

Newsletter



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Veterans Luncheon Program

Richmond County Aging Services would like to invite all Veterans to our 1st Veterans Luncheon Program on Thursday, March 24, 2016 from 11 a.m. to 1:00 p.m.

The event will be at the East Rockingham Senior Center, 135 Safie 6th Street, Rockingham. Veterans will be encouraged to share a story of their experiences in the military. Veterans are encouraged to bring any memorabilia or memories they may have to share on display for all to see.

There will be a special performance by The Richmond Senior High JROTC (Junior Reserve Officer Training Corps) program.

Special Guest appearance by local Representative Garland Pierce who served in the US Army from 1971– 1974.

Attendees will also have the opportunity to meet Tonia Hildreth, Director of the Veterans Service Office in Richmond County.

Those with questions can call Donna Luther at the East Rockingham Senior Center at 997-8332 or Jacqueline Welch at the Rockingham Senior Center at 997-4491.

Lunch will be served from Noon to 1 p.m.

Daylight Savings begins Sunday, March 13th

Be sure to move your clocks forward one hour before going to bed Saturday Night.



Upcoming Closings

- East Rockingham Senior Center and Meal Site Closed Tuesday, March 15th
- East Rockingham Meal Site Closed Thursday, March 24th
- All Senior Centers and Meal Sites Closed Friday, March 25th

File Your Income Taxes with Liberty Tax Service

Where:

East Rockingham Senior Center

Every Wednesday in March.....10:00 am — 11:00 am

Ellerbe Senior Center

Wednesday, March 2nd10:00 am — 12:00 pm

Rockingham Senior Center

Wednesday, March 2nd.....10:00 am — 12:00 pm

A representative will be able to assist you with filing your income taxes.

Free estimate for all!

Free or Discounted rate depending on complexity of each individual's return.

For ages 55 or older

2015 Property Tax Relief

East Rockingham Senior Center

4th Wednesday in the month
10:00 am - 11:00 am

Ellerbe Senior Center

3rd Tuesday in the month
10:00 am - 11:00 am

A representative from the Richmond County Tax Office will be at your local Senior Center to screen and take applications for the 2016 Tax Year.

Applications are taken from
January through May.

Senior Citizens 65 or older or Disabled who own their own home.

Please bring a copy of your Social Security Statement for proof of income.

Need More Information?

Call Nina Morrison at 997-8278
for more information

Silver Sneakers

Silver Sneakers is walking your way! The East Rockingham Senior Center will be hosting the Silver Sneakers fitness program on Tuesdays and Thursdays at 9:15am. This fitness program combines walking and seated exercises, with use of weights, bands, balls, hula hoops, music and more. Fun + benefits to all.

Many insurances encourage you to use this program and cover this cost.

Call Donna Luther with the East Rockingham Senior Center at 997-8332 for more information.

Upcoming Trips

Pamper Day– to Sandhills

Community College to have hair fixed and lunch afterwards.

East Rockingham... Tues. March 15th

.....@ 8:00am.....Free

Ellerbe..... Wed. March 23rd

.....@ 8:00 am.....Free

Campbell's Soup Trip

Leave from Ellerbe Senior Center.....

.....Tues. March 22nd @ 8:30 am

.....\$ 3.00 bus fee

Deadline to pay for trip Fri. Mar. 18th

.....Call Judy at 652-6006

.....for more information.

Upcoming Trip to Hamrick's

Leave from East Rockingham Senior Center.....Tues. April 5th @ 8:00 am

.....\$ 5.00 bus fee

Deadline to pay for trip Fri. Mar. 31st

Call Donna at 997-8332

for more information.

Upcoming Trip to Bass Pro Shops

Leave from Ellerbe Senior Center.....

.....Thurs. April 21st

.....@ 8:30 am.... Free

Contact Judy Tyndall
at 652-6006 to sign up.

Support Groups

East Rockingham Senior Center

Grief and Loss Support Group

- ◆ 1st Wednesday of each month
- ◆ starting March 2nd
- ◆ 2:00 p.m.

Alzheimer's Support Group

- ◆ 1st Friday of each month
- ◆ starting March 4th
- ◆ 1:00 p.m.

Did you know?

Our newsletters, monthly activities calendars and meal site menus are available on-line at:

<http://www.richmondnc.com/245/Aging-Services>

Old Wives' Tales

- 1) Why should you avoid walking under a ladder?
- 2) What food should you eat if you want to improve your eyesight?
- 3) What is something you might drink at night to help you go to sleep?
- 4) Why is it good to eat an apple every day?
- 5) What's a good food to eat when you are feeling sick?

Answers and facts on page 5

Upcoming Classes

Better Choices- Nutrition Program for Older Adults

By NC Cooperative Extension

Program Benefits: Sample new healthy foods; receive a cookbook, water bottle and spice jar for you to keep; learn and share strategies for healthy living and saving money.

8 engaging and interactive sessions

Location: **Ellerbe Senior Center**

Location: **East Rockingham Senior Center**

Start Date: March 21, 2016 - May 16, 2016

Start Date: March 22, 2016 - May 17, 2016

Time: 1:00 pm - 2:00 pm

Time: 1:00 pm - 2:00 pm

For more information or to sign up contact: Alyssa Anderson at 910-947-3188

P.L.A.Y - People Living Active Year-round

By FirstHealth Community Health Services

\$ 5.00 one time fee

Being fit can be fun. FirstHealth Community Health Services has developed a fun program that will teach you how to PLAY and learn how to stay motivated.

PLAY mixes cardio, strength and flexibility activities. Each week you will learn a strategy to help you meet your fitness goals.

In addition, you will receive tools to help you live a more active life.

6 engaging and interactive sessions

Location: **East Rockingham Senior Center**

Start Date: March 30, 2016 - May 4, 2016

Time: 1:00 pm - 2:00 pm

For more information or to sign up contact: Donna Luther at 997-8332

Seniors' Health Insurance Information Program (SHIIP) Call 1-855-408-1212

Locally 910-997-4491 or www.shiip.com

Old Wives' Tales Answers & Facts

1) It will bring you bad luck.

Origin: During the early days of Christianity, many people believed that any object with three points, such as a ladder leaning against a wall, represented the Holy Trinity. Someone who talked under the ladder back then showed disrespect for the Trinity, which could bring bad luck.

2) Carrots.

The facts: This OWT is partly true. Carrots contain Beta-carotene which is transformed into Vitamin A in the body. Vitamin A can help prevent certain eye conditions.

Origin: During World War II, the British started the rumor that their soldiers were eating carrots so they could see enemy planes better at night. They started this rumor so that their invention of radar could be kept a secret.

3) Warm milk.

The facts: Milk has an amino-acid in it called tryptophan. Large doses of tryptophan can produce sleepiness. But there are only very small amounts of tryptophan in a glass of milk-not enough to cause sleepiness. Still, a glass of warm milk may make you feel oh-so-relaxed and, well, sleepy.

4) An apple a day keeps the doctor away.

The facts: That's sort of true, depending on how you look at it. Apples contain high levels of phenolics. They are a powerful antioxidant. Some studies show that this antioxidant helps reduce the risk of some cancers and may help prevent Alzheimer's disease.

5) Chicken Soup.

The facts: This OWT is sort of true. Research suggest that chicken soup can help reduce congestion associated with colds and other upper-respiratory infections. At least it can't hurt.

*For more trivia and games such as word search and crossword puzzles,
please ask your senior center director.*