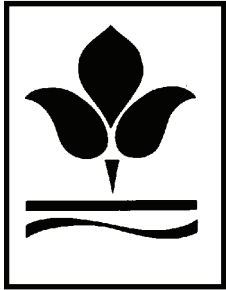


◆ The Center Post ◆

Volume 16 Issue 10

OCTOBER 2007

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



**Enrichment Center
Hours of Operation:**
Monday & Wednesday
8 am—8 pm,
Tuesday & Thursday
8:00 am—10 pm and
Friday 8 am—5 pm.
919-776-0501

Look inside for
information on:

Town Meeting,
Monday, October 22,
Dennis A. Wicker
Civic Center, 5:30 pm

Let's Talk with
Mayor Cornelia Olive

Flu & Pneumonia
Vaccinations

Reverse Mortgages:
Understanding the
Basics

Enrich Your
Health—Diabetes
Screening



**Grab Your Walking
Shoes—We're On The
Move To End
Alzheimer's Disease!**
Sanford/Lee County

Memory Walk Saturday October 6,
Kiwanis Park. Registration at 9 am.
Special thanks to our Lead Sponsor,
Wyeth Biotech. Bring family and friends
to Kiwanis Park and walk with us!
Alzheimer's Disease is a devastating
disease that involves the whole family.
Memory Walk proceeds benefit **The**
Eastern North Carolina Chapter of the
Alzheimer's Association. The chapter
provides Sanford and Lee County with
family support, community education,
public awareness and supports research for
the prevention, cure and treatment of
Alzheimer's Disease. Contributions raised
through the Memory Walk are tax
deductible as a charitable contribution.
Stop by or call The Enrichment Center for
a brochure, 776-0501, or go to
www.leecountync.gov for complete
details!

**WILL YOU BE
READY?**



If you were told to leave
your home in 15 minutes due
to an emergency, would you be ready? Do
you have a "kit" prepared with the
essentials? Disasters come in many
forms; floods, hurricanes, tornadoes,
snow, ice, chemical spills and explosions.
Let's **MAKE A DIFFERENCE** and equip
homebound Lee County older adults with
a "**Grab & Go**" kit. **The next Sanford/
Lee County Make a Difference Day will**
be Saturday, October 27 at The
Enrichment Center. Make a Difference
Day was founded by Paul Newman and
is the largest national day of helping
others. Kit donations are accepted the
month of October at The Enrichment
Center. Volunteers of all ages are invited
to assemble kits: youth groups, sports
teams, coworkers, teens, families, etc.
Contact Janice Holmes, Volunteer
Coordinator at 919-776-0501, ext. 206
for more information.

Fall Festival Saturday October 27, 2007
8:00 am—2:00 pm



**Browse and purchase from the more than 30 vendor booths filled with
crafts, canned goods, jewelry, decorations, Christmas items, baked
goods, woodworking, baskets, painted items and much more!**

***The Enrichment Center, Inc. Helping Fund will have ham biscuits,
hot dogs, baked goods and drinks available to purchase.
Proceeds will benefit the Helping Fund.***

***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.***

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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 October are open to the general public:

5th—Talk About Cataracts with Dr. Alex Martin;
10th—Stand Up Comedian Jim Cooke from 106.9 Radio; 12th—NO BINGO—Diabetic Screening by Dr. Penny Shelton; 17th—Strengthen Your Heart; 18th—Sassy Red Hatters; 19th—Breast Cancer Awareness; 24th—Jubelee Choir; 26th—Miller & Boles Halloween; 31st—Halloween Party/Dress To Scare

Yada—Yada Sisters, Tuesday, October 2, 5:45 pm. We will meet at Yamato's Japanese Restaurant for dinner and return to The Center to play cards. *Our sisterhood is a network with other females in an exciting and stimulating group.* Call 776-0501, ext. 201 to register.

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$6 per person. Bands for October: 6th—Bill Pollard Back Porch Country, 13th—Modern Knights, 20th—Southern Exposure, 27th—South Roads.

Masculine Meals in Minutes, Men's Cooking Class, Thursday, October 4, 10:00 am. This FREE cooking class with Carole, made possible by *Health Promotion Grant* funds, is exclusively for men. Each month Carole will show you how to prepare a new dish. Registration is required, call 776-0501, ext. 201. Space is limited! Call today!

Reverse Mortgage: Understanding the Basics

Tuesday, October 9, 2 pm. **Laura Brannock from Wells Fargo** will discuss what you need to know if you are considering a reverse mortgage. Having spent years repaying the mortgage that allowed you to buy your home, you can now tap into that investment to help you achieve your goals later in life. Monthly payments could provide you with income for traveling, paying medical expenses, improving your home, or just adding a bit of cushion to your monthly budget. Call 776-0501, ext. 201 to register.

Flu Hoe-Down!

