

RICHMOND COUNTY AGING SERVICES
NEWSLETTER

YOUR TRUSTED RESOURCE FOR AGING WELL

MARCH 2022



Daylight savings time begins at 2:00am Sunday, March 13th. Set your clocks one hour forward before going to bed on Saturday night.



Richmond County Aging Services is **OPEN** for the month of March 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.

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



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

East Rockingham Building Rentals

The East Rockingham Senior Center Building **WILL** be available to rent on **SATURDAYS** and **SUNDAYS** for the month of March. 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



Want our newsletter emailed or mailed to you?

Give us a call
(910) 997-4491.



April is
AUTISM AWARENESS MONTH
wear blue on
Friday, 4/1/22



RICHMOND COUNTY AGING SERVICES
CHURCH MAILING LIST

We want to send you our newsletter.

Help us update our list!

CALL (910) 410-1135

or email us at terry.rush@richmondnc.com with your church's contact info.



CONNECT WITH US

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



**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



Change your
batteries in your
smoke alarms.

If you are in
need of an
alarm, please let
us know.

*You must be at
least 55 or older to
qualify.*

COMMUNITY YARD SALE FUNDRAISER
FOR RICHMOND COUNTY AGING SERVICES

SAVE THE DATE

>>> SAT. MAY 14, 2022 · 8AM - 1PM <<<

FORMER PLACE OF GRACE CAMPUS
@ 559 AIRPORT RD, ROCKINGHAM, NC 28379



CALL (910) 997-4491 FOR MORE INFO

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



Companion Pet Adoption Program



- Are you a caregiver for an older adult that is
- experiencing social isolation
 - living with dementia or cognitive impairment
 - in need of companionship
 - at least 60 years old

These interactive robotic pets can provide companionship, meaningful connection and purpose for an older adult.

They have been shown to reduce feelings of social isolation and loneliness as well as decrease mental decline.

No fee for qualifying individuals. Quantities are limited.



For more information:
Stephanie Powers
Family Caregiver Specialist
(910) 775-9779



3-21

WORLD DOWN SYNDROME DAY



We invite you to wear LOTS OF SOCKS on **March 21, 2022**, to raise awareness of

World Down Syndrome Day!

BUT NOT JUST ANY SOCKS...brightly colored socks, mismatched socks, long socks, printed socks, 1 sock.....maybe even 3 socks (or EXTRA socks) for 3 chromosomes. We want socks to be displayed so people will ask you about it.....help spread the word!

Encourage your family & friends to join you!



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.



Members from *Dead Silence Riding Club of Richmond County* donated more than 20 heaters to our Meals on Wheels program.

Thank you all so much!!!

If your club would like to make a donation or put on a ride to raise funds for our agency, please give us a call (910) 997-4491.



Richmond County Aging Services is pleased to announce its progress of the creation of a new organization, Friends of Richmond County Aging Services or FORCAS.

The 501(c)(3), tax-exempt entity has a mission to raise and administer funds to enhance programs, services and facilities of Richmond County Aging Services. The group will also provide support and advocacy for RCAS for senior activities on a broad basis in the community.

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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/>.

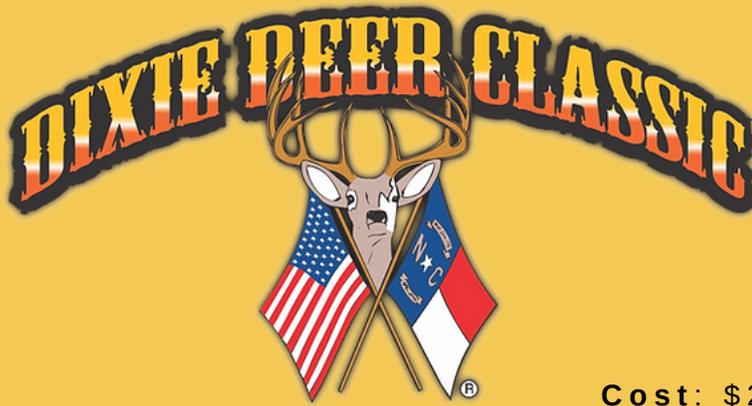
You can also apply over the phone by calling your local county Department of Social Services, printing out a paper application at <https://epass.nc.gov/> and drop it off or fax it to your local county Department of Social Services, or by apply in person at your local county Department of Social Services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





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



RICHMOND COUNTY AGING SERVICES

Alive after 55

SUPPER CLUB

LET'S GET TOGETHER FOR SUPPER AND ENJOY A NIGHT OUT WITH OTHER SENIORS OVER 55 YEARS OLD.

