

RICHMOND COUNTY AGING SERVICES
NEWSLETTER

YOUR TRUSTED RESOURCE FOR AGING WELL

APRIL 2022



April IS
**VOLUNTEER
APPRECIATION MONTH**

Our VOLUNTEERS are truly AMAZING. Selfless, Generous, Helpful, Thoughtful, and Valuable. They are Patient, Kind and Giving. Without our Volunteers, who knows where we would be. Our staff would like to say THANK YOU, THANK YOU, THANK YOU!!!

During the month of April, tell us why you volunteer with our agency or with another for a chance to win a prize.

I VOLUNTEER BECAUSE...

Let us (see Judy, Donna or Kim) take your picture and post it on our Facebook page.

If you would like to volunteer with our agency, give us a call (910) 997-4491 or stop by one of our senior centers. Help us make a difference in the lives of our seniors.





Pick up Trash with Us

East Rockingham Senior Center

Meet Monday, April 25th
from 12pm - 2pm

Ellerbe Senior Center

Meet Tuesday, April 26th
from 9am - 11am

Rockingham Senior Center

Meet Monday, April 25th
from 9am- 11am
at the Ashley Chapel
Education Center on Mizpah
Road and the corner of Mary
Wall Road

Hamlet Senior Center

Meet anytime Monday, April
25th - Saturday, April 30th
during normal business
hours to pick up trash
around the Hamlet City Lake.

Richmond County Spring Litter Sweep 2022

April 25th - 30th

Volunteers are needed.

For your FREE supplies and sign-up sheet, call (910) 997-8215.

A limited number of community yard signs, printed and provided to us by *Vulcan Materials*, will be available to individuals or groups that sign up; limit one sign per group, available on a first come first serve basis.



**Please
Don't
Litter**
Help keep it clean




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

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

East Rockingham Building Rentals

The East Rockingham Senior Center Building **WILL** be available to rent on **SATURDAYS** and **SUNDAYS** for the month of April.
Each month will be evaluated due to Covid-19.
Please call (910) 997-4491 with any questions.



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



Dear Volunteer Superstar,

If we missed giving you your invitation to the volunteer appreciation luncheon, please check with your senior center staff member today.

Thank you.

Jacqueline Welch



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

REPORT ADULT AND/OR CHILD ABUSE



(910) 997-8415

IF YOU
THINK IT,
REPORT IT!

Realizing the importance of social interaction and physical activity to the vitality of all people, Richmond County Aging Services places special emphasis on this. Some of the social and recreational activities hosted by the Center(s) include:

- Exercise Classes
- Billiards Tables
- Day Field Trips
- Senior Club Activities
- Bingo
- Senior Games
- Intergenerational Programs
- Arts and Craft Classes
- Cultural Experiences
- Volunteer Opportunities
- and so much more...

Richmond County Aging Services is committed to the welfare and well-being of our aging population. In addition to a multitude of social activities, a few of the other services offered on-site or either by Information and Assistance by the Center are:

- In Home Aide Level I
- Nutrition Program- Congregate Meal Sites & Home Delivered Meals
- Seniors' Health Insurance Information Program (SHIIP)
- Adult Social Services
- Dementia Assistance Program
- Nutritional Classes
- Income Tax Preparation Assistance
- Energy Assistance- LIEAP, CIP, Fan & Heater Distribution
- Telephone Reassurance
- Support Groups
- Durable Medical Equipment Loaner Program
- Minor Home Repair & Modification
- Housing Assistance
- Information & Referral
- Legal Services with Legal Aide of NC

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



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.

Taco Loko
1300 E Broad Ave
Rockingham, NC 28379

THURSDAY
APRIL 21ST
@6:00PM
RSVP BY 4/20/22
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.*



Hamlet Senior Center's

EASTER HAT

PARADE & FASHION SHOW

Co-hosted by Richmond County Aging Services

14TH
APRIL

REGISTER BY APRIL 11 | STARTS 1 PM | CONTEST PRIZES

Best Hat, Best Window & Post Decoartion Contest

See staff for more details.



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AMERICAN VETERANS POST 316
AND
SMGA
FUNDRAISER FOR VETERANS

1ST ANNUAL

"HONORING VETERANS" GOLF TOURNAMENT

MAY 20TH AND 21ST 2022

TWO DAYS OF PLAY - PLAY ONE OR BOTH
10AM SHOTGUN START BOTH DAYS
TEXAS SCRAMBLE FORMAT

\$ 75 PER PERSON,
PER DAY

INCLUDES CART, GOLF AND FOOD.

SILENT AUCTION ITEMS. GREAT PRIZES.

