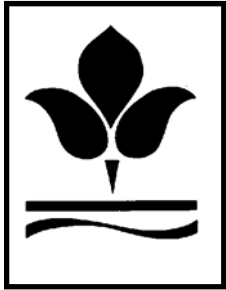


# ◆ The Center Post ◆

Volume 16 Issue 8

AUGUST 2007

Certified Senior Center of  
Excellence by the North  
Carolina Division of Aging  
and Adult Services



**Enrichment Center  
Hours of Operation:**  
**Monday/Wednesday/  
Friday, 8:00 a.m. -  
5:00 p.m. and  
Tuesday/Thursday,  
8:00 a.m. - 10:00 p.m.**  
**919-776-0501**



**What's the DEAL?  
We need YOU!**  
**CARD PARTY!**  
**Tuesday, August 14**  
**Two sessions:**  
**2 pm & 7 pm**  
**\$3.00 per person**  
**per session.**  
**Proceeds benefit the**  
**Enrichment Center,**  
**Inc. Helping Fund.**  
**See page 2...**

**Tuesday**  
**August 21, 2007**  
**10:00 a.m.—3:00 p.m.**  
**Dennis A. Wicker**  
**Civic Center**  
**1801 Nash Street**  
**~All Free of Charge~**



**Come Celebrate "Living Well"**

**Grand Prize: \$300, \$200 & \$100 Gas Cards!**

100+ Vendors ~ Products & Services ~ Educational Seminars ~ Door Prizes  
Manicures ~ Hair Cuts ~ Free Fire Alarms ~ Bingo  
Sign-up for Flu Shots (to be given in October) ~ Lunch 11 a.m.  
Massages ~ A Variety of Entertainment ~ Ice Cream Social 2:30 p.m.

**Health Screenings:**

Memory ~ Blood Pressure ~ PSA ~ Cholesterol ~ Osteoporosis ~ Body Fat  
Pulse Oximetry ~ Lung Function ~ Blood Sugar ~ Spinal ~ Hearing  
Vision ~ Obesity ~ Spirometry

**Many Thanks to Our Presenting Sponsors:**

The Enrichment Center of Lee County ~ First Bank ~ Bright Audiology  
Blue Associates ~ Central Carolina Hospital  
North Carolina SMP Program ~ First Choice Home Care  
Quality Home Health Care ~ Sanford Health & Rehabilitation  
Health Care Connections ~ WLHC-FM LIFE 103.1  
WWGP 1050/WFJA 105.5

**Many Thanks to Our Gold Sponsors:**

Adcock Associates Real Estate ~ Carolina House of Cary & Pinehurst  
Humana ~ The Laurels of Chatham ~ Ammons Chiropractic  
Community Home Care & Hospice ~  
Natural Balance Medical Spa & Cosmetic Laser  
Miller-Boles Funeral Home ~ Carolina Women's Fitness ~ Aarycare  
Dymond Speech and Rehab ~ Arbonne International  
O'Connell & Martin Eye Assoc. ~ AARP ~ Liberty Home Care & Hospice  
Medicine Park Pharmacy ~ Pinelake Health & Rehab  
ComForcare Senior Services ~ Scotia Village ~ Peoplesway  
Dr. Susan C. Bailey ~ Tarheel Diabetic & Medical Supply

**Registration is not necessary—mark your calendars and we will  
see you Tuesday, August 21, 2007!**

**Masculine Meals in Minutes**, Thursday, August 2, 10:00 a.m. This **FREE** cooking class with Carole, made possible by *Health Promotion Grant* funds, is exclusively for men. Impress your friends with your new cooking skills. Register by calling, 776-0501, ext. 201. Space is limited! Call today!

