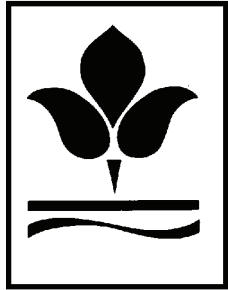


◆ The Center Post ◆

Volume 16 Issue 6

JUNE 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

*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.*



SCAM JAM

Tuesday, June 5
2:00 p.m.
FREE

Refreshments Served

Avoid becoming a victim
of the latest scams.

SCAM JAM is a collection of
educational and entertaining
presentations designed to familiarize
consumers with the kinds of scams
and frauds in today's society such as
Consumer Frauds, Identity Theft, and
Telemarketing Fraud.

Call 776-0501, ext. 201.

Sponsored by:

**First 1Bank
& AARP North Carolina**

Yada Yada Sisters, Tuesday, June 5,
5:45 p.m. We will meet at Crossroads Grill
of Sanford for dinner and return to the
Center to play cards. *Our sisterhood is a
network with other ladies in an exciting and
stimulating group. We offer the perfect
opportunity to receive support and
encouragement from a sister.* Call 776-
0501, ext. 201 to register.

FREE Chair Massage, made possible by
the **Body Therapy Institute**. Wednesdays,
June 6, 13 and 20, 9:00 a.m.—11:30 a.m.
Call 776-0501, ext. 201 to register.



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.

Lunch & Learn



Osteoporosis

“Enrich Your Health”

**Programs In Partnership with
Dr. Penny Shelton, Associate
Professor, Campbell University
School of Pharmacy**

Thursday, June 7, 12:00 Noon

Dr. Penny Shelton will speak to us
about osteoporosis. We will learn its
risk factors and how calcium rich foods
and supplements may help. Let
knowledge and prevention be your
tactic for dodging osteoporosis!

**Lunch & Learn is brought to you to
educate, inform and enlighten you on
a variety of topics. Bring a bag lunch.**

**We will provide beverages
and cookies.**

Call 776-0501, ext. 201. to register.

**Lunch & Learn will NOT meet
in July or August.**

A Novel Approach Book Club—Facilitator **Ellen Viggiano** invites you! The group will not meet June, July, and August; however, they have two books to read over the summer, Wild Swans by Jung Chang and The Reading Group by Elizabeth Noble. The group will resume Tuesday, September 11, 12:00 noon, at The Enrichment Center. Registration is not necessary and the group is open to the general public.

Living with Vision Loss Support Group—Wednesday, June 13, 1:00 p.m. with facilitator **Ken Price**. For those with vision impairments (including Macular Degeneration) and their loved ones.

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 **Nifty Noggins volunteers** will meet Thursday, June 14, at 10:00 a.m. The group will not meeting July or 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.

Veterans Remembrance Group, Wednesday, June 13, 2:00 p.m. **Dick Kanning** will speak about his experiences as a sailor and his responsibilities of submarine duty. Registration is encouraged, call 776-0501, ext. 201. The group will not meet July or August.

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

Water Aerobics with Kathy June—September, 2007. Cost is \$25 for the summer. Classes held at 11:00 a.m. Monday, Wednesday and Friday at OT Sloan Pool. Call 776-0501, ext. 201 to register.

The Enrichment Center Fitness Room is available:

Monday/Wednesday 7:30 a.m.—7:00 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.

Hello Boomers—born 1946—1964! We welcome you to use the fitness room equipment as well! Call for a one-time FREE orientation, 776-0501, ext. 201. Tell your friends, family and co-workers, too!

Mexican Train Dominos—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.

Calling all Card Players—Wednesday, June 27, 2:00 p.m. Join us the 4th Wednesday of each month. Bring cards and friends and play the game of your choice. Registration is encouraged, call 776-0501, ext. 201.

Thursday Nite Dance, June 21, 7:00 p.m. with **Bill Pollard Band—Country United**. Please join us for fellowship and music.

Summer Pot Luck, Thursday, June 28, 6:00 p.m. Where can you find great company, good food and delicious desserts? The Summer Pot Luck, of course! Bring your favorite summer foods or dessert and join us! Call 776-0501, ext. 201 to register.

Do You Need Help Paying For Your Prescription Medications? Are you: *42 years of age or better? *A Lee County resident? *Prescribed maintenance medications and do not have prescription drug insurance?

Help may be available in our MEDS (Medication Education and Drug Safety) program! Call today to see if you are eligible to receive medications directly from pharmaceutical companies' Patient Assistance Programs. For more information or to schedule an appointment, contact **Lauri Denkins**, 776-0501 ext. 210.

Heartfelt Thanks To

**St. Luke United Methodist
Church Foundation
& Willing Hands, Inc.**

**For Contributions
to The Helping Fund**

corner

caregiver



What Is Respite Care?

Caregiving is a demanding task, and it is easy to neglect your own health and well being when you are involved with your loved one's needs. Caregivers need time off from their caregiving responsibilities to relieve stress and burnout. Time off or a break is also known as **RESPIRE**. Our Caregiver Time Out program is one avenue for caregivers. We have other resources as well to assist caregivers with a break—contact Judi today at 776-0501, ext. 230.

