

RICHMOND COUNTY AGING SERVICES

NEWSLETTER

YOUR TRUSTED RESOURCE FOR AGING WELL

JULY 2023



"Freedom lies in being bold." Robert Frost



WATER AEROBICS

Join Kim at the East Rockingham Senior Center for summer Water
Aerobics.

Starting Tuesday June 13th at 5pm.

It will be held every Tuesday and Thursday for the duration of the
summer pool being open.

may be cancelled due to inclement weather

\$15 dollar fee for Summer



1764
ROCKINGHAM
A CITY LOOKING FORWARD

2023



May 4th – Gary Lowder & Smokin' Hot

June 1st – Chocolate Chip & Company

July 6th – The Entertainers

August 3rd – North Tower Band

September 7th – The Tams

October 5th – Band of Oz



DID YOU **KNOW?**

The happenings of July
with Kim Hotter
@ 3pm Tuesday, July 6th

Join us virtually to learn more about this topic using
MEETING ID **315 072 2204** and the PASSCODE **RCAS23**



Saturday Field Trip August 12, 2023

to "A Giant Celebration"

Bus leaves
Rockingham Senior Center
at 11:30am

No bus fee

*More information will be
provided by center director/
August Newsletter*

Housing, Home Repair & Improvement

The Housing Repair and Home Improvement Program can assist older adults with needed minor home repairs or modifications to improve the living conditions and functional accessibility of the home. With the help of volunteers, the repairs and modifications are for eligible low and moderate income older adults to ensure their livability and safety so they can remain in their homes.

THE PROGRAM CAN INCLUDE:

- minor floor, ceiling, or wall repairs
- new door handles or deadbolt locks, fire detectors, CO2 detectors, emergency alert detectors
- repair or replacement of doors and windows (limited funds available)
- leaking faucets, pipes or toilet
- shingle patching or flashing sealing
- replacement or draining of hot water heaters
- minor repairs to heating and air units
- building of ramps, new steps, hand railings and grab bars
- replacement of appliances that no longer work

Minor home repair does not include replacing roofs or installing new heating and air systems. Home modifications can include widening doorways, installing grab bars or building wheelchair ramps but funds are limited per household and may not be able to cover all of the work needed.

All repairs must fall under the threshold of funding allowed per year and services cannot be repeated within a three year period. Services are performed by local volunteers willing to donate their time and skills and some work may have a longer waiting list than others.

Housing and Home Improvement services are for adults 60 years of age or older who are unable to pay for the needed repairs. There is a waiting list and priority will be given to low income disabled adults in greatest need.

The program provides information for older adults and families to become better educated about available housing resources and funding that may be utilized to improve their housing quality (grants, loans, weatherization and refinancing programs).

For more information or to make an application for services contact:
Lirosia Wall (910) 997-8439 or at lirosia.wall@richmondnc.com

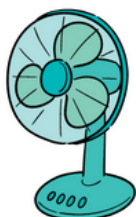
my appointment: _____



Richmond County Aging Services are looking for License Contractors and Volunteers for the Home Improvement Program. If interested please call (910) 997-4491 for more information.



**Donate a Fan or
Monetary Donation for a
Senior Citizen in
Richmond County.**



**Drop off NEW items only to the
Rockingham Senior Center located at
225 South Lawrence Street, Rockingham,
NC 28379. (910) 997-4491**

FAN REQUIREMENTS

- Must be 55 years old or older
- Must present a current photo ID
- Must bring your current power bill
- Must present the last four digits of your social security number

FARMERS MARKET & FOOD TRUCKS

EVERY
WEDNESDAY

FARMERS MARKET
3PM-6PM THRU AUGUST

FOOD TRUCKS
11AM-6PM

DSS PARKING LOT....125 CAROLINE STREET, ROCKINGHAM, NC



Join ERSC on a Saturday Adventure

We will be traveling to the
Cape Fear Botanical Gardens in Fayetteville
Saturday, July 8th leaving @ 8:00am
from the Rockingham office
Entry cost is \$9 + tax
Bus Fee is \$8
Lunch is at your Cost

SAVE THE
DATE

Veteran's Program

at the Cole

Tuesday,
October 3, 2023
11:00am-1:00pm
Lunch Sponsored
by Carolina
Hearts

*Coincides with Our
Heroes Tree Program
at The Cole*

Let's go to Lunch
Join ERSC on a short trip to Cheraw
Leaving Rockingham Center
@ 9am on Monday, July, 10th
We'll have lunch at Rivers Edge
Trip cost is \$5
Lunch and Shopping at your cost
Contact Kim Hotter
910-997-8332
to sign up and pay

DID YOU KNOW, WE CAN SNAIL MAIL OUR NEWSLETTER TO YOU?



