



Richmond County Aging Services Newsletter

225 South Lawrence Street
Rockingham, NC 28379

Phone: 910-997-4491
Fax: 910-410-1136

Email: agingservices@richmondnc.com

Webpage: www.richmondnc.com

Facebook: [@agingisgood](https://www.facebook.com/@agingisgood)

March 2018

alzheimer's  association®

effective communication
strategies

effective communication strategies

A FREE EDUCATION PROGRAM



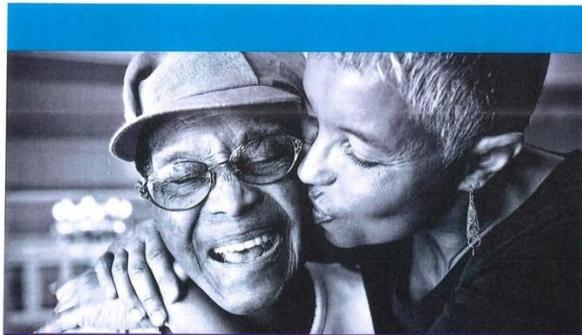
Date: Thursday, March 15, 2018

Time: 9:00 a.m. – 11:00 a.m.

Location: RC Cole Auditorium

1042 W. Hamlet Avenue

Hamlet, NC 28345

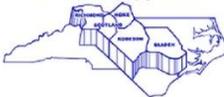


an education program by the alzheimer's association

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.



Lumber River Council of Governments



alz.org® alzheimer's  association®

Call 1-800-272-3900 to register

**Daylight
Saving Time
officially
begins at
2:00am
Sunday,
March 11th.**

Don't forget to
set your clock
forward one
hour before
going to bed
Saturday
Night.



We ♥ March
'cause
Spring is "almost" in the air!

Upcoming Trips

Sitting is limited on trips

Senior Center	Trip Location	Date	Time Leaving	Cost
East Rockingham	Maxton Campbell Soup	Tuesday, March 6 th	9:30am	\$5.00
East Rockingham	Moore County Girls Day Out	Tuesday, March 13 th	8:00am	Free
Rockingham & East Rockingham	Winston Salem Shopping & Lunch	Wednesday, March 14 th	8:00am	\$5.00
Ellerbe	Old Salem Site Seeing	Wednesday, March 22 nd	8:00am	\$5.00
Ellerbe	Moore County Pamper Day	Wednesday, March 28 th	8:30am	Free

Upcoming Events

Event Name	Event Location	Date	Time
Alive after 55	Wing Queen Cafe	Thursday, March 15 th	6:00pm
Prom 80's Theme	Cole Auditorium	Friday, March 16 th	6:00pm- 9:00pm
Veteran's Event	Cole Auditorium	Thursday, March 29 th	9:00am- 11:00am

Upcoming Closings

East Rockingham Senior Center	East Rockingham Meal Site	Ellerbe Senior Center/ Meal Site	Hamlet Meal Site	Rockingham Senior Center
Wednesday, March 14 th	Wednesday, March 14 th	Thursday, March 15 th	Wednesday, March 14 th	Thursday, March 15 th 8:30am-11:30am
Thursday, March 15 th	Thursday, March 15 th	Thursday, March 22 nd	Thursday, March 15 th	Friday, March 30 th
Friday, March 30 th	Friday, March 30 th	Wednesday, March 28 th	Friday, March 30 th	
		Friday, March 30 th		

Find the Quotation

Cross out words in the grid below according to the instructions, then rearrange the remaining words to reveal a quotation.

Agua	Sue	Aren't	Avocado	Barb
Bed	Best	Blue	Brooklyn	Cinco
Cyan	Doe	Flo	Hillside	Idaho
In	Iowa	Life	Map	Duck
Obesity	Ohio	Panda	Peso	Pin
Pink	Scratch	Sheets	Sloth	Stretch
Teal	The	Things	Things	Twelfth

Instructions:

1. Cross out all Spanish words.
2. Cross out all US states.
3. Cross out all four syllable words.
4. Cross out all three-letter words(except "the").
5. Cross out all female names.
6. Cross out all names of animals.
7. Cross out all words with double letters.
8. Cross out all names of colors.
9. Cross out all words that are seven-letters long and contain only one vowel.

