

Newsletter



225 South Lawrence Street
 Rockingham, NC 28379
www.richmondnc.com

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Richmond County Aging Services
**38TH ANNUAL SENIOR
 Christmas Party**
 at The Cole Auditorium

Wednesday, December 14th 2016

9:00 a.m. until 12:00 p.m.
 or
 2:00 p.m. until 5:00 p.m.

FREE Event
 Must be 60 +

Tickets will be available at
 your local senior center
 beginning
 Monday, November 14, 2016

Call 997-4491
 for more information



OTE

**Remember
 Election
 Day Is
 Tuesday,
 November
 8th
 2016**

Upcoming Closings

East Rockingham / East Rockingham Meal Site	Ellerbe Senior Center / Ellerbe Meal Site	Hamlet Meal Site	Rockingham Senior Center
• Tuesday, November 8th	• Friday, November 4th	• Tuesday, November 8th	• Friday, November 11th
• Friday, November 11th	• Friday, November 11th	• Thursday, November 17th	• Thursday, November 24th
• Thursday, November 24th	• Thursday, November 24th	• Friday, November 25th	• Friday, November 25th
• Friday, November 25th	• Wednesday, November 30th	• Thursday, November 24th	
		• Friday, November 25th	



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

Join us for a candlelight service during "National Family Caregiver Month" to enlighten our communities and leaders to the growing number of families involved in caregiving for people with memory impairments; the frail elderly; chronically ill; and disabled individuals. Candlelight Reflections is a statewide observance of unity and support for family caregivers and acknowledgement of older adults who are living with Alzheimer's disease or other dementias.

Candlelight Reflections

A gathering to....

honor,
hope
and remember...



A Public Candlelight Service on

Thursday, NOVEMBER 03, 2016

6:00 p.m.

At

Cole Auditorium

1042 W. Hamlet Avenue
Hamlet, NC 28345

Come light a candle at a community celebration that honors family and friends who provide support, love, and care through life's most difficult times; raises public awareness and hope for those living with Alzheimer's or other chronic illnesses; and to remember loved ones that have now gone.

Contact Nikki at (910) 582-7985 for additional information or directions.

Sponsored by the Family Caregiver Support Program at the Lumber River Council of Governments, Richmond County Aging Services, Liberty Home Care & Hospice, Richmond Pines, Community Home Care & Hospice & the Hamlet Senior Center.

Old Wives' Tales

- 1) According to this OWT, what is the only day of the year in which a woman can propose marriage to a man?
- 2) Why should you never look directly at the sun?
- 3) If you want to have good luck on a test, what should you wear?
- 4) True or False? Sugar rots your teeth.
- 5) Why should you never try to hold back a sneeze? *Answers and facts on page 5*

HURRICANE MATTHEW RELIEF FOR ROBESON COUNTY, NC

Beginning Nov. 14th Until Dec. 14th

Communities impacted are in most need of the following items:

Personal Hygiene-

- washcloth
- soap
- shampoo/ conditioner
- toothbrush/ toothpaste
- deodorant
- body wash
- lotion
- razors

Bring in new, unopened items to your local senior center. Each packaged item equals one entry into the drawing to win a

Baby Supplies-

- diapers
- wipes
- baby food

**\$ 50 gift card
to Wal-Mart**

Call 997-4491
for more information

Upcoming Trips

**** Veterans Event @ Richmond County Hospice ****

Friday, November 4th

- Leave from Ellerbe Senior Center@ 10:00 am
 - Call 652-6006 for more information.....Free

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

Tuesday, November 8th

Trip is Full! All seats are reserved, however there is a waiting list...call Donna 997-8332 to be placed on the list.

- Trip Fee.....\$5.00
- Leave from East Rockingham Senior Center@ 8:30 am
 - Call 997-8332 for more information.
- Leave from Ellerbe Senior Center@ 9:00 am
 - Call 652-6006 for more information.

**** Southern Living Christmas Show to Charlotte, NC ****

Wednesday, Nov. 16th

Trip is Full! All seats are reserved, however there is a waiting list...call Donna 997-8332 to be placed on the list.

Call 910-997-8332 for more information.

- Trip Fee.....\$3.00
- Leave from East Rockingham Senior Center.....@ 9:00 am
 - Call 997-8332 for more information.

**** Festival Of Trees at The Carolina Hotel, Pinehurst ****

Thursday, November 17th

- Trip Fee.....\$3.00
- Leave from Ellerbe Senior Center..... @ 8:30 am
 - Register by November 10th.....652-6006

**** Pamper Day- to Sandhills Community College ****

Get your hair styled and lunch afterwards.

