

Newsletter



225 South Lawrence Street
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Richmond County Aging Services
Hamlet Senior Center

Autumn Antics

SOCIAL

Thursday
October 20th
1:00 p.m.

at East Rockingham Senior Center

BINGO

games
CAKE WALK
SNACKS

FREE to
seniors 55 +
Call 997-8332 to
RSVP
by Oct 14th

Judging event for Pumpkin
Decorating Contest 



SHIIP



Seniors' Health Insurance
Information Program

Call your local office at
997-4491
or SHIIP Hotline at
1-855-408-1212
or www.shiip.com

Open Enrollment
Oct 15th - Dec 7th
Call now to make an
appointment.

Upcoming Closings

- Ellerbe Senior Center and Meal Site closed Wednesday, Oct. 5
- East Rockingham, Ellerbe and Hamlet Meal Sites closed Thursday Oct. 13
- East Rockingham, Rockingham, and Ellerbe Senior Centers closed Thursday, Oct. 13
- East Rockingham, Ellerbe, and Hamlet Meal Sites closed Thursday, Oct 20
- Rockingham and Ellerbe Senior Centers closed from 12:30 pm -3:30 pm on Thursday, Oct. 20



Crisis Intervention Program (CIP)

The Crisis Intervention Program is available to seniors 60 years old and older at the Richmond County Aging Services office located at 225 South Lawrence Street in Rockingham. Applications are taken on Mondays starting October 10th from 10:00 am until 12:00 pm & 1:00 pm until 2:00 pm

Call 910-997-8480 for more information.

Who Might Be Eligible?

- Household **must** meet an income test.
- Household **must** be in a heating or cooling-related emergency.
- Household **must** include a U.S. citizen or an eligible alien.

Applications are also taken Monday through Thursday at the Richmond County Department of Social Services from 8:00 am to 6:00 pm and on Friday from 8:00 am to 5:00 pm



Election Day Is Tuesday, November 8th, 2016

Revised Early Voting Dates

Thursday, October 20th - Saturday, November 5th

Deadline to register to vote is

Friday, October 14, 2016

Richmond County Aging Services
Hamlet Senior Center



**PUMPKIN
DECORATING
CRAFT CLASS**

East Rockingham Senior Center	Ellerbe Senior Center	Hamlet Senior Center
Friday, October 7 th & 14 th	Monday, October 17 th	Thursday, October 6 th & Friday, October 7 th
1:00 p.m.	12:30 p.m.	1:00 p.m.
910-997-8332	910-652-6006	910-582-7985

Cost: FREE Must be 55+

Call your local senior center to reserve your pumpkin.

Limited pumpkins so sign up early!

Some craft materials will be provided but you may bring your own to be more original.

Judging event for Pumpkin

Decorating Contest will be held at the Autumn Antics Social on Thursday, October 20th from 1:00 pm – 3:00 pm at the East Rockingham Senior Center

Upcoming Trips

**** Robeson County Fair ****

Must be pre-registered and \$3 fee paid.
Deadline was 9/30/16

Wednesday, October 5th

- Leave from East Rockingham Senior Center @10:00 am 910-997-8332
- Leave from Ellerbe Senior Center @ 9:30 am 910-652-6006

**** Pamper Day– to Sandhills ****

Community College to have hair fixed and lunch afterwards.

- Ellerbe.....Tues....Oct. 18th
.....@ 8:00am.....Free
- East RockinghamTues....Oct. 25th
.....@ 8:00 am....Free

**** Mountain Trip ****

Thursday, October 27th

Call 910-652-6006 for more information.

- Leave from Ellerbe Senior Center @ 8:00 am
.....\$ 5.00 bus fee
.....Register by 10/21/16

**** Southern Supreme Fruit Cake Factory Trip to Bear Creek, NC ****

Tuesday, November 8th

Must be pre-registered and pay \$5 bus fee by 10/28/16.

Space is limited, so sign up fast!

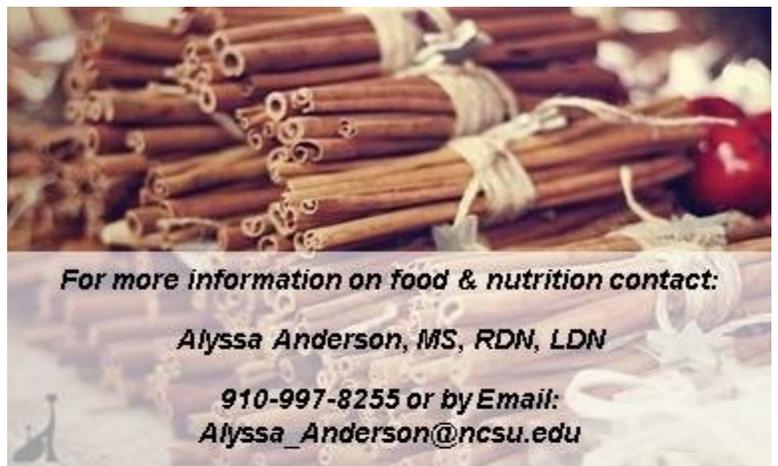
- Leave from East Rockingham Senior Center @ 8:30 am call 910-997-8332
- Leave from Ellerbe Senior Center @ 9:00 am call 910-652-6006