Granny's Country Kitchen
 905 E Broad Avenue
 Rockingham, NC 28379

THURSDAY
MARCH 17TH
@6:00PM
RSVP BY 3/16/22
910-997-4491

This program is open to any senior who is looking for social support, friendship and great food. We will meet once a month on the 3rd Thursday at 6:00pm at a designated restaurant in Richmond County.

Reservations for Dinners will close 24 hours before actual event so the venue will know how many members to expect. RSVP's are a must, call 910-997-4491

PAY- YOUR-OWN- WAY- MEAL.

PLEASE REMEMBER TO TIP THE WAIT STAFF GENEROUSLY, A MINIMUM OF 15% - 20% SO WE WILL BE WELCOME AT THE NEXT EVENT.

Richmond County Aging Services

Lunch with local **LEOs** Law Enforcement Officers



Godfather's Pizza
 1010 E. Broad Ave
 Rockingham, NC 28379

WEDNESDAY
MARCH 9TH
@11:30AM
RSVP BY 3/8/22
BY 5PM
910-997-4491

This program is open to any senior who is looking for social support, friendship and great food. We will meet once a month on the 2nd Wednesday at 11:30am at Godfather's Pizza restaurant in Richmond County.

Reservations for lunch will close 24 hours before actual event so the venue will know how many participants to expect. RSVP's are required, call 910-997-4491.

Pay- your-own- way- meal. Please remember to tip the wait staff generously,

Connect with members of Richmond County's Law Enforcement.

a minimum of 15% - 20% so we will be welcome at the next event.

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 \$100 WAS MADE IN MEMORY OF MRS. RUSH
BY FIRST PRESBYTERIAN CHURCH OF ELLERBE FOR
THE MEALS ON WHEELS PROGRAM.

A DONATION OF \$50 WAS MADE IN MEMORY OF MRS. RUSH
BY JEFF & MARY TYLER FOR
THE MEALS ON WHEELS PROGRAM.

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

FORCAS story Continued from page 4... Around the middle of 2020, Mr. Oscar Tyson (Zebulon, NC) reached out to Jacqueline Welch, Director of RCAS, with his interests in leaving a legacy of his wife, Myrtle Raines Tyson (Ellerbe, NC) (July 21, 1936 - July 1, 2019) and himself to the Meals on Wheels program after his demise. However Mr. Tyson was concerned that RCAS did not have a non-profit entity set up for the agency. Mrs. Welch explained that the County of Richmond and RCAS qualifies as a political subdivision of the State of North Carolina and therefore is eligible to receive any such charitable contributions for public purposes. After consulting with the County Attorney, Bill Webb, FORCAS filed for and received its Articles of Incorporation and Employer Identification Number. FORCAS is now awaiting the approval of Recognition of Exemption Under Section 501(c)(3) of the Internal Revenue Code application. FORCAS will hold its first board meeting in the coming weeks, begin promoting itself within the community and launching a fundraising campaign in the coming months. You will continue to learn more about Mr. Oscar Tyson and the late Mrs. Myrtle R. Tyson in April's newsletter. We hope their story will be inspiring to you and encourage you to leave your own legacy!

Community YARD SALE

Fundraiser for Richmond County Aging Services



For 2022 we are hosting two community yard sales! Come join us the second Saturday of May and October to make some cash or shop until you drop!