Just call us (910) 997-4491.

APPLY FOR SERVICES



> HOME DELIVERED MEALS

> IN HOME AIDE

> ADULT SOCIAL SERVICES

VISIT

[HTTP://RICHMONDNC.COM/340/APPLY-
FOR-SERVICES](http://richmondnc.com/340/apply-for-services)

OR CALL US FOR A PAPER APPLICATION
(910) 997-4491

AGING SERVICES STAFF

Richmond County Aging Services (910) 997-4491

- > **Jacqueline Welch**, Aging Director- (910) 410-1132
- > **Kim Hall**, Nutrition Director- (910) 410-1133
- > **Sharon Morrison**, Senior Liaison & IHA Liaison- (910) 410-1134
- > **April Moore**, Accounting Tech & Medicaid IMC- (910) 410-1665
- > **Eric Stedman**, East Rockingham Building Caretaker- (910) 817-5837
- > **Eva Greene**, Hamlet Meal Site Manager- (910) 582-7985
- > **Ginger Hoffman**, Meals on Wheels Driver- (910) 997-4491
- > **Janice Watkins**, East Rockingham Meal Site Manager- (910) 997-8225
- > **Judy Whitley**, Ellerbe Senior Center Director- (910) 652-6006
- > **Kim Hotter**, East Rockingham Senior Center Director- (910) 997-8332
- > **Lirosia Wall**, Senior Liaison- (910) 997-8439
- > **Mary Wooten**, In Home Aide Supervisor- (910) 410-1663
- > **Pamela Hill**, Nutrition Assistant- (910) 410-1131
- > **Rochelle Martinez**, Meals on Wheels Driver- (910) 997-4491
- > **Terry Rush**, SHIP Coordinator- (910) 410-1135
- > **Wilemenia Diggs**, In Home Aide- (910) 997-4491

Rent our Facility

East
Rockingham
Senior Center



Rental Fee: \$125

Damage Deposit:
\$50

Total due to reserve
date: \$175

Call
(910) 997-4491 for
more information.

Upcoming County Holiday Closings

July

Tuesday, July 4, 2023

September

Monday, September 4, 2023

November

Friday, November 10, 2023

Thursday, November 23, 2023

Friday, November 24, 2023

RICHMOND COUNTY AGING SERVICES/ ROCKINGHAM SENIOR CENTER

225 S. Lawrence Street
Rockingham, NC 28379
(910) 997-4491

EAST ROCKINGHAM SENIOR CENTER AND MEAL SITE

135 Safie 6th Street
Rockingham, NC 28379
(910) 997-8332
(910) 997-8225

ELLERBE SENIOR CENTER AND MEAL SITE

306 Millstone Road
Ellerbe, NC 28338
(910) 652-6006

HAMLET SENIOR CENTER AND MEAL SITE

102 Veterans Drive
Hamlet, NC 28345
(910) 582-7985

REPORT ADULT AND/OR CHILD ABUSE

**Richmond County
DSS
Intake Line**

(910) 997-8415

IF YOU
THINK IT,
REPORT IT!

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:

- Exercise Classes
- Billiards Tables
- Day Field Trips
- Senior Club Activities
- Bingo
- Senior Games
- Intergenerational Programs
- Arts and Craft Classes
- Cultural Experiences
- Volunteer Opportunities
- and so much more...

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:

- In Home Aide Level I
- Nutrition Program- Congregate Meal Sites & Home Delivered Meals
- Seniors' Health Insurance Information Program (SHIIP)
- Adult Social Services
- Dementia Assistance Program
- Nutritional Classes
- Income Tax Preparation Assistance
- Energy Assistance- LIEAP, CIP, Fan & Heater Distribution
- Telephone Reassurance
- Support Groups
- Durable Medical Equipment Loaner Program
- Housing, Home Repair & Improvement
- Information & Referral
- Legal Services with Legal Aide of NC

Quick Reference Phone List

SHIIP-(855) 408-1212
Richmond County's Medicare Counselor- (910) 410-1135
Report Adult Abuse and/or Fraud- (910) 997-8415
Richmond County Aging Services- (910) 997-4491
Richmond County DSS- (910) 997-8480
Richmond County Health Department- (910) 997-8300
Richmond County Sheriff's Office- (910) 895-3232
East Rockingham Parks and Recreation Pool- (910) 997-8331
Regional Long-Term Care Ombudsman-(910)-775-9761

