eligible legal permanent resident and:

- Have income equal to or less than 150% of the federal poverty level,
- Have water or wastewater services that are disconnected, in jeopardy of being disconnected or have a current outstanding bill, and
- Is responsible for paying the water bill.

Households that currently receive Food and Nutrition Services (FNS), Temporary Assistance for Needy Families (TANF) or Work First services, or those that received Low-Income Energy Assistance Program (LIEAP) services between Oct. 1, 2020, and Sept. 30, 2021, are automatically eligible to receive this benefit. Please contact your local county Department of Social Services for more information.

How do I apply?

If you need assistance paying your water bill you can apply online at <https://epass.nc.gov/>.

You can also apply over the phone by calling your local county Department of Social Services, printing out a paper application at <https://epass.nc.gov/> and drop it off or fax it to your local county Department of Social Services, or by apply in person at your local county Department of Social Services office or at Richmond County Aging Services.

Richmond County DSS: (910) 997-9480
Aging Services DSS Senior Liaison: (910) 997-4491

LIHWAP runs through September 30, 2023 or until funds are exhausted.
Applicants can receive assistance more than once.

For more information on this program and eligibility, visit the LIHWAP website www.ncdhhs.gov/divisions/social-services/energy-assistance/low-income-household-water-assistance-program-lihwap.



**RICHMOND COUNTY
AGING SERVICES/
ROCKINGHAM SENIOR
CENTER**

225 S. Lawrence Street
Rockingham, NC 28379
(910) 997-4491

**EAST ROCKINGHAM
SENIOR CENTER AND
MEAL SITE**

135 Safie 6th Street
Rockingham, NC 28379
(910) 997-8332
(910) 997-8225

**ELLERBE SENIOR
CENTER AND MEAL
SITE**

306 Millstone Road
Ellerbe, NC 28338
(910) 652-6006

**HAMLET SENIOR
CENTER AND MEAL
SITE**

102 Veterans Drive
Hamlet, NC 28345
(910) 582-7985



What is Black History Month?

Black History Month is a month dedicated to commemorating African American people who have made a positive impact in American society. Many of these significant figures were a part of the civil rights movement in the 1950s and 1960s, when Black people strove for equal rights as citizens.

How do you celebrate Black History Month?

During the month of February, many schools and places teach their students about significant historical figures, such as Rosa Parks (a bus boycott activist), Martin Luther King Jr. (a civil rights leader and minister), Nelson Mandela, Harriet Tubman (an Olympian athlete), Alice Coachman (a director, journalist and photographer), Gordon Parks (a physician and astronaut), Mae Jemison, Maya Angelou, and many more.

You can honor this awareness month by making sure Black voices and stories are present in the time with you have with your grandkids.

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Quick Reference Phone List

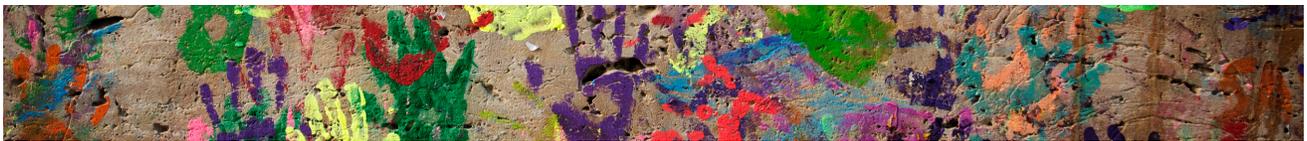
- Richmond County's Medicare Counselor- (910) 410-1135
- Report Adult Abuse and/or Fraud- (910) 997-8415
- Richmond County Aging Services- (910) 997-4491
- Richmond County DSS- (910) 997-8480
- Richmond County Health Department- (910) 997-8300
- Richmond County Sheriff's Office- (910) 895-3232



We have a responsibility to ensure that American history is taught truthfully and without bias, and to pass on the legacy of many courageous Black Americans who have taken a stand for liberty. Children might not know that just over 50 years ago, the US was still racially segregated.

When did Black History Month start?

Black History Month evolved into a significant event in the United States by the late 1960s, towards the end of the civil rights movement. However, it had a predecessor in the form of "Negro History Week" which was first observed in 1926. The first Black History Month was celebrated in January 1970, beginning at Kent State University and six years later, spreading nationwide. The long shadow of the Civil War and slavery had left the US with a society and legal system where African Americans were treated as inferior, so it is important to dedicate time to learning Black history.