- Leave from East Rockingham Senior Center..... @ 8:00 am
 - Tuesday, November 22nd.....Free
- Leave from Ellerbe Senior Center.....@ 8:00 am
 - Wednesday, November 30th.....Free

Day Light Savings

Time Ends



Don't forget to turn your clocks back one hour before going to bed on

Saturday, November 5th

It's also time to change the batteries in your smoke detectors.

Support Groups

East Rockingham Senior Center

Grief and Loss Support Group

- 2nd Tuesday of each month
- 2:00 pm



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

Richmond County Aging Services

Flu Shots

Provided by

RICHMOND COUNTY HEALTH DEPARTMENT

Conveniently located at

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

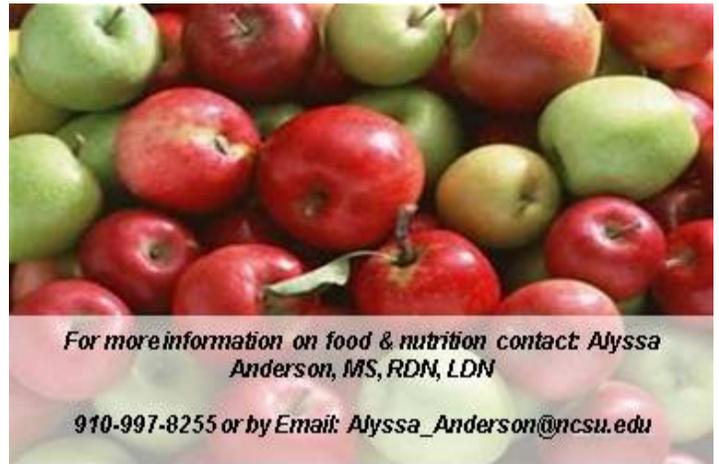


For Seniors 55 +

Call to reserve your spot

What you need to bring:

- Medicare/ Insurance card
- Picture ID



For more information on food & nutrition contact Alyssa Anderson, MS, RDN, LDN

910-997-8255 or by Email: Alyssa_Anderson@ncsu.edu

No Bake Apple Walnut Pie

Ingredients:

Crust

- ✓ 2-1/2 cups walnuts
- ✓ 1-1/2 cups dried dates (Medjool dates work well)
- ✓ salt to taste

Filling

- ✓ 3 apples, thinly sliced
- ✓ 1/4 tsp cinnamon
- ✓ 1/2 tsp allspice
- ✓ 1/8 tsp ground clove
- ✓ 2 TBS honey
- ✓ 1/2 cup apple juice

Directions:

- ✓ Combine walnuts and dates in food processor. Make sure you remove all of the date pits. Process until well mixed and ground, but not smooth (about 40 seconds). It should be a coarse texture when done. Press evenly into a 9-inch pie pan. Refrigerate crust while making the filling.
- ✓ Place apples in a large skillet with rest of the ingredients and cook for about 10 minutes, stirring frequently on medium heat.
- ✓ Remove apples with a slotted spoon from hot pan to a bowl and cool completely.
- ✓ Reduce liquid to about half the volume and then cool.
- ✓ Spread apples evenly over crust. Brush apple-juice syrup over apples. The tart can be served right away or keep covered in the refrigerator until needed.
- ✓ Optional: Top with a spoonful of vanilla yogurt.



Recipe provided by:

Alyssa Anderson

Give Thanks



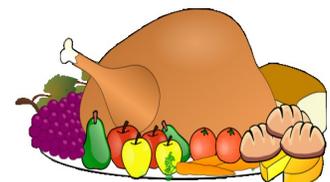
For each new morning
With its light
FOR REST AND SHELTER
Of the night
For health and food
For love and friends
FOR EVERYTHING
THY GOODNESS SENDS

~ Ralph Waldo Emerson ~

Did you
know?

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

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



Old Wives' Tales Answers & Facts Answers from page 2

1) OWT Answer: February 29th, which only comes around once every four years.

Origin: Years ago, women had to wait for men to propose marriage. St. Bridget of Ireland thought this was wrong and complained to St. Patrick. He then granted women the right to propose to men once every four years— on February 29th.

2) OWT Answer: It will cause you to go blind.

The Facts: This OWT is true. Solar radiation from staring at the sun can damage the retina of your eye. So don't do it.

3) OWT Answer: Wear a piece of clothing backwards or inside out.

Origin: Just before the Battle of Hastings in 1066, William the Conqueror put on his armor (or chain mail) backwards. He won the battle and, as they say, the rest is Old Wives' Tale history.

4) OWT Answer: According to this OWT, that's true.

The facts: The American Dental Association agrees. Soft drinks can lead to an increase in tooth decay earlier in life. In other words, soda pop and other sweet snacks can rot your teeth.

5) OWT Answer: It can hurt your ears.

The facts: True. If you hold back a sneeze, you can actually tear blood vessels and muscles within your head, as well as hurt your hearing. So never hold back a sneeze.

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

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.