RICHMOND COUNTY Pharmacy Program

TO APPLY, YOU MUST:

- Be a resident of Richmond county
- Be a United States Citizen
- Be 35 years old or older (any age if patient of the Community Care Clinic)
- **NOT** be a recipient of Medicare
- **NOT** be a recipient of Medicaid or have any other prescription drug coverage
- Be at or below 200% of Federal Poverty Level Monthly Income- 1 person \$ 2,127; 2 people \$ 2,873

FOR MORE INFORMATION CALL
SANDRA MONROE AT (910) 417-4909

MUST BRING THE FOLLOWING TO YOUR APPOINTMENT:

- Social Security Card
- Driver's License and Proof of Address
- Medicaid Denial Letter (Apply for Adult Medicaid at the Dept. of Social Services)
- Copies of total income for **ALL** members of the household (Federal Tax Return & W2, last 4 check stubs, Social Security Benefit Statement, etc.)
- Prescriptions from your doctor (must be written for 90-day supply with 3 refills)

my appointment: _____

REVISED 2-4-2022

ITEMS NEEDED

Do you or your community group want to donate to our agency, but aren't really sure what we need? Below are some things we need on a monthly basis.

- > Adult Pull-ups- sizes Small, Medium, Large, X-Large
 - > Cat Food- Dry, 30 pound bags or smaller
 - > Dog Food- Dry, 50 pound bags or smaller
 - > Ensure Nutritional Drinks- Chocolate Flavor
 - > Water- any size
- If you have any questions, call (910) 997-4491.

CONNECT WITH US

@AGINGISGOOD • WWW.RICHMONDNC.COM
AGINGSERVICES@RICHMONDNC.COM



Lunch
with local
LEOs
Law Enforcement Officers



**Tuesday,
July 11th
@ 11:00am
RSVP by 7/10/23
910-997-4491**

a minimum of 15% - 20% so we will be welcomed at the next event.

.....



Alive after 55

S U P P E R C L U B

Ellerbe Pizza & Hot Subs

4393 Main St. Ellerbe, NC 28338

Thursday, July 20th from 5:00pm - 7:00pm

A MINIMUM OF 15% - 20% SO WE WILL BE WELCOMED AT THE NEXT EVENT.



July 11th
July 25th



HEALTHYHELPING

People who receive SNAP and Medicaid services are eligible to receive \$40/mo for fruits and vegetables at Food Lion

CALL 1-877-566-0943 TO ENROLL TODAY!

LOAD AND SPEND HEALTHYHELPING



1 ENROLL

Enroll in the program with a care manager byphone.



2 LOAD

To load \$40 onto your MVP card, buy an item with your SNAP EBT card. Be sure to scan your MVP card or type in your phone number at checkout!



3 SPEND

Spend Healthy Helping dollars each time you shop by using your MVP card (or phone number) to purchase eligible fruits and vegetables.



4 Monthly

Funds will auto-replenish monthly. Check the bottom of your receipt. You will be notified when the program is coming to an end.

DETAILS ON HEALTHYHELPING

- You can buy fresh, frozen, or canned fruits and vegetables without added salt, sugar, or fat.

- For frozen or canned foods, look for the WIC label!



- If you have difficulty loading your benefit, save your receipt and call 984-213-4133.
- Participants can receive up to six allotments of \$40 for fruits and vegetables.

Proud partners:



**Reinvestment
PARTNERS**
PEOPLE • PLACES • POLICY



Richmond County Public Libraries

Monthly Newsletter

Ellerbe, Hamlet, Rockingham, North Carolina

JULY 2023

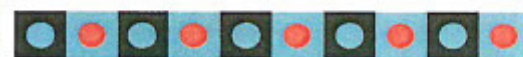


Sandhill Regional Library System
ANSON - Hoke - MONTGOMERY - MOORE - RICHMOND

Follow us on FACEBOOK: <https://www.facebook.com/richmondcountypubliclibraries/>



HIGHLIGHTS



- ♦ Book Recommendations for Children and Adults
- ♦ Leath Library Movies, June 23 to August 4, 2 showing on Fridays, Front Page
- ♦ 🌱 Slime Science... a Virtual Program, July 5th.
- ♦ NC Symphony at Leath Library for preteens July 19th at 11:30AM, Front Page



MOVIES

FRIDAY MOVIES

AT THE LEATH LIBRARY

June 23 through August 4th 2023

2 Shows: 10am To 12 and 1pm To 3PM

FREE POPCORN WITH MOVIES

NORTH CAROLINA SYMPHONY

The North Carolina Symphony with the
PNC Grow Up Great Program is
coming to the Leath Library.