Where: Former Place of Grace Campus,
559 Airport Rd, Rockingham, NC 28379

Dates: Saturday, May 14th & Saturday, October 8th

Set-Up: 6:30 AM - 7:30 AM

Shopping: 8:00 AM - 1:00 PM

Fee: One (1) selling space 12' x 12' - \$25
Two (2) selling spaces 12' x 24' - \$40

Other: Vendors sell and keep profit.
Vendors must provide their own table.

No firearms, fireworks, or controlled substances permitted.

COVID-19 protocols will be followed in accordance with Richmond County.

QUESTIONS?

**Contact Jacqueline or Pam
(910) 997-4491 or**

agingservices@richmondnc.com

Registration begins Monday, March 14, 2022.

Please return form by Mon. May 9 (for May 14), and by Mon. October 3 (for October 8).

REFUNDS: \$5 processing fee will be deducted for any refund requests. Cancellations must be received two weeks prior to the Yard Sale Date.

Community Yard Sale Fundraiser for Richmond County Aging Services

Vendor Registration Form (one form per date)

Spaces are limited; availability is on a first come, first served basis beginning Monday, March 14, 2022.

Name: _____ Phone: () _____ | Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Selling Spaces will be assigned. In an effort to not place like items together, please summarize potential sale items below: _____

Yard Sale Date (choose one date): May 14th October 8th

Selling space (choose one option): one (1) selling space (\$25) two (2) selling spaces (\$40)

Please enclose cash or money order, payable to Richmond County Aging Services (RCAS) and return with this form to Jacqueline, RCAS, 225 S. Lawrence St., Rockingham, NC 28379; agingservices@richmondnc.com or FAX: (910) 410-1136

