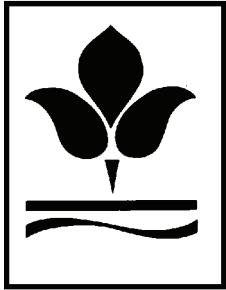


◆ The Center Post ◆

Volume 16 Issue 3

MARCH 2007

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



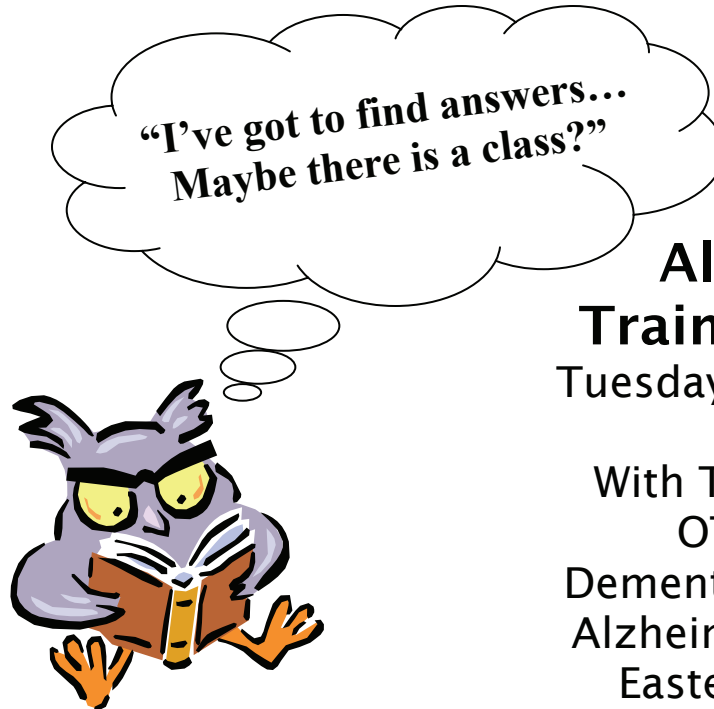
Enrichment Center
Hours of Operation:
Monday/Wednesday/
Friday, 8:00 a.m. -
5:00 p.m. and
Tuesday/Thursday,
8:00 a.m. - 10:00 p.m.
919-776-0501

Look inside for
information on:

NEW
Fitness Room
Challenge
“Spring
Training”

**Lunch
& Learn**
“Outpatient
Rehabilitation”

**Spring Pot
Luck Dinner &
Ballroom
Dancing
Demonstration**



**Alzheimer's
Training Program**
Tuesday, March 27, 2007
6:30 pm
With Teepa Snow, MS,
OTR/L FAOTA
Dementia Care Specialist
Alzheimer's Association
Eastern NC Chapter

This training is designed to strengthen participants' understanding of caring for persons with Alzheimer's Disease and related dementia.

Open to the general public and admission is FREE.

Registration is requested, call 776-0501, ext. 201.

The Enrichment Center partners with the experts at the Alzheimer's Association—Eastern NC Chapter, so that Lee County family caregivers are provided the most recent information and innovative training.

What is Alzheimer's Disease? Alzheimer's disease (AD) is the most common cause of dementia, affecting as many as 4 million Americans. AD is a degenerative disease that attacks the brain, begins gradually, and progresses at a variable rate. AD results in impaired memory, thinking, and behavior. Warning signs of AD are memory loss that affects job/home skills, difficulty performing familiar tasks, problems finding the right words, disorientation as to time and place, poor or decreased judgment, difficulty with learning and abstract thinking, placing things in inappropriate places, changes in mood and personality, and marked loss of initiative.

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.



SPRING TRAINING

FITNESS ROOM CHALLENGE!

March 5th - April 15th

Earn prizes while getting in shape for the summer!

You'll be placed on a team of four. Points are earned by working out for periods of 30 minutes.

Register at the front desk.

Yada Yada Sisters, Tuesday, March 6, 6 p.m. We will meet at The Enrichment Center for a covered dish supper. *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.

Prostate Cancer Education Group, Tuesday, March 13, 7:00 p.m. with facilitator **Dr. Robert Cline**. **Melanie Rodgers will provide information about Advance Directives—Health Care Power of Attorney & Living Wills.** The group concentrates on the sharing of experiences that stimulate psychological, social and emotional awareness to enhance quality of life. Registration is not necessary.

A Novel Approach Book Club— Tuesday, March 13, 12:00 noon. The group will discuss Reading Lolita in Tehran by Azar Nafisi. In March they will read My Sister's Keeper by Jodi Picoult. Registration is not necessary and the group is open to the general public.

Veterans Remembrance Group, Wednesday, March 14, 2:00 p.m. with special guest **Ron Miricillo**. Mr. Miricillo will speak about Vietnam. Registration is encouraged, call 776-0501, ext. 201.

Living with Vision Loss Support Group— Wednesday, March 14, 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, March 8, 2007 at 10:00 a.m. Please join us if you are interested in helping us cut and sew fabric or organize kits.

Enrichment Center Golf Swingers, Mondays, 8:30 a.m. at Quail Ridge & Wednesdays, 10:00 a.m. at Carolina Lakes. \$14.00. If interested, call **Jim Bergur**, 498-6303, **Roy Goodwin**, 776-6440, **Dick or Josie Nagy**, 499-1208.

Thursday Nite Dance, March 15, 7:00 p.m. with **South Roads Band**.

