

Newsletter



225 South Lawrence Street
P.O. Box 340
Rockingham, NC 28380

Phone: 910-997-4491
Email: jacqueline.welch@richmondnc.com

www.richmondnc.com

Color Me Calm

Coloring is an activity that we tend to associate with children, but not anymore. Recently adults across the country have picked up coloring books as a way to relax and unwind. So if you are having a rough day or if you just want to reconnect with yourself and find what makes you happy, join us for these FREE classes.

7 Reason Why Adults Should Start Coloring:

1. Coloring Reduces Stress
2. Coloring Relaxes Your Mind
3. Coloring Sparks Creativity
4. Coloring Has Therapeutic Value
5. Coloring Is Mindful
6. Coloring Lets You Reconnect With Your Inner Child
7. But Above All: COLORING IS FUN!



This is 60 minutes of pure bliss as you color with others.

Beginning on Wednesday, October 14th from 2:00 pm - 3:00 pm

Join us every Wednesday from 2:00 pm - 3:00pm thereafter.

Location: East Rockingham Senior Center

Upcoming Closings

- Hamlet, East Rockingham, Ellerbe Meal Sites..... Wednesday, September 2nd
- Rockingham, East Rockingham, Ellerbe Senior Centers.....
..... Wednesday, September 2nd from 11:00 am - 1:00 pm
- Labor Day Holiday- Rockingham, East Rockingham, Ellerbe, Hamlet Senior Centers & Meal Sites..... Monday, September 7th
- Rockingham and East Rockingham Senior Centers..... Wednesday, October 7th

A Shred Ahead

Shredding personal information is a key step that individuals can take to prevent becoming victims of identity theft. Consumers can protect themselves against identity theft by regularly destroying confidential documents, rather than disposing of them in non-secure places where they can be stolen, such as garbage bags or recycling bins.

[A Shred Ahead](#) can take the hassle and worry out of document destruction. They can help make sure that you are protected from data thieves.

A Shred Ahead will come monthly to the Rockingham Senior Center to shred any personal documents dropped off in the locked bin.

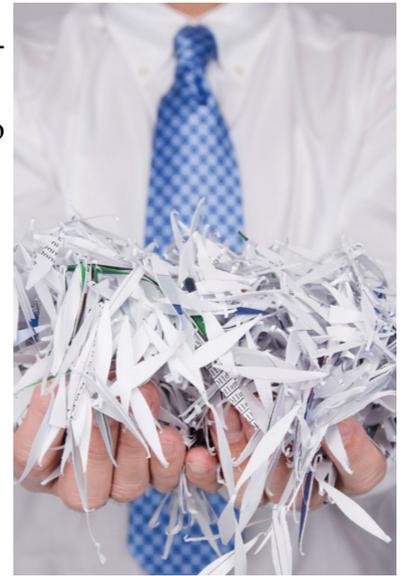
Office Hours:

Monday - Thursday 7:30 am - 6:30 pm

Friday 8:00 am - 5:00 pm

Paper clips and staples do not need to be removed, but remove paper from binders.

Please call 910-997-4491 for more information.



Upcoming Trips



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

East Rockingham..... Sept 15@ 8:00 am.....Free

Ellerbe..... Sept 22@ 8:00 am.....Free

September 8th Trip— changed to 9/9/15****

Unilever 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.

Seniors' Health Insurance Information Program



Medicare Annual Enrollment period runs from
October 15 through December 7, 2015.

If you have questions about your current coverage, counselors will be available to explain Medicare benefits, compare plan options, enroll you in a Medicare drug plan and answer all your Medicare questions.

**Call today to make your appointment today!
910-997-4491**



Happy Hour

Join us for Happy Hour at 6:00 pm on Thursday, September 10th at the East Rockingham Senior Center. Great food and fellowship.

Richmond County's Special Needs Registry

This FREE registry serves as a reliable way to identify people with special needs during an emergency, or when power has been lost. Local and state emergency management will share information with local police and fire departments in order to protect the lives of our community.

Call 910-997-4491 or visit Emergency Services' webpage www.richmondnc.com for more information.

**DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



**September is
National Preparedness
Month!**

Make A Plan

Your family may not be together when a disaster strikes so it is important to plan in advance: how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations.

Ready.gov has made it simple for you to make a family emergency plan.

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.