How to Celebrate Black History Month With your Grandkids.

Make a Handprint Heart- an activity that honors the beauty of different skin colors and diversity. Using construction paper in various skin tones, trace your child's hand multiple times and cut it out. Cut a large heart out of butcher paper. Glue the hands in the shape of a heart using the butcher paper as a guide. As a final step, make a wreath with your child's handprints to celebrate diversity. Contact Kim Hotter for materials at (910) 997-8225

Create a Collage- Children of all ages love to create collages. Using magazines, the internet, books, or newspapers, allow children to cut out, position, and paste images of African American influencers on a piece of poster paper. After viewing clips and reading stories about each figure, children can also look for other items of significance and arrange and glue them near each person.

Read a Book That Celebrates Black History- There are many children's books that celebrate Black history in ways kids of all ages can understand.

Visit your local library to find these recommendations:

- Carter Reads the Newspaper by Deborah Hopkinson
- A is for All the Things You Are by Anna Forgeron Hindley
- Come Look With Me: Discovering African American Art for Children by James Haywood Rolling, Jr.
- A Child's Introduction to African American History by Jabari Asim
- I Am Every Good Thing by Derrick Barnes and Gordon C. James
- Undefeated By Kwame Alexander
- Show Way by Jacqueline Woodson

Still I Rise

Maya Angelou - 1928-2014

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.
Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?



Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.
Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

From And Still I Rise by Maya Angelou. Copyright © 1978 by Maya Angelou. Reprinted by permission of Random House, Inc.

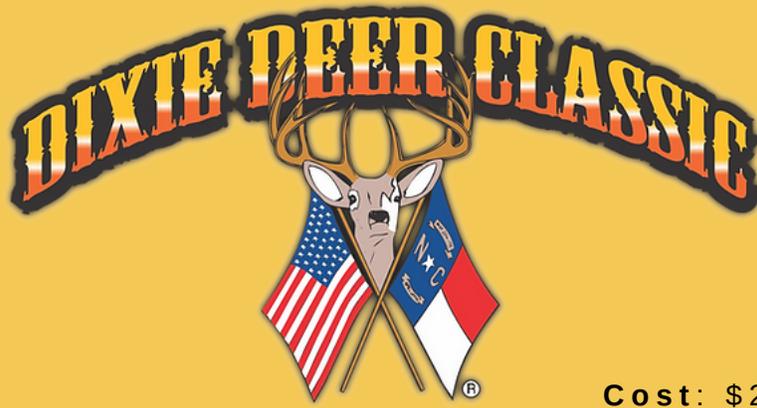


Maya Angelou was born Marguerite Johnson in St. Louis, Missouri, on April 4, 1928.



Still I Rise

Discover the meaning behind Maya Angelou's inspiring poem, with an...
api.poets.org



Field Trip

Date: Friday, March 4th

Dixie Deer Classic 2022

Location: NC State Fairgrounds,
Raleigh, NC

Time: Leaving Rockingham SC
@ 8:30am

Cost: \$20.00 (ticket and
transportation)

Tip: Wear comfortable walking
shoes, there is a lot of walking
involved on this trip.

For more info: go to
www.dixiedeerclassic.org

this trip is subject to cancellation due to COVID

**Show off your
Sweet heart and
you!**



Submit pictures of your sweetheart and you to one of the
Senior centers between February 7th -11th.
We'll be adding them to our Valentine's Day video.

Want our newsletter
emailed or mailed to you,



give us a call
(910) 997-4491.

For Medicare appointments call
Terry Rush at (910) 410-1135.



Leaving a Legacy

Your Legacy, Richmond County Aging Services Future.

Most of us, if given a chance, would like to leave some kind of legacy to show that our lives made a difference to others in this world. In the past, only a privileged few could think about leaving legacies. But now, with tax-favored ways of giving, many of us can experience the joy that comes from making a difference in the lives of others. Many of you tell us the Senior Center is your "Home Away From Home," and others mention that this place has been a true blessing in your lives. With these thoughts in mind, if you want to help sustain Richmond County Aging Services for others to enjoy for years to come, please talk to your attorney or financial planner about providing a gift now or in the future! Your gift at any time enables us to offer first-rate social services, lifelong learning classes and programs, and scores of exercise classes and other activities at RCAS every month. If you have questions, please give us a call at 910-997-4491.