Answer on page 5



Liberty Tax Service will be at the East Rockingham Center every Wednesday during the month of March starting at 11:00am to assist seniors 60 & older with filing taxes at a discounted rate. For more information please contact Donna Luther 997-8332

**SERVICES OFFERED AT RICHMOND COUNTY
AGING 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 and can provide information and assistance. Call 910-997-4491 for more information. Some of the social and recreational activities hosted by the Center(s) include:

Health Screenings	Medicaid Benefits
Fitness and Health Promotions	Medicare Parts A & B
Insurance Counseling	Medicare Part D
Tax Preparation Counseling	Social Security Benefits
Legal Services	Job Training
General Transportation	Job Placement
Medical Transportation	Congregate Meals
Support Groups or Classes for Caregivers	Home Delivered Meals
Housing Assistance	Adult Day Care/ Day Health
Reverse Mortgage Counseling	Mental Health
Home Repair/ Modification	Disaster Preparedness, Planning or Response
Home Health Services	Durable Medical Equipment/ Assistive Devices
In Home Aide Services	Hospice Care
Long Term Care Facilities	Rehabilitation Services
Report Suspected Abuse, Neglect or Exploitation	Respite
Senior Games	Telephone Reassurance
Energy Assistance	Food Distribution

VETERAN'S BREAKFAST & LEARN

THURSDAY, MARCH 29, 2018
9:00AM - 11:00AM

FREE EVENT



FREE EVENT

THE COLE AUDITORIUM

1042 West Hamlet Avenue, Hamlet, NC 28345

MUST BE 55 OR OLDER
REGISTER BY FRIDAY, MARCH 16TH
CALL 910-997-4491



DEEP Class

(Diabetes Empowerment Education Program Information)

Location Name:

East Rockingham Senior Center

Address:

135 Safie 6th St. Rockingham, NC

Class Dates (Tuesday):

Feb 27th, March 6th, March 13th, March 20th, March 27th, April 3rd
Time: 2:00pm - 4:00pm

Call today to register!

East Rockingham Senior Center

910-997-8332

Provided by : Alliant Quality an Organization under contract with the Centers for Medicare & Medicaid Services (CMS)

LIVE UNITED



Introducing



RICHMOND COUNTY AGING SERVICES

Alive after 55

SUPPER CLUB

LET'S GET TOGETHER FOR SUPPER
AND
ENJOY A NIGHT OUT WITH OTHER
SENIORS OVER 55 YEARS OLD.

WING QUEEN CAFE

801 EAST BROAD AVENUE,
ROCKINGHAM, NC 28379

THURSDAY,
MARCH 15TH
@ 6:00PM

RSVP BY 3/14/18
910-997-4491

This program is open to any senior who is looking for social support, friendship and great food. We will meet once a month on the 3rd Thursday at 6:00pm at a designated restaurant in Richmond County.

Reservations for Dinners will close 24 hours before actual event so the venue will know how many members to expect.

RSVP's are a must, call 910-997-4491

PAY- YOUR-OWN- WAY- MEAL.

*PLEASE REMEMBER TO TIP THE WAIT STAFF GENEROUSLY,
A MINIMUM OF 15% - 20% SO WE WILL BE WELCOME AT THE NEXT EVENT.*

Quotation:

The best things
in life aren't things.
~ Art Buchwald

Walkie Talkies

If you find it difficult to get active, why not start walking?

Join us on Thursday mornings starting March 8th at 9:00am at the East Side Cemetery.

For more information call 997-4491.

Did you know?

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

www.richmondnc.com/24

[5/aging-services](http://www.richmondnc.com/245/aging-services) and on

our Facebook page

@agingisgood

COMMUNITY HOME CARE & HOSPICE ALONG WITH
RICHMOND COUNTY AGING SERVICES & THE HAMLET SENIOR CENTER

Presents THE TOTALLY AWESOME

I LOVE THE 80'S I LOVE THE 80'S

80'S SENIOR PROM

FRIDAY, MARCH 16, 2018

6:00PM. - 9:00PM.

The Cole Auditorium

Call 910-997-4491 to reserve your seat by Monday, 3/5/18



Like
us on
Facebook

Richmond County
Aging Services
@agingisgood

Asparagus, Mandarin Orange, Chicken and Rice

Serves	4
Prep Time	30 mins.

Nutritional Facts	
Amount Per Serving	
Calories	440
Total Fat	11g
Saturated Fat	2g
Cholesterol	70 mg
Sodium	300 mg
Potassium	737 mg
Total Carbohydrates	51g
Dietary Fiber	6g
Sugars	12g
Protein	33 g
Calcium	63 mg
Iron	3 mg

Ingredients	
	For the Vinaigrette:
2 TBS	extra virgin olive oil
2 TBS	rice vinegar
3 TBS	mandarin orange juices (reserved from oranges)
1TBS	soy sauce
	For the Salad:
3 1/3	Fresh asparagus (trimmed)
2 cans	11 oz mandarin oranges (drained, reserve juice)
12 ounces	Cooked chicken breast (cut into chunks)
3 cups	Cooked instant brown rice

www.usda.gov/whatscooking

Directions:

1. In a small bowl, whisk vinaigrette ingredients, set aside.
2. Cook rice according to package directions.
3. Place whole trimmed asparagus in a large skillet with 1 ½ inches of water.
4. Bring water to a boil, reduce heat and simmer, uncovered, for 2-5 minutes.
5. Rinse with cool water and cut into 1-inch pieces.
6. In a medium size bowl, toss all ingredients.