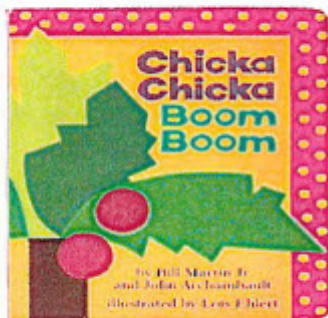


Mark your calendar

July 19, 2023 - 11:30 am

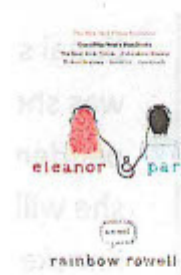
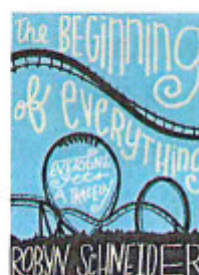
For kids and pre-teens

Preschool Book, the story of the Alphabet.



A book of Alphabetic rhyme where the alphabets races up a coconut tree thus aiding your pre-schooler in learning the alphabet and entertaining them to keep their interest.

YOUNG ADULT—Summer Read-



3 books that will peek your interest

East Rockingham

Senior Center

135 Safie 6th Street

Rockingham, NC 28379

(910) 997-8332

@agingisgood • www.richmondnc.com

agingservices@richmondnc.com

July 2023

Nothing is impossible. The word itself says,
"I'm Possible!" -Audrey Hepburn



ERSC Calendar Page 1 of 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Walk it Off 9:30am New Puzzle 10am Women's Billiards 2-3pm National Drop A Rock Day *Rock Painting	4  4TH of JULY ***** Independence Day	5 GeriFit 9:30am Bingo with Troy Medicare 12pm Christmas in July Craft 1pm	6 Chair Exercise 9:30 Cheri and Shannon Herb Class 10am Learn a craft with Kim 2pm	7 Gerifit 9:30am Craft Finish Up 10:30 Handwaxing 12pm Rummikub 1pm
10 Center Closed	11 Center Closed Let's meet at Leath Library for our computer Class at 1:30pm	12 Center Closed Building Maintenance 10-14th Game in Ellerbe Leaving EROCK at 1pm	13 Center Closed	14 Center Closed National Mac and Cheese Day
17 Walk it Off 9:30am New Puzzle 10am Painting with Rochelll 1pm \$ Women's Billiards 2-3pm	18 Exercise 9:30 am Chair volleyball 12 Bible Study 2pm Cornhole 2pm Water Aerobics 5pm	19 Gerifit 9:30am Bingo with Valerie from Cornerstone Insurance 12pm Christmas in July Craft 1pm	20 Chair Exercise 9:30 Solid lotion making 10am Contract Rummy 1pm Water Aerobics 5pm National Lollipop Day	21 Gerifit 9:30am Chair Volleyball Practice 12pm Handwaxing 12pm Nails with Kim Rummikub 1pm Red Hatters Meet @3:45pm

Legend:

\$ = Fee or cost for program/ activity * = Seating is limited

agingservices@richmondnc.com



ERSC Calendar Page 2 of 2

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Ellerbe Senior Center

306 Millstone Road

Ellerbe, NC 28338

(910) 652-6006

@agingisgood • www.richmondnc.com

agingservices@richmondnc.com

July 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Walk @ 9:00am Bingo with Richmond co. Hospice 12:00pm	4 Closed for Independence Day	5 Walk @ 9:00am Volleyball Practice	6 Walk @ 9:00am Bingo with Cornerstone ins @ 12:00pm	7 Walk @ 9:00am Human Foosball @ 12:00pm
10 Walk @ 9:00am Bingo with Gentiva @ 12:00pm	11 Walk @ 9:00am Bingo with Jim Johnson @ 12:00pm	12 Walk @ 9:00am Volleyball Practice Game @ 1:30pm v/s E Rock Home	13 Walk @ 9:00am Birthday Party with First Carolina Care @ 12:15pm	14 Walk @ 9:00am Contract Rummy @12:00pm
17 Walk @ 9:00am Bingo with Troy Medicare @ 12PM	18 Walk @ 9:00 am Theraputic Alternatives @ 12:00pm	19 Walk @ 9:00 am Chair Volleyball Practice	20 Walk @ 9:00am Bingo with Humana @ 12:00pm	21 Walk @ 9:00am Rummikub @ 12:00pm
24 Walk @ 9:00am Bingo with Premier Benefits @ 12:00pm	25 Walk @ 9:00am Crafts with Sarah @ 10am	26 Walk @ 9:00am Volleyball Practice Volleyball Game v/s Hamlet @ 1:30pm Away	27 Walk @ 9:00am Bingo with Autumn Care @ 12:00pm	28 Walk @ 9:00am Aggravation @ 12:00pm
31 Walk @ 9:00am Bingo with Judy@12:00pm				