**SCOTCH
MEADOWS
COUNTY CLUB
LAURINBURG, NC**

RESERVE YOUR FOURSOME.
CALL (910) 276-0169

QUESTIONS?
CONTACT ED O'NEAL AT
(910) 995-1366 OR AMVETSPOST316@GMAIL.COM

Want our newsletter
emailed or mailed to you,



give us a call
(910) 997-4491.

**TRIP TO BACKPACK PALS IN HAMLET
TO HELP PACK FOOD BAGS
FRIDAY, MAY 6TH @ 10 AM**

Contact Kim Hotter at the East Rockingham Senior Center for more information on available slots.

910-997-8225
8-3pm M-F

Those who would like to drive themselves are welcome to however please still contact Kim Hotter for open spots

GRANDPARENTS RAISING GRANDKIDS

ARE YOU A GRANDPARENT
RAISING GRANDCHILDREN?
YOU'RE NOT ALONE.

Give Aging Services a call to see what resources may be available for you.
(910) 997-4491



Richmond County Aging Services

Lunch
with local
LEOs
Law Enforcement Officers



**Tuesday,
April 5th
@ 11:30am
RSVP by 4/4/22
910-997-4491**

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

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

Connect with members of
Richmond County's Law
Enforcement.

Property Tax Exemption

If you are 65 or older, you may qualify for a tax exemption on your property taxes. Please call our office @ 910-997-4491 or stop by Aging Services 225 S. Lawrence St. Rockingham to pick up an application.

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



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) 997-8480
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.



2022

32ND ANNUAL

SENIOR GAMES



**North Carolina
Senior Games**

of Richmond County

Registration Forms taken March 25, 28, 30, April 1, 4, 6, 8 2022.

From 9am until 12 Noon at the Hamlet Senior Center.

For your convenience, applications can be picked up at the East Rockingham, Rockingham, and Ellerbe Senior Centers as well as the Hamlet.

If you have any questions, please contact the Hamlet SC at (910) 582-7985.

Walk with Ease

Join Judy & Kim

April 4-May 12

Monday, Tuesday, &
Thursday's from 10-11am

We will be utilizing the outdoor
walking trail so make sure to wear
good shoes.

Bring a bottle of water.



Save the Date

The next Veteran's
program will be held

on

Thursday,

June 30, 2022.

Time is to be
determined.

Located at the Cole
Auditorium.

Sponsors are needed.

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.



Myrtle Irene Raines Tyson

A DONATION OF \$2,000.00 WAS MADE IN MEMORY OF MRS. TYSON BY HER LOVING HUSBAND OSCAR. THESE FUNDS WILL GO TOWARDS THE NON-PROFIT " FRIENDS OF RICHMOND COUNTY AGING SERVICES" OR FORCAS TO BE SPECIFICALLY USED FOR THE MEALS ON WHEELS PROGRAM.

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

FRAUD PREVENTION PRESENTATION

at the Hamlet Senior Center
Presented by Ann Elmore from Raleigh.
Thursday, April 7th at 11:30am.
Contact Sarah at (910) 582-7985

if you have any questions or would like to sign up.



April 2022

Senior Center of Excellence



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0	0	0 Wear blue for Autism April 1st	0	1 Walk @ 9:00am Senior Exercise 9:30am Hand Wax Therapy 10:30am Scrabble 1:00pm
4 Senior Exercise 9:30am Trivia Questions 12:00pm	5 Chair Volleyball Practice 12:00pm Senior Exercise 9:30am "JUST CRAFTS" 9:00am	6 Senior Exercise 9:30AM Contract Rummy 2:00PM	7 National No Housework Day Senior Exercise 9:30am Color Me Calm 1:00pm	8 Senior Exercise 9:30am Scrabble 1:00pm
11 Senior Exercise 9:30am Trivia Questions 12:00pm	12 Senior Exercise 9:30am "JUST CRAFTS" 9:00am Chair Volleyball Practice 12:00pm	13 ERSC(home) Host Ellerbe Chair Volley Ball @1:30 Senior Exercise 9:30AM Contract Rummy 2:00PM	14 Senior Exercise 9:30am Color Me Calm 1:00pm National Gardening Day 	15 Closed for Good Friday
18 Senior Exercise 9:30am Trivia Questions 12:00pm	19 Senior Exercise 9:30am "JUST CRAFTS" 9:00am Chair Volleyball Practice 12:00pm	20 Hamlet (home) host ERSC Chair Volleyball @1:30 Senior Exercise 9:30AM Contract Rummy 2:00PM	21 Senior Exercise 9:30am Color Me Calm 1:00pm National High Five Day	22 Donna's Bingo 2pm Senior Exercise 9:30am Hand Wax Therapy 10:30am Scrabble 1:00pm Red Hat Society meeting @ERSC 4:30-5pm
25 Senior Exercise 9:30am Trivia Questions 12:00pm	26 Senior Exercise 9:30am "JUST CRAFTS" 9:00am Chair Volleyball Practice 12:00pm	27 Senior Exercise 9:30am Contract Rummy 2:00pm	28 Closed	29 Senior Exercise 9:30am Scrabble 1:00pm Senior Chair Exercise 9:30am