**Enrich Your Health—Blood Pressure, Pulse & Risk Assessment for Heart Disease.** Friday, August 3, 9:30 a.m.—4 p.m. Learn *your* risks for heart disease. Schedule an appointment to discuss your risks, goals and treatment options for heart disease management. Bring a copy of your latest cholesterol results from your doctor for a more accurate session. **Are you in need of a cholesterol screening?** Kerr Drug will provide screenings for \$15 per person. An appointment is necessary. Call to register, 776-0501, ext. 201. *“Enrich Your Health” Programs Are In Partnership with Dr. Penny Shelton, Associate Professor, Campbell University School of Pharmacy.*

**Computer Class for Beginners**, Tuesdays, August 7, 14 & 21, 2 pm—4 pm with Instructor **George Peolquin**. You will learn the basic functions of using a computer that will increase your understanding and help you take control of your computer. There is no charge for this class. Class size is limited, register by calling 776-0501, ext. 201.

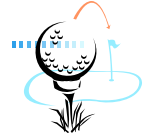
#### **We Have Added Four Public Access Computers!**

Many thanks to our IT—Information Technology-Department for their assistance in adding four portable public access computers. Feel free to surf the Internet, check your e-mail, write a letter and much more! Two systems are located in Classroom B and two are located in the Grand Hall. You will need the following to access the machine: username = user and password = Ec!234.

**Yada—Yada Sisters**, Tuesday, August 7, 6 pm We will meet at The Center for a covered dish supper and play cards. Our sisterhood is a network with other females in an exciting and stimulating group. Call 776-0501, ext. 201 to register.

**A Novel Approach Book Club**—Facilitator **Ellen Viggiano** invites you! The group will not meet over the summer. They will resume Tuesday, September 11, 12:00 noon, at The Enrichment Center, and discuss The Other Boleyn Girl by Philippa Gregory. Registration is not necessary and the group is open to the general public.

### The Enrichment Center Captain's Choice Mixed Group



Teams are formed by drawing cards.  
All skill levels are welcome!  
9:00 a.m. Tee Time Each Monday  
at Quail Ridge &  
9:00 a.m. Tee Time Each Wednesday  
at Carolina Lakes. \$14.00 with Cart.  
Interested golfers should contact  
Dick and Josie Nagy, 499-1208  
or Bob Guenther, 776-8634.



**Nifty Noggins** are fashionable head coverings for cancer patients. Come by The Enrichment Center and choose one or two of the trendy and seasonal



head coverings which are made from the latest fabrics and colors. Anyone in need of head coverings can call **Carole** at The Center, 776-0501, ext. 205. The group will not meet in August and will resume Thursday, September 13, 10:00 a.m. Please join us if you are interested in helping us cut and sew fabric or organize kits.



**What's the DEAL? If you play cards, we need you!**

Tuesday, August 14, 2 p.m. and 7 p.m. \$3.00 per person, per session. Bring your cards and partners—you will not want to miss this party! Play your favorite games: Texas Hold'Em, Bridge, Poker, Canasta, Pinochle, etc. Feel free to bring the grandkids and let them play Old Maid, Go Fish or UNO! **All proceeds benefit The Enrichment Center's Helping Fund. FirstBank will provide delicious refreshments! Call 776-0501, ext. 201 to register.**

**Save the Date—Our Annual Fall Festival is scheduled for Saturday, October 27, 8 am—2 pm.** Vendors! Reserve your tables now and begin preparing your goods. Vendors 54 and younger \$35, those 55 and better \$15 per table. To secure your tables Call 776-0501, ext. 203. Space is limited!

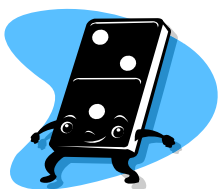
**Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$6 per person. Bands for AUGUST:** 4th—Bill Pollard Back Porch Country, 11th—Modern Knights, 18th—The Gator Rocks, 25th—Southern Exposure.

**Living with Vision Loss Support Group**—Wednesday, August 8, 1:00 p.m. with facilitator **Ken Price**. For those with vision impairments (including Macular Degeneration) and their loved ones.

**55 Alive Driver Safety Program**, Thursday, September 27 and Friday, September 28, 10 am—3 pm. Cost is \$10 and paid the first day of class. AARP Instructor **Bob Edens** will take you through this classroom course which covers age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements. Call today to register, 776-0501, ext. 201. Class size is limited.