Cozette Cooke Rush



A DONATION OF \$25 WAS MADE IN MEMORY OF MRS. RUSH
BY OLIVER & CAROL TURNER FOR
THE MEALS ON WHEELS PROGRAM.

A DONATION OF \$100 WAS MADE IN MEMORY OF MRS. RUSH
BY TONI T. ALVAREZ FOR
THE MEALS ON WHEELS PROGRAM.

... Honor or Memorialize your friend or loved one today! ...



RICHMOND COUNTY AGING SERVICES

Alive after 55

SUPPER CLUB

For the month of February, our Alive after 55 Supper Club and Lunch with LEO's is cancelled.

Lunch
with local
LEO's
Law Enforcement Officers



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

0
Closed

1
In the kitchen
with Judy

2
Meals on
wheels
BINGO
Numbers

3
National
Carrot
Cake Day

4
Meals on
wheels
Bingo
Numbers

7
**Enter a photo of your
Sweetheart and you
for a Valentine's Day
video**

Meals on Wheels
Bingo numbers

8
**Enter a photo of your
Sweetheart and you
for a Valentine's Day
video**

In the kitchen with
Judy
on Facebook

9
**Enter a photo of your
Sweetheart and you
for a Valentine's Day video**

Crafts with Kim Pickup
9:30 to 12:30
Valentine's Day Craft

**Meals on wheels BINGO
Numbers**

10
**Enter a photo of your
Sweetheart and you
for a Valentine's Day
video**

Conversation Heart
Zoom meeting
11:00 am

11
**Enter a photo of your
Sweetheart and you
for a Valentine's Day
video**

Meals on wheels
Bingo Numbers

14
Valentine's Day
Apparel Raffle
**Meal on Wheel
Bingo numbers**

15
**In the Kitchen with
Judy of Facebook**
Valentine's Day
Zoom Bingo!!
11:00 am

16
**Crafts with Kim pickup
9:30-12:30
Easter Craft**
Meal on Wheel
Bingo numbers

17
National
Random
Acts of
Kindness
Day

18
Meals on
wheels
Bingo
Numbers

21
**Meal on Wheel
Bingo numbers**

22
In the
kitchen
with Judy

23
**Crafts with Kim
pickup
9:30-12:30
Spring Craft**

Meals on Wheels
Bingo numbers

24
National
Tortilla
Chip Day

25
Meals on
wheels
BINGO
Numbers

28
**February
birthday
treat pick up**

Meals on Wheels
Bingo numbers

Legend:

\$ = Fee or cost for program/ activity * = Seating is limited

Ellerbe Senior Center

306 Millstone Road

Ellerbe, NC 28338

(910) 652-6006

@agingisgood • www.richmondnc.com

agingservices@richmondnc.com

February 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0 Closed	1 In the Kitchen with Judy	2 Meals on Wheels Bingo Numbers	3 National Carrot Cake Day	4 Meals on Wheels Bingo Numbers
7 Enter a photo of your Sweet heart and you for a Valentines Day Video Meals on Wheels Bingo Numbers	8 Enter a photo of your Sweet heart and you for a Valentines Day Video In the Kitchen with Judy	9 Enter a photo of your Sweet heart and you for a Valentines Day Video Meals on Wheels Bingo Numbers Crafts with Kim pick-up 9:30-12:30	10 Enter a photo of your Sweet heart and you for a Valentines Day Video Conversation Heart Zoom Meeting 11:00 am	11 Enter a photo of your Sweet heart and you for a Valentines Day Video Meals on Wheels Bingo Numbers
14 Valentine's Day Apparel Raffle Meals on Wheels Bingo Numbers	15 Valentines Day Zoom Bingo 11:00 am In the Kitchen with Judy	16 Meals on Wheels Bingo Numbers Crafts with Kim pick-up 9:30-12:30 Easter Craft	17 National Random Act of Kindness Day	18 Meals on Wheels Bingo Numbers
21 Meals on Wheels Bingo Numbers	22 In the Kitchen with Judy	23 Meals on Wheels Bingo Numbers Crafts with Kim pick-up 9:30-12:30 Easter Craft	24 National Tortilla Chip Day	25 Meals on Wheels Bingo Numbers

28
February Birthday treat pickup
Meals on Wheels
Bingo Numbers

Legend:

\$ = Fee for program/ activity * = Seating is limited