Support Groups

East Rockingham Senior Center

Grief and Loss Support Group

- 2nd Tuesday of each month



Warm Apple Sweet Potato Skillet

Ingredients:

- 2 sweet potatoes, thinly sliced
- 1 cup 100% apple juice or orange juice
 - ¼ teaspoon cinnamon (optional)
- 1 apple thinly sliced (optional)

Directions:

- Place juice, cinnamon, and sweet potatoes in a large pan.
- Bring to a boil over high heat.
- Reduce heat to a simmer and cook for about 20 minutes or until potatoes are tender. Juice will cook down to form a glaze.
- If using apples, add to pan half way through cooking (about 10 minutes).



Recipe provided by:
Alyssa Anderson

Old Wives' Tales

- 1) True or False? Animals can sense when an earthquake or other danger is coming.
- 2) What will happen to a butterfly if you touch its wings?
- 3) If your dog eats a certain sweet food, he could become sick and die. What is it?
- 4) What's a good indication that you will soon be taking a trip?
- 5) What will happen if you chew on a pencil?

Answers and facts on page 5

Richmond County Aging Services

Flu Shots

Provided by

RICHMOND COUNTY HEALTH DEPARTMENT

Conveniently located at

ROCKINGHAM SENIOR CENTER-

Thursday, October 27th from

9:00 am until 11:00 am

Call for more information: 910-997-4491

EAST ROCKINGHAM SENIOR CENTER-

Tuesday, November 1st from

9:00 am – 11:00 am

Call for more information: 910-997-8332

ELLERBE SENIOR CENTER-

Wednesday, November 2nd from

9:00 am until 11:00 am

Call for more information: 910-652-6006



For Seniors 55 +

Call to reserve your spot

What you need to bring:

- Medicare/ Insurance card
- Picture ID



Monday, October 31, 2016

Come check out Aging Services' Staff at the City of Rockingham's Trunk or Treat Event on Monday, October 31st from 6pm - 8pm. Bring your little ones to trick or treat in a safe & fun environment with Local Organizations and the Business Community.

See You There!

SOCIAL/RECREATIONAL SERVICES

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:

- Special Parties
- Intergenerational Programs
- Senior Games
- Silver Arts-Craft and Performing Competition
- Billiards Tables
- Walkie Talkies Walking Club
- Various Craft Programs
- Day Trips
- Exercise Classes
- Senior Club Activities, Holiday Activities, Raffles, Bingo, and much more!
- Community Outreach and Involvement

OTHER SERVICES OFFERED

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:

- Congregate Meals
- Home Delivered Meals
- In Home Aide Level I
- Health Screenings
- Nutritional Classes
- Educational Classes
- Access to Other Agencies
- Information About Services
- Income Tax Preparation Assistance
- Counseling about Insurance– SHIIP
- Support Groups
- Energy Assistance
- Telephone Reassurance
- And much more.

Call 910-997-4491 for more information.

Old Wives' Tales Answers & Facts

Answers from page 3

1) OWT Answer: According to this OWT, that's true. But read the facts below.

The facts: Animals clearly have keen senses that help them avoid predators or danger. Yet, can they really predict an earthquake? The answer according to the United States Geological Survey (USGS) is no. The USGS says, "Changes in animal behavior cannot be used to predict earthquakes."

2) OWT Answer: It will die.

The Facts: Not necessarily. Researchers been trapping and "tagging" butterflies for years. They gently scrape scales from a butterfly's wing. They then attach a small tag to the wing and let it go.

3) OWT Answer: Chocolate.

The facts: This OWT is true. Chocolate can kill a dog. The ingredient in chocolate that is harmful to dogs is called theobromine. As little as four ounces of milk chocolate can be fatal for a small dog.

4) OWT Answer: The bottom of your right foot will start itching.

The facts: You may be itching to get away, but your itchy feet are more likely an indication of an allergy to certain foods. Try changing you diet.

5) OWT Answer: You will get lead poisoning.

The facts: The "lead" in a pencil is actually harmless graphite, a common mineral. Also, there is no lead in the paint covering the outside of the pencil.

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

Did you know? Our newsletter, monthly activities calendars, and meal site menus are available on-line at: <http://www.richmondnc.com/245/Aging-Services>