## Exercise and Maintain Your Brain With These Games!

**Card Game Canasta**, every Friday afternoon, 1:00 p.m. with instructor **Carolyn Arnold**. Call 776-0501, ext. 201 to register.



**Mexican Train Dominoes**—Join instructors **Hattie & Russell Dietzel** each Thursday evening 6:30 p.m. and learn to play this fun game! Call 776-0501, ext. 201 to register.

**Art Dealer—A Game of Money, Memory, And Fine Art**—This game, designed and written by *Minds Refined*, has been installed on the first computer as you enter the Classroom B Lab and the wireless computers in the Grand Hall. Your main goal in **Art Dealer** is to obtain as many original paintings and as much money as possible. The best way to do this is to buy only the paintings shown to you by Simon Yates, your financier. Each player sets up their own username. In order to play the same game over many sessions you will need to use the same username each time—be sure to remember your username. Good luck and happy viewing!



**The 2007 Sanford Memory Walk will take place on Saturday October 6<sup>th</sup> at Kiwanis Park in Sanford**

Alzheimer's Disease is a devastating disease that affects the whole family. We hope we can again count on you to make a difference in so many lives right here in Lee County and surrounding counties.

We want you to be a part of this exciting opportunity that supports families coping with Alzheimer's disease and other dementias right here in Lee County. **The Eastern North Carolina Chapter of the Alzheimer's Association** provides family support, community education, public awareness and supports research for the prevention, cure and treatment of Alzheimer's Disease.

The past four years the **Dementia Workshops** co-sponsored by the Alzheimer's Association, The **Enrichment Center of Lee County** and many other outstanding local agencies and businesses, held in Sanford and attended by hundreds of caregivers is a prime example of how funds from **Memory Walk** are returned to the community.

We invite you to be a part of **Memory Walk 2007**. To be successful, we need donations for the fight against Alzheimer's Disease and related disorders. We need YOU and your input! Contributions raised through the **Memory Walk** are tax deductible as a charitable contribution. Checks are made payable to the Alzheimer's Association and mailed to the Enrichment Center, 1615 S. Third Street, Sanford, N.C. 27330.

Thank you in advance for your generosity!! For more information, please feel free to call **Judi Womack**, Caregiver Advisor, 919-776-0501, ext. 230, The Enrichment Center.

# Road Trip

**Call 776-0501 to register!**

**Memphis and Nashville, Tennessee, Graceland and the Grand Ole' Opry!** September 4-8, 2007. Come by The Center for further details and a flyer.

**DESTINATION MYSTERY! How adventurous are you? On Thursday, Sept. 27,** we will depart to our unknown destination and for only \$20 you can go with us! Lunch is on your own. We will leave Riverbirch Corner (Penny's/Belk's) parking area at 7:30 am and return at 6pm. Watch for clues and try to solve the MYSTERY...***Clue 3: 'hacer compras', Clue 4: North Carolina's #1 visitor attraction, Clue 5: Auntie Anne lives on Brookwood Farms.*** She loves to eat ***Pretzels, Burgers*** fit for a ***King***, and a ***Great Steak & a Potato*** to keep it ***Company***. Her neighbor, ***Arthur Treacher***, goes to ***Mrs. Rich's Bakery*** for ***Cinnabons*** and ***Chili's Too***. She is sometimes called the ***Dairy Queen*** because of her cows. Her favorites are named ***Sbarro*** and ***Macado***. So dive in, and try to solve the mystery trip clues! Look at a ***Star***, count your ***Bucks***, and have a cup of ***Coffee!!!***



## **NC State Fair—Seriously Twisted Fun! Tuesday, October 16**

Come along for our annual trip to the State Fair! Cost is \$15 per person for transportation. This is the day devoted to you!!! We will depart from

Riverbirch Corner at 8am and return at 5pm. Hurry and register today!



## *Putting Veterans First Get Expert Assistance With Your VA Claim*

Monday—Friday 8:30 a.m.—12:30 p.m. NO Appointment Required. Lee County values its veterans. At The Enrichment Center it is our desire to provide each of our customers with competent and courteous service. Contact Doug Williams, Lee County Veterans Services, 776-0501, ext. 209, for further details.