Choose your partners, one and all
Aspirin, Advil, or Tylenol!
Now fling those covers with all you've got,
One minute cold, the next minute hot,
Circle right to the side of the bed,
Grab the tissues and Sudafed.
Back to the middle and don't goof off;
Hold your stomach and cough, cough, cough
Forget about slippers, dash down the hall,
Toss your cookies in the shower stall.
Remember others on the brink;
Wash your hands; wash the sink.
Wipe the doorknob, light switch too,
By George, you've got it,
You're doing the Flu!
P.S. Some like it cold, some like it hot;
If you like neither, get the shot!

Author Unknown

Flu & Pneumonia Shots—Wednesday, October 3, 9 am—1 pm and Thursday, October 11, 9 am—1 pm. In coordination with **Maxim Healthcare Services, the Lee County Health Dept and The Enrichment Center.** Vaccines will be offered free of charge to those 65 and over with Medicare Part B. Registration is a must! Call 776-0501, ext. 201.

Basic Cake Decorating, 6 week class, Tuesday evenings, October 9—November 13, 6:30 pm. Cost is \$25. Instructor: **Cris Elliott, Certified Wilton Instructor for 27 years!**

A Novel Approach Book Club—Facilitator **Ellen Viggiano** invites you! The group will meet Tuesday, October 9, 12:00 noon, at The Enrichment Center, and discuss Last Train to Paradise by Les Standiford. Registration is not necessary and the group is open to the general public.

Veteran's Remembrance Group, Wednesday, October 10, 2:00 pm, with special guest **Daniel Reed** speaking about the psychological training of the Special Forces. Registration encouraged, 776-0501, ext. 201.

The Enrichment Center Fitness Room is open: Monday/Wednesday 7:30 am—8:00 pm; Tuesday/Thursday 7:30 am—10:00 pm; Friday 7:30 am—5:00 pm. The cost is \$1.00 per daily visit. Orientations are on Thursday's. Call and register today for a FREE orientation, 776-0501, ext. 201.

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. We look forward to seeing all volunteers as well as anyone new who is interested in joining this fun and fulfilling group! Please join us, Thursday, October 11, 10:00 am!

Enrich Your Health Series—Diabetes Screening, FREE! Friday, October 12, 1:30 pm—4 pm, with Dr. Penny Shelton. Educational information on diet and preventing diabetes complications such as nerve damage, blindness and kidney failure. Glucose testing offered. *“Enrich Your Health” Programs Are In Partnership with Dr. Penny Shelton, Associate Professor, Campbell University School of Pharmacy. Call to register, 776-0501, ext. 201.*

Enrich Your Health Series—Sleep and Depression Screening, FREE, Friday, November 2, 9:30 am—3:00 pm. Are you having trouble falling asleep, staying asleep or are you sleeping too much? Dr. Penny Shelton will provide a FREE screening test to better define the issue. Bring a list of your medications. *“Enrich Your Health” Programs Are In Partnership with Dr. Penny Shelton, Associate Professor, Campbell University School of Pharmacy. Call to register, 776-0501, ext. 201.*

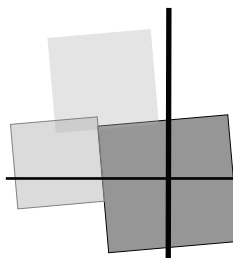
Shoot—Aim and Click Digital Photography, Tuesday, October 16, 2 pm. Learn to take pictures using digital cameras. Find the joy of taking pictures of any and everything around you! Learn equipment and accessories that can make photography easier and more enjoyable. Call 776-0501, ext. 201 to register.

Photography

We are interested in displaying photography taken by Lee County residents. If you have photos you would like to share we will display them in our main hallway during

November and December.

Please contact Debbie Williams,
776-0501, ext. 203.



Town Meeting

**All Lee County Citizens
Are Invited**

**Monday, October 22, 2007
6:00 pm**

**Dennis A. Wicker Civic Center
Registration & Refreshments 5:30 pm**

Ask yourself...

Where will I be in five years? Where will my children, parents and grandchildren be? Will my children be able to take care of me if I am unable to do so? Will I be able to take care of my brother if he's diagnosed with Alzheimer's Disease?

Where can I find help with raising my grandchildren? How can I become involved in my community? Will I ever be able to retire? Where can I take a computer class?

Let's face it—we're aging and should prepare and plan for our future. At The Enrichment Center we are in the process of developing an Aging Plan for Lee County. The four year plan will be aimed at maintaining and improving the quality of life of seniors and their families and preparing boomers (those born 1946—1964) for their later years. We invite participation and input to the plan from consumers, service providers, educators, groups and individuals. “With the aging of our population, we must plan not only for what government can and should do, but also acknowledge and support the efforts of individuals, families, and communities,” Carmen Hooker Odom, Secretary, NC Dept. of Health & Human Services.

Bring your concerns, questions and comments to our informal meeting on Monday, October 22.

**Your attendance is appreciated
and your input valuable.**

**Sponsored by:
The Enrichment Center of Lee County
Lee County Senior Services Advisory Board
The Enrichment Center, Inc. Board**

Road Trip

Call 776-0501 to register!

