



Newsletter

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April 2020

Important Announcement

Richmond County Aging Services is CLOSED to all participants.

This includes the East Rockingham, Rockingham and Ellerbe Senior Centers and the East Rockingham, Ellerbe and Hamlet Meal Sites.

Services such as In Home Aide, Home Delivered Meals, Adult DSS Assistance Program and SHIIP Counseling are still operating with some modifications.

If you have a question about a particular service please give us a call at (910) 997-4491. Staff is responding to calls and requests to meet basic needs.

Re-opening will be announced via website, Facebook, email and voice calls.

Let Your Voice Be Heard

Congress is trying to agree on the content of more legislation to relieve the effects of the COVID-19 outbreak. That means your voice matters more than ever.

To save lives and SUPPORT OLDER ADULTS in crisis, Congress must include significant increases in funding for services and programs older adults and their caregivers depend on.

Contact your Representatives and Senators TODAY

(<http://cqrcengage.com/ncoa/app/lookup?0&m=68693>) and tell them these four things should be in any COVID-19 relief bills:

- Give additional resources to Older Americans Act programs and the Supplemental Nutrition Assistance Program so more older adults have food, in-home services, and caregiver support.
 - Make it easier to use Medicaid Home and Community-Based Services so vulnerable older adults can get the care they need at home.
 - Make essential health care and prescription drugs more affordable for low-income Medicare beneficiaries by increasing premium and cost-sharing assistance.
 - Help nonprofit charitable organizations maintain operations and meet rapidly growing demand by providing additional support. *Thank you for taking action!*
- Please ask your friends and colleagues to join you. Every voice matters.*

shop local.♥

eat local.♥

spend local.♥

enjoy local.♥

Our small businesses
need us!

Let's all come together as
one and help support them.

- Buy gift cards to use later
- Shop locally online
- Order food for delivery or takeout from local restaurants
- Donate online to local charities
- Rate businesses you love with 5 stars on Google and social media sites
- Tip service workers extra
- Buy now, pick up later- give the business a call, pay for a product, set it aside for later
- Keep paying for your memberships and subscriptions
- Ask a business owner what you can do to help
- Stay positive!

Bonus: Like, share and post on social media; the extra virtual love is much appreciated!

April is Autism Awareness Month

Wear Blue
Thursday,
April 2nd



How To Make Homemade Hand Sanitizer

Ingredients Needed:

- 3 tablespoons of 70% or higher isopropyl rubbing alcohol
- 1 tablespoon of aloe vera to prevent hands from drying out from the use of alcohol
- ½ teaspoons of vegetable glycerin or vitamin E oil
- Optional: a few drops of tea tree or lavender essential oil

Instructions:

- Combine all of the ingredients in a bowl.
- To use hand sanitizer, store in a small jar or a squeeze tube.
- This recipe will make 2 fluid ounces.



U.S. Attorney Shares Tips for Avoiding COVID-19 Scams Targeting Vulnerable Populations

PORTLAND—Today, U.S. Attorney Billy J. Williams warned of several new fraud schemes seeking to exploit the evolving coronavirus public health emergency by targeting vulnerable populations.

Scammers have already devised numerous methods for defrauding people in connection with COVID-19. They are setting up websites, contacting people by phone and email, and posting disinformation on social media platforms. Some examples of scams linked to COVID-19 include:

Testing scams: Scammers are selling fake at-home test kits or going door-to-door performing fake tests for money.

Treatment scams: Scammers are offering to sell fake cures, vaccines, and advice on unproven treatments for COVID-19.

Supply scams: Scammers are creating fake shops, websites, social media accounts, and email addresses claiming to sell medical supplies currently in high demand, such as surgical masks. When consumers attempt to purchase supplies through these channels, fraudsters pocket the money and never provide the promised supplies.

Provider scams: Scammers are contacting people by phone and email, pretending to be doctors and hospitals that have treated a friend or relative for COVID-19, and demanding payment for that treatment.

Charity scams: Scammers are soliciting donations for individuals, groups, and areas affected by COVID-19.

Phishing scams: Scammers posing as national and global health authorities, including the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC), are sending phishing emails designed to trick recipients into downloading malware or providing personal identifying and financial information.

App scams: Scammers are creating and manipulating mobile apps designed to track the spread of COVID-19 to insert malware that will compromise users' devices and personal information.

Investment scams: Scammers are offering online promotions on various platforms, including social media, claiming that the products or services of publicly traded companies can prevent, detect, or cure COVID-19, and that the stock of these companies will dramatically increase in value as a result. These promotions are often styled as "research reports," make predictions of a specific "target price," and relate to microcap stocks, or low-priced stocks issued by the smallest of companies with limited publicly available information.

The U.S. Attorney's Office urges Oregonians to take the following precautionary measures to protect themselves from known and emerging scams:

- Independently verify the identity of any company, charity, or individual that contacts you regarding COVID-19.
- Check the websites and email addresses offering information, products, or services related to COVID-19. Be aware that scammers often employ addresses that differ only slightly from those belonging to the entities they are impersonating. For example, they might use "cdc.com" or "cdc.org" instead of "cdc.gov."