## ***Volunteer in Lee County***

*People Need People.*

*Make a difference in Lee County by joining our team!*

**VOLUNTEERS WANTED!** Tuesday, August 21, 2007 at The Boomer, Senior & Family Caregiver Expo! Various positions are available. Please contact Janice at 776-0501, ext. 206 if you have an interest in volunteering at this exciting event the whole day, half day or a couple of hours. Your time will be appreciated.

## **Volunteer Spotlight**

This month the

Volunteer Spotlight is on **Josie Nagy.**

You will find this enthusiastic

volunteer helping out at our busy front desk. Josie came to us in March to offer her experience and we are very lucky to have her. She helps out regularly and always has a smile to greet our visitors when they arrive. Josie and her husband Dick enjoy playing golf and giving back to others. They assist as a team with The Enrichment Center's golf group. See page 2 of the CENTER POST for further details.



## *Nominations are now being accepted for the 2007 North Carolina Award for Outstanding Volunteer Service*

**Do you know of a volunteer in Lee County who should be recognized for their efforts? A volunteer is a person who performs a service willingly and without pay. Some examples may be a coach, a firefighter, a Sunday school teacher, a Scout leader, or any community worker who performs tasks willingly without expecting to be paid. Now is the time to nominate that special person!** This recognition program showcases North Carolina's most dedicated volunteers. Through the years, North Carolinians have proven their concern and compassion for their neighbors by volunteering in their local communities. **Nomination forms are available at The Enrichment Center. Forms are also available at [www.leecountync.gov](http://www.leecountync.gov). Please return the completed forms to The Enrichment Center, 1615 S. Third Street, Sanford, NC 27330, no later than Friday, August 31, 2007. For more information, contact Janice Holmes, Volunteer Services Coordinator, 919-776-0501, x206.**

## corner

caregiver



You are cordially invited to attend our 5<sup>th</sup> **Boomer, Senior and Caregiver Expo** on Tuesday, August 21<sup>st</sup> at the Dennis A. Wicker Civic Center!! This highly-anticipated annual event draws vendors galore, free health screenings, interactive presentations, fantastic entertainment and door prizes!!!

Our mission is to help Boomers, Seniors and Family Caregivers stay healthy, independent, plan financially for the future, and assist families in caring for their loved ones. We are committed to offering a free all-inclusive program that provides you with a full day of demonstrations, seminars, health screenings, products, service and information in a convenient, central location.

For many of our Boomers, Seniors and Caregivers this Expo is the most enjoyable day of the year to discover health and community-resource information.

**Take the Time...** To Eat Better, Move More & Learn More! **Come and Enjoy!!!!**

## Judi, Caregiver Advisor

**Caregiver's Time Out!** *This program is made possible by the National Family Caregiver Grant.* Family Caregivers! Are you in need of time for shopping, picking up prescriptions, or other errands? Maybe you need a little time just for **YOU**? We invite you to bring your loved one to the Enrichment Center **Tuesday's 1:00 p.m.—3:00 p.m.** to our **Caregiver's Time Out** program, which is designed for adults with dementia and memory loss. Our afternoons promote socialization through activities. Call today, 776-0501, ext. 230 and let us help you be the best caregiver you can be! You deserve it and your loved one will enjoy an afternoon filled with gardening, activities, snacks and friends!

**Family Caregivers Support Group**—For our August meeting, we invite you to the Boomer, Senior And Caregiver Expo, Tuesday, August 21, 10 am—3 pm at the Dennis A. Wicker Civic Center. ***Please contact Judi if you are in need of respite services for your loved one while you attend the Expo, 776-0501, ext. 230.***

**Sanford Cancer Support Group**, Tuesday, August 7, 7:00 p.m. at The Enrichment Center. Facilitator **Lori Baker** invites you to attend this group, which has a commitment to provide information and support to anyone who has been touched by cancer.