Caregiver Time Out: Made possible by the National Family Caregiver Grant. We invite caregivers to bring their loved ones each Tuesday 1:00 p.m.—3:00 p.m. for a good time enjoyed by all the participants. *Here's an excerpt from an afternoon in May. "Our Time Out participants enjoyed hymns today. Mr. Claude was on the drum rhythm section with Ms. Geraldine in the lead of vocals. Ms. Mary belted out her own version of Jesus Loves Me and sounded like Elizabeth Cotton from Carrboro who sang folk music produced by the Seegars long ago. Maybe she should start a new career at 92? We took a walk around The Center, where we ran into Carole who gave us some flowers for planting. We came in for a snack and a cool down from the walk. We enjoyed Jell-O, mandarin oranges, cookies and Pepsi and reminisced with stories of growing up in the country."* **Call Judi Womack, Caregiver Advisor, today if you are interested in your loved one attending our Caregiver Time-Out Program, 776-0501, ext. 230.**

Arthritis Support Group—Thursday, June 14, 11:00 a.m. Facilitator **Peggy Rowles**. Open to the general public and registration is not necessary.

Parkinson Support Group—Wednesday, June 20, 10:30 a.m. with Facilitators **Bob Brickhouse & Marge Kanning**, special guest **Dymond Speech & Rehab**. Open to the general public and registration is not necessary.

Caregivers Support Group, Tuesday, June 26, 10:30 a.m. with Facilitator **Judi Womack**.

Powerful Tools For Caregivers

Congratulations Graduates!

**Betty Beach, Don Beach,
Mary Bristow, Neil Avent, Rosa Durham
& Mary Kearney**

Comments from the participants:

As a result of this class do you believe you are a more confident caregiver than you were before taking the class?

I learned to be at peace with myself.

I learned to be a peacemaker in our family situations.

I know many more resources for a caregiver after taking this class.

The class helped me to have more realistic expectations.

If you are interested in taking the class, Powerful Tools for Caregivers, please call Judi at 776-0501 ext. 230

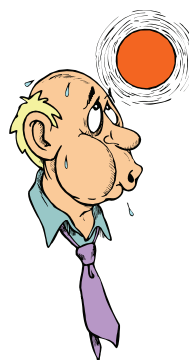
Sanford Cancer Support Group, Tuesday, June 5, 7:00 p.m. at The Enrichment Center. Facilitator **Lori Baker**. Registration is not necessary.



Parent Bereavement Support Group.

Thursday, June 7, 7:00 p.m. at The Enrichment Center. This is a community wide group of parents whose child or children have passed away. Our focus is to reach out to hurting parents who feel as we feel and be of support to them as others have been and are to us. **Please call Betty Cole 776-0194 or Dr. Rudy Holland 774-4553 for more information.**

Alzheimer's Support Group, Tuesday, June 12, 1:00 p.m. with Facilitators **Pam Schonder & Judi Womack**. Remember, you can bring your loved one to Caregiver Time-Out while you attend the group!



Heat Relief

Are you in need of a fan for heat relief? If you are 60 or older and have an existing home situation which presents a threat to your health & well being, please call **776-0501, ext. 201**, or come by The Enrichment Center, for further details and to request a fan.

**D
I
N
E
R
S

C
L
U
B**



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: Baked Chicken, Tuna Salad, Baked Fish, vegetables, fresh fruit, bread, and beverage. Call 776-0501, ext. 201 for information and to register.

Special 11:00 a.m. Diners Club Programs for June

- include:** 1st—Bingo
- 6th—Lee Co. Nursing & Rehabilitation
- 8th—Sanford Health & Rehabilitation
- 13th—Community Hospice & Home Care
- 15th—Bingo
- 20th—Bob Lewandowski
- 22nd—Miller & Boles Fathers Day Program
- 29th—Spirit of Grace

It's time for vacations and traveling! Volunteers are needed in our Home Delivered Meal program as substitutes. Please call Carole today, 776-0501, ext. 205.

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$5 per person. Bands for June: 2nd—Bill Pollard/Back Porch Country, 9th—Southern Exposure, 16th—Family Jam, 23rd—Bill Pollard/Back Porch Country, 30th—The Raymond Bradley Band. Wear your dancing shoes—see you then!



The Enrichment Center
1615 S. Third Street
Sanford, North Carolina 27330
919-776-0501
email: enrichment.center@leecountync.com
www.leecountync.gov

Goin' on a Road Trip—Call 776-0501

REMINDER! If you are interested in a trip, PLEASE register and pay the necessary amount. Our vendors require payment up to 60 days in advance. If we do not have the funds from those who are interested, we cannot make a commitment with the vendors and the trip will be canceled.

**September 4-8,- Memphis and Nashville, Tennessee
Graceland and the Grand Ole' Opry!**

Friday, November 30- Rudy Theatre, Selma, NC, dinner at Meadow Village Restaurant and then a tour of the local Christmas lights.

**VOLUNTEERS WANTED! Tuesday, August 21, 2007
at The Boomer, Senior & Family Caregiver Expo!**

Volunteer positions are available in many areas. 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 an hour- any time will be appreciated.

** It's hard to measure the impact that 65 million American volunteers are responsible for each year. What's becoming easier to measure is the impact volunteerism has on volunteers' own health. And it's good news: Numerous studies show that the act of giving time fosters health and happiness in the giver.*

Non-Profit Org.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198

SAVE THE DATE!

**Boomer, Senior & Caregiver Expo
Tuesday, August 21, 2007
10:00 a.m.—3:00 p.m.
Dennis A. Wicker Civic Center**