U.S. Attorney Shares Tips for Avoiding COVID-19 Scams Targeting Vulnerable Populations continued

- Be wary of unsolicited emails offering information, supplies, or treatment for COVID-19 or requesting your personal information for medical purposes. Legitimate health authorities will not contact the general public this way.
- Do not click on links or open email attachments from unknown or unverified sources. Doing so could download a virus onto your computer or device.
- Make sure the anti-malware and anti-virus software on your computer is operating and up to date.
- Ignore offers for a COVID-19 vaccine, cure, or treatment. Remember, if there is a medical breakthrough, you won't hear about it for the first time through an email, online ad, or unsolicited sales pitch.
- Check online reviews of any company offering COVID-19 products or supplies. Avoid companies whose customers have complained about not receiving items.
- Research any charities or crowdfunding sites soliciting donations in connection with COVID-19 before giving. Remember, an organization may not be legitimate even if it uses words like "CDC" or "government" in its name or has reputable looking seals or logos on its materials. For online resources on donating wisely, visit the Federal Trade Commission (FTC) website.
- Be wary of any business, charity, or individual requesting payments or donations in cash, by wire transfer, gift card, or through the mail. Don't send money through any of these channels.
- Be cautious of "investment opportunities" tied to COVID-19, especially those based on claims that a small company's products or services can help stop the virus. If you decide to invest, carefully research the investment beforehand. For information on how to avoid investment fraud, visit the U.S. Securities and Exchange Commission (SEC) website.

For the most up-to-date information on COVID-19, visit the Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) websites.

On March 19, 2020, U.S. Attorney Williams announced the appointment of a COVID-19 fraud coordinator to lead investigations into known and suspected occurrences of financial fraud related to the nation's ongoing public health emergency.

If you or someone you know believe you've been the target or victim of an outbreak-related fraud scheme, please contact the FBI's Internet Crime Complaint Center (IC3) by visiting www.IC3.gov. If you or someone you know are in immediate danger, please call 911.

The U.S. Attorney's Office COVID-19 fraud coordinator will be notified of tips submitted via the above reporting method.

<https://www.justice.gov/usao-or/pr/us-attorney-shares-tips-avoiding-covid-19-scams-targeting-vulnerable-populations>

Love is in the air



#aworldofhearts is a public group page on Facebook encouraging people to put hearts up in windows. The group was created to follow the world vision of filling windows with hearts.

By filling your windows with hearts your neighbors and those passing by will know we are in this together!

Everyone is welcome from ANYWHERE! ❤️

Have fun, you can color it, paint it, cut it out, or print it from the printer.

To date, there are more than 147,000 members who have posted their hearts for the world to see, one of those being Richmond County Aging Services.

You do not have to have a Facebook page to participate.

But if you do, join the group and post your picture to the page.

But keep in mind the rules of the group page below:

- 1). Be Kind
- 2). Keep posts on topic- share photos of your hearts in your windows, nature, etc.
- 3). Be cautious of your privacy- example: don't display your address

AGING SERVICES' STAFF WOULD LIKE TO WISH EVERYONE A

HAPPY EASTER

SUNDAY, APRIL 12, 2020



Eat Local- Take-out

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| N | M | R | K | Z | H | E | L | L | E | R | B | E | S | P | R | I | N | G | H | O | U | S | E |

#1 Diner Caddys Captain George Seafood Dixie Burger
 Ellerbe Spring House Fatz Cafe Godfathers Pizza Half Baked
 Holiday Restaurant HWY 55 La Cabana Los Mariachis
 Mamas Kitchen Pizza Hut Pizza Inn Seaboard Station
 Taco Factory The Berry Patch The Grille

Numbers on next page

Items needed for RCAS's Home Delivered Meal Clients. Please remember, these clients are home bound and can not get out to the stores like most of us can. If anyone would like to donate, please give us a call at 910-997-4491.

Some of the items needed are:

- ☐ Bread
- ☐ Fresh fruit
- ☐ Fresh vegetables
- ☐ Eggs
- ☐ Milk
- ☐ Oatmeal packets
- ☐ Grit packets
- ☐ Pop top Soups such as tomato and chicken noodle
- ☐ Toilet Paper
- ☐ Paper Towels
- ☐ Bleach or any cleaning supplies
- ☐ Cat food
- ☐ Dog food
- ☐ \$\$\$ Monetary Donation

☐ Gloves and Hand Sanitizer for our ♥ Absolutely Wonderful Amazing Volunteer Meals on Wheels Delivery Drivers . ♥



Please make sure these items are NOT EXPIRED.

BUY LOCAL
SUPPORTING OUR COMMUNITY
SUPPORTING OUR COUNTY

HOME TOWNS of RICHMOND COUNTY NC

EAT Local

SUPPORT LOCAL BUSINESS

Dining Options With Curbside Service Available

#1 Diner (895-0731)

Berry Patch (652-3276)

Caddy's (817-9121)

Captain George Seafood (997-4355)

Dixie Burger (652-5483)

Ellerbe Spring House (652-5613)

Fatz Cafe (582-4040)

Godfathers Pizza (895-5550)

The Grille (434-8486)

Half Baked (895-3333)

Holiday Restaurant (895-2315)

Hwy 55 (582-8699)

La Cabana (410-9775 R'ham or 557-1600 Hamlet)

Los Mariachis (334-2388)

Mama's Kitchen (895-6205)

Pizza Hut (997-4061)

Pizza Inn (997-5696)

Seaboard Station (582-1017)

Taco Factory (434-7170)

April Fool's



Amusing April Bamboozle Calendar Celebrate
 Deceive False Fool Foolish Fun Funny Gag
 Game Green Gullible Harmless Hilarious Hoax
 Humor Joker Jokester Mischievous Mislead
 Mockery Outrageous Play Prank Ridicule Silly
 Trick Unexpected Victim

For more activities and games you can pick up the Hamlet Senior Center's Joy Packet by calling (910) 582-7985 or visit their Facebook page at <https://www.facebook.com/hamletseniorcenter/>
 #StayHome #StaySafe #SaveLives