

Newsletter



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Paraffin Hand Wax

Paraffin wax is a common option in heat therapy treatments for people with arthritis or other rheumatic diseases -- the heat helps increase blood flow and relax the muscles, which can help relieve pain caused by arthritis, osteoarthritis and fibromyalgia.

Paraffin wax can even soften hardened skin caused by scleroderma, a disease in which collagen accumulates on the body -- it increases the skin's elasticity, allowing for increased movement and mobility, especially on the skin covering the hands.

But the benefits of paraffin wax don't stop there. Because paraffin wax treatments are a form of heat therapy, they're often used for muscle, tendon and ligament ailments. As with conditions like arthritis, they increase blood flow, improve joint stiffness and reduce pain. They're also used to treat bursitis, tendonitis, sprains and pulled muscles.



Stop by one of our local Senior Centers to try a dip:

- Rockingham Senior Center.....Mondays 11:00 a.m. - 6:00 p.m.
- Ellerbe Senior Center.....Wednesdays 12:00 pm - 2:00 p.m.
- East RockinghamThursdays 12:00 pm - 4:00 pm



Happy Hour

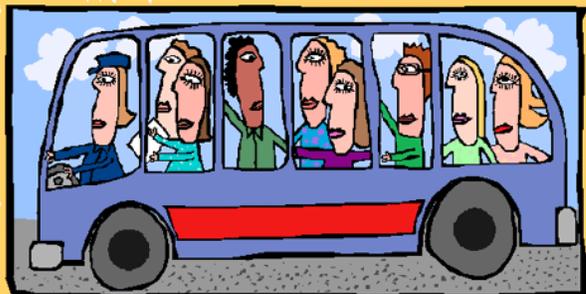
Join us for Happy Hour at 6:00 pm on Tuesday, August 11th at the East Rockingham Senior Center.

Family Fun Day



Members of the Ellerbe Senior Center invited their family and friends to join them for pizza at the Family Fun Day held on Friday, July 24th. More than 60 attendees enjoyed pizza and an assortment of desserts, including local watermelon and cantaloupe donated by The Berry Patch. Games of Bingo, Nintendo Wii, Scrabble and Cornhole were played by all who attended and family photos were taken as well. A few friends that attended have now signed up to join the Ellerbe Senior Center.

Upcoming Trips



Pamper Day– to Sandhills Community College to have hair fixed and lunch afterwards.

East Rockingham..... Aug 26 @ 8:00 am.....Free

Ellerbe..... Aug 31 @ 8:00 am.....Free

September 8th Trip-

Unilever and Campbell Soup Trip.....\$ 6.00 entry fee

.....\$ 5.00 bus fee

.....Total of \$ 11.00

Must be paid in advance on or before August 26th at the East Rockingham Senior Center.

Call Donna at 997-8332 for more information.

Please call 997-4491 if you would like to suggest a day trip location.



Stuff the Bus Drive

Local professional NFL players

Dannell Ellerbe

and

Melvin Ingram

are challenging you to get

involved and support the

2015 Stuff the Bus Drive.

Pencils, paper, notebooks, folders and even Kleenex are just a few of the many items needed.

Richmond County

Aging Services

is serving as a drop off location for your convenience.

225 South Lawrence Street, Rockingham.

Please call 997-4491

for more information.



Eat Fresh!

Free transportation

to the Rockingham Farmers' Market @DSS Parking Lot
Provided by ART - Area of Richmond Transit
Jump on the Shuttle every Wednesday!

5 Convenient Pick Up/Drop Off Locations:



Hamlet Housing, 400 E. Columbia Hamlet Memorial Park, King and Spring St., Hamlet
East Rockingham Pool, 135 6th St, Rockingham
Old Sara Lee/Aleo Plant, 30 5th St, Rockingham
Rockingham Housing, Rockingham Rd, Rockingham
Now Accepting SNAP/EBT, Debit and Credit

First Pickup 3:15 - Last Bus Leaves Market at 5:30
For Information Call (910) 997-8255 or ART (910) 895-1313



Seniors' Health Insurance Information Program (SHIIP)

Call 1-855-408-1212
or Locally 910-997-4491
or www.shiip.com

Bee on the Lookout

Volunteers Needed to help deliver **Meals on Wheels** to homebound seniors in need. It takes less than 2 hours of your time. Mileage reimbursement provided. Help those who can not help themselves.

CALL 997-4491 FOR MORE INFORMATION.

Volunteers Needed to help with the **Seniors' Health Insurance Information Program (SHIIP)**. SHIIP volunteers help fellow senior citizens in their community with questions regarding Medicare, Medicare supplements, Medicare claims processing, Medicare Advantage, Medicare prescription drug plans and long-term care insurance.

CALL 410-1135 FOR MORE INFORMATION.