Ellerbe Senior Center

306 Millstone Road

Ellerbe, NC 28338

(910) 652-6006

@agingisgood • www.richmondnc.com

agingervices@richmondnc.com

April 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

0

0

0

0

1

Walk @ 9:00am

4

Walk @ 9:00am
**Bingo Richmond
Co Hospice
@12:00pm
Walk With Ease
10:00-11:00**

5

Walk @ 9:00am
**Birthday Party
with First
Carolina Care @
12:15pm
Walk With Ease
10:00-11:00**

6

Walk @ 9:00am
**Chair
Volleyball
Practice @
10am**

7

Walk @ 9:00am
**Cooking with
Cheri@10:30am**
Bingo with Richmond
Pines 12pm
**Walk With Ease
10:00-11:00**

8

Walk @ 9:00am
**Bingo with
Community
Hospice @ 12:15pm**

11

Walk 9:00am
**Bingo with Premier
Benefits
12pm**
Walk With Ease 10-11
**Walk With Ease
10:00-11:00**

12

Walk @
9:00am
**Crafts with
Sarah @
10am**
**Walk With Ease
10:00-11:00**

13

Walk @ 9:00am
**Chair
Volleyball@
E Rock
@1:30 Away**

14

Walk @ 9:00am
**Cooking with
Cheri@10:30am**
Bingo with
Humana 12pm
**Walk With Ease
10:00-11:00**

15

**Closed for
Good Friday**

18

Walk @ 9:00am
**Bingo with
Simply Medical
Supply 12pm**
**Walk With Ease
10:00-11:00**

19

Walk @
9:00am
**Hand
Waxing @
12:15pm**
**Walk With Ease
10:00-11:00**

20

Walk @ 9:00am
**Chair
Volleyball
v/s Hamlet
@ 1:30
Home**

21

Walk @ 9:00am
**Cooking with
Cheri@10:30am**
Bingo with Autumn
Care@ 12pm
**Walk With Ease
10:00-11:00**

22

Walk @ 9:00am

25

Walk @
9:00am
**Bingo with
Judy@12pm**
**Walk With Ease
10:00-11:00**

26

Walk @ 9:00am
**Walk With Ease
10:00-11:00**

27

**Walk With Ease
10:00-11:00**
Walk @ 9:00am
**Earth Day Trash
Pick Up@9:30am**

28

Bingo with
Sandhills Community
Care
@12pm

29

Walk @ 9:00am

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

April 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0	0	0	0	1 Exercise Room 7:30am-4:00pm
4 Exercise Room 7:30am-4:00pm	5 Exercise Room 7:30am-4:00pm	6 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	7 Exercise Room 7:30am-4:00pm	8 Exercise Room 7:30am-4:00pm
11 Exercise Room 7:30am-4:00pm	12 Exercise Room 7:30am-4:00pm Lunch with LEO's @Godfather's Pizza@11:30 \$	13 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	14 Exercise Room 7:30am-4:00pm	15 Closed for Good Friday
18 Exercise Room 7:30am-4:00pm	19 Exercise Room 7:30am-4:00pm	20 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	21 Exercise Room 7:30am-4:00pm Supper Club @Taco Loko @ 6pm \$	22 Exercise Room 7:30am-4:00pm
25 Exercise Room 7:30am-4:00pm	26 Exercise Room 7:30am-4:00pm	27 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	28 Exercise Room 7:30am-4:00pm	29 Exercise Room 7:30am-4:00pm

R-SC

Legend:

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

Happy Easter

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

Christian
 Angel
 Arose
 Basket
 Birth
 Blessed
 Bunny
 Calvary
 Candy
 Celebrate
 Christ
 Cross
 Death
 Decorations
 Dinner
 Easter
 Eggs
 Eternal
 Eternity
 Family
 Flowers
 Food
 Glory
 Hat
 Holiday
 Holy
 Honor
 Hunt
 Jesus
 Lent
 Music
 Palm
 Passover
 Pink
 Prayer
 Purify
 Rabbit
 Rejoice
 Resurrection
 Risen
 Romans
 Sacrifice
 Spring
 Sunday
 Sunrise
 Tomb
 Tulips
 White



Enjoy the Benefits of Adult Coloring