OFFICE USE ONLY

Received Form & _____
Payment: _____

Assigned Space: _____

East Rockingham

Senior Center

135 Safie 6th Street
Rockingham, NC 28379

(910) 997-8332

@agingisgood • www.richmondnc.com

agingservices@richmondnc.com

March 2022

Senior Center of Excellence



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

0

1

2 Walk @ 9:00am

Senior Exercise
9:30am

Contract
Rummy 2:00pm
Cornhole 3:00pm

3

Senior Exercise
9:30am

Color Me Calm
1:00pm

4

Walk @ 9:00am
Senior Exercise
9:30am

Hand Wax Therapy
10:30am
Scrabble 1:00pm

7

Senior Exercise
9:30am

Trivia Questions
12:00pm

8

Walk @ 9:00am
Chair Volleyball Practice
12:00pm
Senior Exercise
9:30am

"JUST CRAFTS"
9:00am

9

Senior Exercise
9:30AM

Contract
Rummy 2:00PM

10

Senior Exercise
9:30am

Color Me Calm
1:00pm

11

Senior Exercise
9:30am

Scrabble 1:00pm

14

Senior Exercise
9:30am

Trivia Questions
12:00pm

15

Senior Exercise
9:30am
"JUST CRAFTS"
9:00am

Chair Volleyball Practice
12:00pm

16

Walk @ 9:00am
Senior Exercise
9:30am

Contract
Rummy 2:00pm
Cornhole 3:00pm

17

Senior Exercise
9:30am

Color Me Calm
1:00pm

18

Walk @ 9:00am

Senior Exercise
9:30am

Hand Wax
Therapy 10:30am
Scrabble 1:00pm

21

Senior Exercise
9:30am

Trivia Questions
12:00pm

22

Senior Exercise
9:30am
"JUST CRAFTS"
9:00am

Chair Volleyball Practice
12:00pm

23

Walk @ 9:00am
Senior Exercise
9:30am

Contract
Rummy 2:00pm

24

Senior Exercise
9:30am

Color Me Calm
1:00pm

25

Walk @ 9:00am
Senior Exercise
9:30am

Scrabble 1:00pm
BINGO 2:00pm

28

Senior Exercise
9:30am

Trivia Questions
12:00pm

29

Walk @ 9:00am
Senior Exercise
9:30am
"JUST CRAFTS"
9:00am

Chair Volleyball Practice
12:00pm

30

Walk @ 9:00am
Senior Exercise
9:30am

Contract
Rummy 2:00pm

31

Senior Exercise
9:30am

Color Me Calm
1:00pm

Ellerbe Senior Center

306 Millstone Road

Ellerbe, NC 28338

(910) 652-6006

@agingisgood • www.richmondnc.com

agingservices@richmondnc.com

March 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0	1 Walk @9:00am	2 Walk @ 9:00am Chair Volleyball Practice 9:00am	3 Walk @ 9:00am Cooking with Cheri @10:30am Bingo Valeri with Cornerstone @ 12pm	4 Walk @ 9:00am
7 Walk @ 9:00am Bingo Richmond Co Hospice @12:00pm	8 Liberty Tax 11-12pm Walk @ 9:00am Birthday Party with First Carolina Care @ 12:15pm	9 Walk @ 9:00am Chair Volleyball Practice 9:00am	10 Walk @ 9:00am Cooking with Cheri@10:30am Bingo with Richmond Pines 12pm	11 Walk @ 9:00am Bingo with Community Hospice @ 12:15pm
14 Walk 9:00am Bingo with Premier Benefits 12:00pm	15 Walk @ 9:00am Crafts with Sarah @ 10am	16 Walk @ 9:00am Chair Volleyball Practice 9:00am	17 Walk @ 9:00am Cooking with Cheri@10:30am Bingo with Humana 12pm	18 Walk @ 9:00am
21 Walk @ 9:00am Bingo with Simply Medical Supply 12pm	22 Walk @ 9:00am Hand Waxing @ 12:15pm	23 Walk @ 9:00am Chair Volleyball Practice 9:00am	24 Walk @ 9:00am Cooking with Cheri@10:30am Bingo with Autumn Care@ 12pm	25 Walk @ 9:00am
28 Walk @ 9:00am Bingo with Judy@12pm	29 Walk @ 9:00am	30 Walk @ 9:00am Chair Volleyball Practice 9:00am	31 Walk @ 9:00am Bingo with Judy@12pm	

ELL-SC

Legend:

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

Rockingham Senior Center

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

@agingisgood • www.richmondnc.com
 agingservices@richmondnc.com

March 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0 Exercise Room 7:30am-4:00pm	1 Exercise Room 7:30am-4:00pm	2 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	3 Exercise Room 7:30am-4:00pm	4 Exercise Room 7:30am-4:00pm Dixie Deer Classic Field Trip leave @ 8:30am \$ *
7 Exercise Room 7:30am-4:00pm	8 Exercise Room 7:30am-4:00pm	9 Exercise Room 7:30am-4:00pm SHIIP-by appt. only Lunch with LEO's @ Godfather's Pizza @ 11:30am \$	10 Exercise Room 7:30am-4:00pm	11 Exercise Room 7:30am-4:00pm
14 Exercise Room 7:30am-4:00pm	15 Exercise Room 7:30am-4:00pm	16 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	17 Exercise Room 7:30am-4:00pm Supper Club Granny's Country Kitchen in R'ham @ 6pm \$	18 Exercise Room 7:30am-4:00pm
21 Exercise Room 7:30am-4:00pm	22 Exercise Room 7:30am-4:00pm	23 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	24 Exercise Room 7:30am-4:00pm	25 Exercise Room 7:30am-4:00pm
28 Exercise Room 7:30am-4:00pm	29 Exercise Room 7:30am-4:00pm	30 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	31 Exercise Room 7:30am-4:00pm Veteran's Breakfast @ Cole Auditorium @ 9am	

R-SC

Legend:

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

St. Patricks Day

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

Annual	Buckle	Celebratory	Cheerful	Cheers	Clover	Dance
Drink	Emerald	Event	Feast	Festive	Fun	Gather
Gold	Great	Green	Happy	Heritage	Holiday	Honor
Ireland	Irish	Joyous	Kiss	Leprechaun	Lucky	Magical
Mayhem	Memorable	Merry	Party	Potato	Pride	Proud
Pub	Rainbow	Riddles	Shamrock	Sing	Smile	Social
Toast	Traditional	Wealth	Wishes			