Luscious Ladies, The Enrichment Center's Red Hat Society, invites you to join them. Feel free to call **Queen Mother Elizabeth Bass**, 776-9012, or email embass@windstream.net, for details of their next meeting.

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.

Calling all Card Players—Wednesday, March 28, 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.

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



Lunch & Learn

Wednesday, March 21
12:00 Noon

At The Enrichment Center

Speaker: Heidi Shearin
Director of Rehabilitation Services
Central Carolina Hospital

In February you learned about "short term" rehabilitation. In March we will discuss "outpatient" rehabilitation. This will include physical, orthopedic and cardiac. You will learn about the services available for you at Central Carolina Hospital. **Lunch & Learn is brought to you the third Wednesday of the month 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.**

corner

caregiver



Dear Caregiver Advisor,

I wanted to write to let others know how your class, "Powerful Tools for Caregivers" has benefited me personally. The tools for caregiving were very helpful especially the tools for taking care of yourself. Also, the communication skills were beneficial in communicating needs to others without putting people on the defensive. I believe I am a better listener and more compassionate after taking **Powerful Tools for Caregivers**. and I would advise other caregivers to be sure to take this class! Sincerely, Jo Childress

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

Tune in to Sanford's popular Live at 9:00 show on WBFT-TV46, Thursday, March 8th. Bob Brickhouse, facilitator for the Parkinson's Support Group, will be a guest on the show.

A Caregiver Time-Out

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? **The Enrichment Center offers an afternoon out every Tuesday, 1:00 p.m.—3:00 p.m. This program, which is designed for adults with dementia and memory loss, promotes socialization through activities. It also creates time for caregivers to take care of themselves! Please call Judi Womack, Caregiver Advisor, 776-0501, ext. 230.**

Arthritis Support Group—Thursday, March 8, 11:00 a.m. Our educational and mutual support group focuses on helping people with any form of arthritis lead a healthier life. Registration is not necessary.

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$5 per person. **Bands for March:** 3rd—Bill Pollard Back Porch Country, 10th—Randy Mason Band, 17th—Family Jam, 24th—Bill Pollard Back Porch Country, 31st—Southern Exposure.

Volunteer in Lee County

People Need People.

Make a difference in Lee County by joining our team!

If you are in need of volunteers at your organization or for more information on the various opportunities that are available at the Enrichment Center and in Lee County you may contact Janice Holmes, Volunteer Services Coordinator, at 776-0501, ext. 206.

Medicare Information Alert

We have received reports that area residents have been receiving phone calls regarding Medicare Part C. Before making any changes to your current Medicare coverage, please contact a SHIIP volunteer for more detailed information. Appointments are available with a trained counselor. Please call to schedule your appointment today, 776-0501, ext. 201.

Trips 2007!

"Durham Bulls & Bullock's BBQ"

Wednesday, April 11, 2007

Cheer the Bulls on against the Pawtucket Red Sox. Cost is \$37 per person-includes transportation aboard a chartered bus, ticket to the game, and lunch.

"Girls Day Out!"

To the Southern Women's Show

Friday, April 27, 2007

Okay ladies, this is your chance! For only \$12, you will receive transportation on a chartered bus and your admission ticket to the Southern Women's Show! Take a break to feel refreshed, rejuvenated and recharged.

Share in the fun!

"Memphis & Nashville, Tennessee"

September 4-8, 2007

Highlights include a visit to Elvis' Graceland and the Grand Ole Opry and much, much more!
Cost: double/\$659; triple/\$629; quad/\$609; single/\$799.

More trip information is coming soon. Look for additional information in April's Center Post or stop by The Enrichment Center for the latest flyers!

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.

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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: Baked Chicken, Meatloaf, Pork Chop, Chili with Beans, Baked Fish, vegetables, fresh fruit, bread, cobblers and beverage. Call 776-0501, ext. 201 for information and to register.

Special 11:00 a.m. Diners Club Programs for March include:

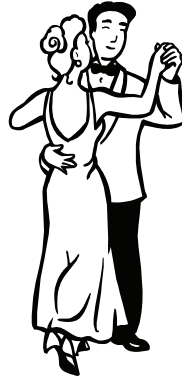
- 2nd—Sr. Tar Heel Legislature/Dr. Robert Cline
- 7th—Program by Carole
- 9th—Wear Your Favorite ACC Team Shirt
- 14th—Movie!
- 15th—Sassy Red Hatters, 10:00 a.m.— Color Analysis
- 16th—Faith Singers
- 23rd—Lee Christian School
- 28th—Miller & Boles



Faith & Community—Putting Together Our Puzzle Pieces. We need YOUR church represented March 22, 2007, 5:30 p.m. Call 776-0501, ext. 216 to confirm and for further details.



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



Spring Pot Luck Dinner & Dance Demonstration

Thursday, March 29, 2007
6:00 p.m.

Bring your favorite covered dish and join us for dinner! We will enjoy a demonstration by Sanford Ballroom Dance Company!

Call 776-0501, ext. 201 to register.

Celebrating the Centennial of Lee County!

Events scheduled for March Include:

- 8th—Broadway Birthday Celebration
- 8—11, 15—18, 22—25 Temple Theatre,
See How They Run

You may contact **Lynn Sadler** to submit stories or information relevant to this celebration, 499-9216.

Bookmark this Internet address for information about Celebrating the Centennial of Lee County:

<http://www.leecountync.gov/history/centennial.html>

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Permit No. 198

Save the Date!
Wednesday, May 30, 2007
Caregiver Education Conference
In Partnership with the Alzheimer's
Association—Eastern NC Chapter