ELL-SC

Legend:

\$ = Fee for program/ activity * = Seating is limited

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Rockingham Senior Center

225 S Lawrence St
Rockingham, NC 28379
(910) 997-4491
@agingisgood • www.richmondnc.com
agingservices@richmondnc.com

July 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Exercise Room 7:30am-6:30pm	4 Closed for Independence Day	5 Exercise Room 7:30am-6:30pm SHIIP-by appt. only	6 Exercise Room 7:30am-6:30pm	7 Exercise Room 8:00am-4:00pm
10 Exercise Room 7:30am-6:30pm	11 Exercise Room 7:30am-6:30pm Lunch with LEO's @ Godfather's Pizza @ 11:00am \$ BINGO w/Barbara 10:00am-11:00am	12 Exercise Room 7:30am-4:00pm SHIIP-by appt. only	13 Exercise Room 7:30am-6:30pm	14 Exercise Room 8:00am-4:00pm
17 Exercise Room 7:30am-6:30pm	18 Exercise Room 7:30am-6:30pm	19 Exercise Room 7:30am-6:30pm SHIIP-by appt. only	20 Exercise Room 7:30am-6:30pm Supper Club Ellerbe Pizza & Hot Subs@5pm \$	21 Exercise Room 8:00am-4:00pm
24 Exercise Room 7:30am-6:30pm	25 Exercise Room 7:30am-6:30pm	26 Exercise Room 7:30am-6:30pm SHIIP-by appt. only	27 Exercise Room 7:30am-6:30pm	28 Exercise Room 8:00am-4:00pm
31 Exercise Room 7:30am-6:30pm	0	0	0	0



MEOWY CHRISTMAS

in July

4th of July

A C J E Z F G Q A U N S Q Z D F E N U T M D F W
 B U D C U H R N W H T X J W I L Y L A R L E A B
 C G O N C O L Z I A S H E R B O O M J C G V C V
 T Y O E N I E Q R P O B E E Q Z G A M E S S I J
 T K F D O C H S H S M C Y G L I M N U Y E Z N P
 M D M N I K P H F A R A I K G T S M D P F Q C E
 W A E E T L C S B A O W C R A W L T I A E C I I
 T X H P U D X B C S K Y H A J R I R R T D A P T
 R Q T E T V T K A S E I T I V I T C A E H K P H
 E M N D I O E Y B E W U T B H S S N G C C O S E
 D Z A N T R U C U A I X B D G P W J E R O N O X
 H L A I S V Q L I R N L T U J J D L D L R O O P
 B I K U N Z B O I N U G P F M D E R O L P X E C
 Y F S I O D M C G E N V K Z B B W N Q Y M V L D
 N V A T C N A C I R E M A V R A W H O F Q F V I
 X O J Y O Z N R Y I S D Y A V F C W I U C Q B W
 Y A I Y U R H D K M C W T E S Q G K Y T B L Q I
 S Y N T U I Y S T O C E K Y B J H L Y J E S E W
 L C C B A Y F E E D I B C I T O I R T A P Z P X
 G K N C F R D S A E N Y T U D M M N X B R I O T
 C U Y L B A O G N E C L C W A E V R Y G Y D Q A
 S M A V R Y V C Z R C R D F C O U N T R Y M W T
 Q G P A Z R E L E F A O O X T M M A H U Q J A J
 D B P B Y U K H W D A S K R O W E R I F H V A Z

Activities	America	Anthem	Backyard	Bang	Blue	Boom
Camping	Celebrate	Concerts	Constitution	Country	Decoration	
Duty	Explore	Family	Firecracker	Fireworks	Flag	Food
Freedom	Fun	Games	History	Independence	Parade	
Patriotic	Picnic	Pool	Red	Stars	Stripes	Sunburn
		Wave	White			Tea