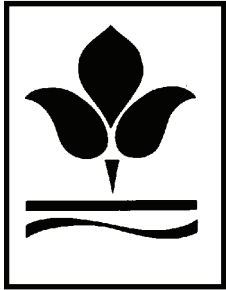


◆ The Center Post ◆

Volume 16 Issue 5

MAY 2007

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

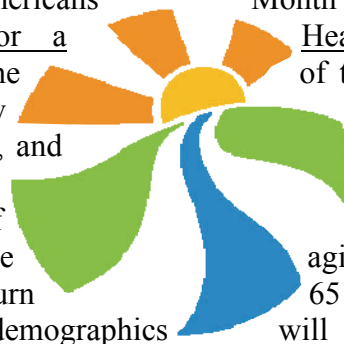


**Enrichment Center
Hours of Operation:**
**Monday/Wednesday/
Friday, 8:00 a.m. -
5:00 p.m. and
Tuesday/Thursday,
8:00 a.m. - 10:00 p.m.
919-776-0501**

*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.*

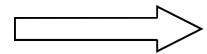
older Americans Month

For 44 years, our nation has paused to honor older Americans during May. The theme for Older Americans Month 2007 is “Older Americans: Making Choices for a Healthier Future.” Never has it been more evident that one of the biggest challenges facing the United States is how we will care for our grandparents, parents, and loved ones as they age. Views may vary on how to prepare for what will be a diverse wave of seniors, whose ranks are growing due to the aging of 78 million baby boomers who will begin to turn 65 in 2011. But all agree that this shift in our nation’s demographics will have profound implications for our economic and social landscapes at the national, state and community level. We must all work together to ensure that every older person in this great country is treated with dignity and respect and moreover, has the opportunity to make the choices they desire to enjoy a healthy and rewarding future.



**Making Choices
for a Healthier Future**

***In Observance of Older Americans Month
The Enrichment Center Presents These Exciting Events.
See inside on page 2 for complete details!***



Annual Gay 90's Luncheon

Wednesday, May 9, 2007 12:00 Noon

**Catered Lunch Honoring Lee County Citizens 90 Years of Age and Better
Special Entertainment—Professional Portrait**

Memorial Day Special

**Tuesday, May 22, 2007 Dinner Served at 6:00 p.m. \$7.00 Per Person
Selections from Lee Way[s] - In Celebration of the Centennial of Lee
County—Join us as we take a journey through Lee County's roots!**

Alzheimer's Association Eastern NC Chapter Presents...

4th Annual Regional Caregiver Education Conference

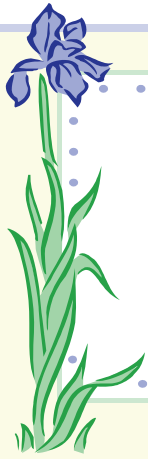
“Caring with Confidence”

**In Cooperation with The Enrichment Center, Triangle J Council of
Governments & Campbell University.**

Wednesday, May 30, 2007 9:00 a.m.—3:00 p.m. Lunch Provided.

Respite care available upon request.

Memory screening will be available by appointment.



Annual Gay 90's Luncheon



Wednesday, May 9, 2007 12:00 Noon

At The Enrichment Center

**Catered Lunch—Special Entertainment
Professional Portrait**

This luncheon is hosted each year to honor Lee County citizens who are 90 years of age and better. We would like to recognize all 90 or better Lee County citizens in our program. Our 2006 luncheon honored 70 attendees. If you or someone you know wishes to attend this event, please contact Debbie Williams, 776-0501, ext. 203.

Memorial Day Special



In Celebration of the
Centennial of Lee County
we present to you...

Tuesday, May 2, 2007

Dinner Served at 6:00 p.m.

Selections from Lee

Way[s], Centennial Plays 1 and 2

*Playwright (Dr.) Lynn Veach Sadler, Chair,
Lee County Centennial*

**Menu: Barbeque, Potato Salad, Baked Beans,
Roll & Dessert. \$7.00 Per Person.**

Reservations Required,

Call 776-0501, ext. 201.