**Arthritis Support Group**, Thursday, August 9, 11:00 a.m. at The Enrichment Center with Facilitator **Peggy Rowles**. Our group is an educational and mutual support group that focuses on helping people with any form of arthritis as well as Fibromyalgia lead a healthier life. Registration is not necessary and the meeting is open to the general public.



## **Grancare Support Group**

Are you parenting the second-time-around? The Enrichment Center's Grancare Support Network offers a connection with other grandparents in the same or similar situation. For our August meeting, you are invited to attend the **Boomer, Senior & Caregiver Expo, Tuesday, August 21, at the Dennis Wicker Civic Center.** Details are on the front page of this newsletter.

We will resume our regular 4th Thursday meetings September 27, 2007, 5:30 pm with **Special Guest Speaker Lacey McLeod, Lee County Partnership for Children.** Call Facilitator Iona Brown, 776-0501, ext. 201

## **Powerful Tools for Caregivers**

**This free class is made possible by the National Family Caregiver Grant**  
**Tuesday's Oct. 2, 9, 16, 23 & 30<sup>th</sup>**  
**1:00 pm - 3:00 pm or 5:00 pm - 7:00 pm**  
**Held at The Enrichment Center**

**Cost: No Charge for Lee County Family Caregivers (contributions accepted)**

Caregiving today includes learning the skills necessary to provide care, accepting the fact that you can't do it alone, being aware of the need to take care of yourself while you are a caregiver. Through the Powerful Tools for Caregivers Class you will learn to: reduce stress, improve self-confidence, better communicate your feelings, balance your life, and increase your ability to make tough decisions. Certificates are given upon completion of all classes. If you are caring for a loved one and would like to take this class, you may bring your care recipient to our Caregiver Time Out every Tuesday, 1—3 pm. Call 776-0501, ext. 230 to register.



The Enrichment Center  
 1615 S. Third Street  
 Sanford, North Carolina 27330  
 919-776-0501  
 email: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)  
[www.leecountync.gov](http://www.leecountync.gov)

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 27330  
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**SAVE THE DATE!**  
**Annual Make a Difference Day**  
**Saturday, October 27 Disaster Preparedness**  
**Grab 'n Go Bags for Seniors**  
**Call Janice, 776-0501, ext. 206!**

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**Join us for Lunch!**

A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better. Menu selections include: BBQ on a Bun, Tuna Salad, Baked Fish, vegetables, fresh fruit, bread, and beverage. Call 776-0501, ext. 201 for information and to register.

**The following 11:00 a.m. Diners Club Programs for August are open to the general public:**

1st—Acupuncture Clinic, 3rd—Enrich Your Health—Blood Pressure, Pulse & Risk Assessment for Heart Disease, 8th—Miller & Boles Watermelon Program, 10th—BINGO, 15th—Ballroom Dancing, 17th—Square Dancing with Jim & Elba, 22nd—The Lilly's Sing, 24th—Dr. Alex Martin Talks About Cataracts, 29th—First Health Update with Bob Boone, 31st—Therapy Dog with Kay Janovich.

*The mission of Lee County Senior Services is to provide a comprehensive assessment of the needs and opportunities associated with older adults and to fashion an achievable vision of successful aging in Lee County.*

***Making Choices***



***For a Healthier Future***

**The Enrichment Center Fitness Room is available:**  
 Monday/Wednesday 7:30 a.m.—8:00 p.m.  
 Tuesday/Thursday 7:30 a.m.—10:00 p.m.  
 Friday 7:30 a.m.—5:00 p.m.  
 The cost is \$1.00 per daily visit. Call and register today for a FREE fitness orientation, 776-0501, ext. 201.

**Good News!**

Beginning August 1st, our **Fitness Instructor Jeanette Redman** will be available in the fitness room Monday—Thursday, 5 pm—8 pm to assist you! Jeanette will provide evening fitness room orientations. Fitness Yoga with Jeanette will be offered on Tuesday's at 5:30 pm beginning in September. Call today to register, 776-0501, ext. 201.

**Would you like to try a fitness kickboxing class?**

**If you'd like to try or add this popular form of exercise to your routine, please call Debbie Williams, 776-0501, ext. 203.**