An Education Program of
alzheimer's association

Eastern North Carolina Chapter

**4th Annual Caregiver Education Conference
"Caring with Confidence"**

Wednesday, May 30, 2007

Cost: \$5.00 per person

**An additional \$10 per person for Continuing
Education Contact Hours (5.0 Hours).**

9:00 a.m.—Registration

Objectives: Explore techniques & strategies caregivers can use to care for themselves and the person with dementia; identify resources to develop daily routines and programs that meet needs; describe the most recent and effective assessment, treatment and care options available.

Target Audience: Family caregivers, professional caregivers, community providers and volunteers, health programs or gerontology students, EMS & Law Enforcement Personnel.

Keynote Address #1

"Role of the Primary Care Physician"

by Melanie Bunn, Dementia Training Specialist

Keynote Address #2

"Who are You as a Caregiver? Identifying Strengths and Limitations and Learning to Believe in Yourself"

Teepa Snow, Dementia Training Specialist

12:00—1:00 Lunch Provided

Afternoon Schedule Options:

"Intimacy, Relationships and Caregiving: It's Time to Talk About It"

"Powerful Tools for Caregivers: GUILT!"

"Medications—The Good, the Bad, and the Ugly"

"Challenging Behaviors in the Individual with Dementia"

"When Is it Time to Move My Loved One to a Facility?"

"Enhancing the Lives of Those in Our Care"

Registration required!

Deadline is May 23, 2007.

Call Judi Womack, 776-0501, ext. 230.

Respite care available upon request.

Yada Yada Sisters, Tuesday, May 1, 6 p.m. We will meet at The Enrichment Center, order dinner and 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 Brought to You By The Body Therapy Institute. Wednesdays, May 2, 16, 23. Call 776-0501, ext. 201 to register!

Masculine Meals in Minutes, Thursday, May 3, 10:00 a.m. This **FREE** cooking class, made possible by **Health Promotion Grant** funds, is exclusively for men. Register by calling, 776-0501, ext. 201.

A Novel Approach Book Club—Facilitator **Ellen Viggiano** invites you! The group will meet Tuesday, May 8, 12:00 noon, and will discuss Blood Done Sign My Name by Timothy Tyson. Registration is not necessary and the group is open to the general public.

Living with Vision Loss Support Group—Wednesday, May 9, 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, May 10, 2007 at 10:00 a.m. Please join us if you are interested in helping us cut and sew fabric or organize kits.



Lunch & Learn

Wednesday, May 16, 2007
12:00 Noon

Lynn V. Sadler will tell us about the events that have already occurred in celebration of our 100 years of Lee County and the exciting events that are yet to come! **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. to register.**

Card Game Canasta, every Friday afternoon, 1:00 p.m. with instructor **Carolyn Arnold**. 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!

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.

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, May 23, 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.

Veterans Remembrance Group, will not meet in May due to the Gay 90's luncheon. The group will meet again 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.

Enrichment Center Golf Swingers, All skill levels are welcome! Mondays, 9:00 a.m. at Quail Ridge & Wednesdays, 9:00 a.m. at Carolina Lakes. \$14.00. If interested, call **Dick or Josie Nagy**, 499-1208, or **Bob Guenther**, 776-8634.

Senior Games and Silver Arts of Lee County Opening Ceremonies!

On Tuesday, May 15, Senior Games and Silver Arts of Lee County will hold its annual Opening Ceremonies for this year's competition. The evening will begin with a rally at 5:00 p.m. at the Enrichment Center where the banner will be run in, leading into dinner in the Grand Hall. Following dinner, the Heritage, Visual and Literary Arts awards will be presented and the Performing Arts competition and the annual Hall of Fame inductions will take place. This promises to be a fun and exciting evening. **To be a part of this exciting event, contact Jimmy Solomon, Senior Games and Silver Arts of Lee County Coordinator at 919-776-0501 ext. 207.**

The Enrichment Center—It's a Beautiful Place!

We are truly blessed to have The Enrichment Center. It's a beautiful place! Participants, guests and citizens in general often compliment the furnishings, rooms, paintings in the hallways and the overall inviting atmosphere. Thanks to our NC Senior Center Certification of Excellence, additional funds were allocated by the General Assembly. We used some of these funds to paint the interior of the facility this past spring. We hope you are enjoying the colors. The Staff of The Enrichment Center send out special thanks to the workers in the Lee County General Services Department for all of their assistance during the paint project. Also, our painter Rick Phillips and his workers did a fantastic job!

Please help us keep the building beautiful, clean and tidy. As you use the rooms, please place tables and chairs back to their original positions. Collect all trash in the cans provided; if you need additional trash bags please let a staff person know. Beverages and ice should be placed in the sinks; according to Health Department regulations, liquids are not allowed in the trash. Be careful to not place chairs against the walls. If your room is too cool or hot, please advise a staff person. We love having you and your groups as our guests. Did you know that The Enrichment Center facility will celebrate its 15th year in May 2007? It's a beautiful place—thanks in advance for your assistance!

Goin' on a Road Trip

The Enrichment Center Day & Overnight Adventures

Tuesday, May 29- Lexington, NC Space is still available for our Lexington **day trip** adventure! \$79 per person: transportation, a stop at **The Bob Timberlake Gallery, Childress Vineyards, Richard Childress Racing and Nature Museum,** and a wonderful lunch at **Stamey's BBQ restaurant!**

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. \$50 per person: show ticket, dinner, gratuity and transportation. See flyer for more details. Register as soon as possible as this is a favorite and seats fill quickly!

For more information or to register for any of the above trips, please call 776-0501, ext. 201. Detailed flyers are available at the information centers.

Volunteer in Lee County

People Need People.

Make a difference in Lee County by joining our team!

Volunteers are needed to assist with end of year student testing. If you are available, please contact Sharon Spence at Lee County Schools, 776-6226 or contact the principal of the school of your choice.

Let's Start Something New!!! Volunteers are needed to document Enrichment Center activities and events through photographs and scrap booking materials. If you are interested becoming involved in this exciting opportunity, please contact Janice Holmes, Volunteer Services Coordinator, at 776-0501 x206.

Do you enjoy being outside? San-Lee Park has volunteer opportunities which include assisting camp counselors, weeding and planting flower beds, park patrol and park maintenance. Contact San-Lee Park at 776-6221.

Volunteers Needed for Special Olympics: Event coordinators, ribbon pinning at the awards stations, and "huggers" to cheer on and congratulate the athletes. The games will be held at Lee County High School, Friday, May 4, 2007. Rain date—May 11th. T-shirts and lunch will be provided to all volunteers. For more information, please contact Gay McDonald, 774-7111 or Janice Holmes, Volunteer Services Coordinator at The Enrichment Center, at 776-0501, ext. 206.

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.

Record Number of Citizens Assisted Through AARP Tax Aide Program

AARP TAX-AIDE Volunteers thank The Enrichment Center of Lee County for providing space for their tax program. Ten Certified Counselors prepared 397 Federal Tax Returns, 354 State Returns, calculated forms to determine tax responsibility, filed 1040EZ-T's, answered tax questions, resulting in 659 persons being helped during the season. Three Client Facilitators were available to Greet and interview clients. These thirteen 'volunteers' worked a total of 932 hours! ***If you are interested in becoming a volunteer with the AARP Tax-Aide Program, contact Mary Upchurch, Local Coordinator at 919-776-2868 or Nancy Johnson, Instructor, at 919-499-5577.***

corner

caregiver



Have you had your laugh for the day? You know, laughter is contagious so join me now by repeating ha, ha, ha, ha, ha, ha! That will get your laugh muscles working every time. It's a good thing to laugh. So much is somber and stressful when someone is ill or disabled but as a caregiver we have to laugh to get through the long days and weeks. In fact we could use more laughter.

A funny book or movie can loosen some of us up. Certain people we know like my grandson automatically make me smile. We can even get a good laugh from the goofy mistakes our loved one makes or that we make. What makes you laugh? Let's exercise our funny bone every day!!! *Judi Womack, Caregiver Advisor*

SAVE THE DATE and drop by...We will be participating in the Small Business Expo May 16th at the Dennis A. Wicker Civic Center. Please come and visit our booth #120. There is something for everyone at this expo!

The Duke University Medical Center Division of Neurology Presents: Living with Parkinson's Disease Saturday, June 2, 2007, Durham Marriott at the Civic Center, 201 Foster Street, Durham, NC. The Enrichment Center's Parkinson Support Group will be attending and if you are interested, please call Bob Brickhouse, 776-3871.

Arthritis Support Group—Thursday, May 10, 11:00 a.m. **Facilitator Peggy Rowles** invites you to hear special guest speaker **Betty Desjarlais**, Lee Chiropractic Clinic. Open to the general public and registration is not necessary.

Parkinson Support Group—Wednesday, May 16, 10:30 a.m. with Facilitator Bob Brickhouse. "Hey, I just found out I've got it—" Parkinson's with Hal Siler. Open to the general public and registration is not necessary.

Grancare Family Picnic, Thursday, May 24, 5:30 p.m. at The Enrichment Center. Please join us for food, games and fellowship! Please call 776-0501, ext. 201 with the number attending in your family. *Grancare is a support group for grandparents raising their grandchildren. The group meets on the 4th Thursday of each month.*

**YES, There is HOPE...
Powerful Tools for Caregivers**
A class designed to meet the physical and emotional needs of caregivers.

Tuesdays, May 1, 8 & 15, 2007

1:00- 3:00 p.m.

**No Charge for Lee County Family Caregivers
Contributions Accepted**

If you would like to attend this class but need assistance with your loved one, please call Judi at 776-0501, Ext. 230.

This FREE class is made possible by the National Family Caregiver Grant Program

Caregiver Time Out: Made possible by the National Family Caregiver Grant. Family Caregivers! Mary Jo invites 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.

Last week, they celebrated a birthday—here's the story, an afternoon in Caregiver's Time-Out from Volunteer Carol..."Today in Caregiver's Time-Out we had a 92nd birthday party for Mary Parrish! Sheila (participant) thought it was for her also. Kat, Mary's daughter, stayed with us the whole time. I brought in WWII movies for Jack—he and my son watched them together. The ladies decided they just wanted to chit chat the rest of the time. They didn't want to play bingo. Everyone seemed to be in good spirits. Mary's family brought in some good pictures of her through the years and we passed them around the table." Call Judi Womack, Caregiver Advisor, today if you are interested in your loved one attending our Caregiver Time-Out Program, 776-0501, ext. 230.

Alzheimer's Support Group, Tuesday, May 8, 1:00 p.m. with Facilitators **Pam Schonder & Judi Womack**. We will discuss the Caregiver Educational Conference (May 30th). Remember, you can bring your loved one to Caregiver Time-Out while you attend the group!

Sanford Cancer Support Group, Tuesday, May 1, 7:00 p.m. at The Enrichment Center. Facilitator **Lori Baker** invites you to come and hear special guest speaker **Sandra Douglas, Quality Home Health Care.**

Caregivers Support Group, Tuesday, May 22, 10:30 a.m. with Facilitator Judi Womack. We will discuss Long Term Care Facilities.

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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, 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 May include:**

- 2nd—High Hopes Chorus
 - 4th—Ballroom Dancing
 - 9th—Gay 90's Luncheon
 - 11th—Miller & Boles Mothers Day Program
 - 16th—Games
 - 18th—Lee Christian School
 - 23rd—Grace Christian School
 - 25th—Osteoporosis Awareness
 - 30th—National Senior Fitness Day at Kiwanis Park!
- Thursday Nite Dance**, May 17, 7:00 p.m. with **Bill Pollard Band—Country United**.

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$5 per person. **Bands for May:** 5th—**Bill Pollard/Back Porch Country**, 12th—**Modern Knights**, 19th—**Family Jam**, 26th—**Southern Exposure**.



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

Save the Date!
Tuesday, June 5—2:00 p.m.
Scam Jam
Avoid being a victim of scams,
frauds and identity theft!

Congratulations!

Debbie Williams,

Senior Center Program Director at The Enrichment Center, successfully completed the Ann Johnson Institute for Senior Center Management Friday, March 30, 2007. The Institute is sponsored by the NC Division of Aging and Adult Services and provides six modules of professional development for senior center managers and leaders. With two modules offered annually, the Institute takes at least three years to complete. Debbie says, "The Ann Johnson Modules are wonderful; they are interactive and motivating. During the Modules, we are able to connect, share information, discuss challenges and common issues with our peers across the state from other senior centers."

Congratulations Debbie! We are proud of you!

May Day—May Day! Annual Paper Plate Campaign!

This is our 3rd annual Paper Plate Campaign. No, we are not serving snacks, we are mailing our elected officials at the State and National levels paper plates! Each of you are asked to indicate your support as citizens, seniors, boomers, caregivers and participants for continuation and additional funding for services and programs that are vital to these populations to remain independent, healthy and informed.

Stop by The Enrichment Center today to sign your support on a paper plate!

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