Rudy Theatre... a second helping- Thursday, December 6. This trip filled so quickly that a "second" one is planned. Cost is \$50 per person. Price includes your show ticket, dinner and transportation. Spaces remain- hurry and register today! Call 776-0501, ext. 201.

2008 Show Adventure: Make your plans now to join us as we travel to Lancaster Pennsylvania in the heart of Amish country! We will depart on Tuesday, July 8 and return on Friday, July 11, 2008. Cost of the trip is \$359- which includes transportation, 3 nights lodging, 3 breakfasts, 3 dinners, 2 shows and much more! Flyers are available at the front desk or you may call Janice for more information at 776-0501 x206



The Holidays are Approaching...

**The Perfect Gift for Anyone is an
Enrichment Center Gift Certificate!**
Certificates can be used towards classes,
trips and much more!

Inquire and purchase at the Front Desk.

Alzheimer's Support Group, Tuesday, October 9, 1:00 pm, with Facilitator Pam Schonder. Caregivers of loved ones with Alzheimer's come together and support each other through sharing of their knowledge, experiences and advice. It is our hope all who join this loving group will find comfort in knowing that you are not alone on your journey through this terrible disease.

Arthritis Support Group, Thursday, October 11, 11:00 a.m. at The Enrichment Center with Facilitator **Peggy Rowles**. An educational and mutual support group that will focus on helping people with any form of arthritis.

Parkinson Support Group, Wednesday, October 17, 10:30 am with facilitators **Bob Brickhouse and Marge Kanning**.

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

Enjoy meeting new people? We have the perfect volunteer opportunity for you! We need volunteers to assist with the front desk. Duties include answering the phone, greeting customers, taking messages, and providing information on Enrichment Center programs are some of the job requirements. If you are interested or would like more information, please contact Janice at 919-776-0501 x206.

Looking for a unique way to exercise and spend time outside? Two hours on Friday mornings are all you need!!! Volunteers are needed to assist the therapeutic horseback riding program. Walkers and spotters are needed to assist the program director. For more information, contact Audrey Beachler at 919-708-5131

Senior Games & Silver Arts of Lee County is in need of energetic and enthusiastic volunteers to serve on the Advisory Board. Duties include organizing, promoting, and implementing the Games. Become a volunteer board member and **make a difference** in your community! Contact Jimmy Solomon, Senior Games Coordinator, at 776-0501 x207 or Janice Holmes, Volunteer Services Coordinator, at 776-0501 x206.

Medicare Prescription Drug Coverage

The annual open enrollment to make changes to your Medicare prescription drug plan is quickly approaching! New plans will be released in early October and enrollment will begin November 15 and continue through December 31, 2007. All changes will be effective January 1, 2008.

For more information,
call Janice at 919-776-0501, ext. 206.

Extra Help is still available to assist with your Medicare Part D!

If your income is below \$15,315 for a single person and \$20,535 for a married couple AND your assets (other than your home) are below \$11,710 for a single and \$23,410 for a couple, you may qualify for extra assistance to help pay for your prescription drug plan and medications. Call Janice at 919-776-0501 ext. 206 and see if you should apply.

corner

caregiver



Dear Caregivers,

I cannot believe the fall is finally here after all of our very hot weather! It is a beautiful time of the year and I hope that each of you will take the time to take a short walk and enjoy the fall season. Since we are talking about walking, our **Memory Walk 2007** theme is **We're on the MOVE to End Alzheimer's!**

Please join us at **Kiwanis Park, Saturday, October 6, 9:00 am.** Walkers will be treated with entertainment, refreshments and prizes! Many thanks to our Lead Sponsor, **Wyeth Biotech!**

Caregiver Support Group—Are You A Family

Caregiver? Join us Tuesday, October 23, 10 am with facilitator **Judi Womack.** This is an opportunity to share your concerns, problems and ideas in connection with caring for your loved one. Bring your loved one to **Caregiver's Time Out** while you attend the meeting.

Caregiver's Time Out! *This program is made possible by the Family Caregiver Support Program Grant.* 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 p.m.—3 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 activities, snacks and friends!

Candlelight Reflections

...to honor, hope and remember...

Thursday

November 8, 2007 6:30 pm

November is National Alzheimer's Disease Awareness Month and Family Caregiver Month. We invite you to attend

Candlelight Reflections to honor, hope and remember all family caregivers and people living with Alzheimer's Disease and related conditions. The actual lighting of the candles will take place at 7:00 pm across North Carolina. For further information or if you have questions, call Judi at 776-0501, ext. 230.



Grancare

A support group for grandparents raising grandchildren.

Thursday, October 25, 2007

5:30 pm "Lean on Me" - Video by AARP

Judi Womack, Caregiver Advisor

Grandparents, come and connect with others in the same or similar situation!

Call 776-0501, ext. 201 to register.



Attention

Family Caregivers!

Let Us Help You with the Tools You Need for Successful Caregiving!

Powerful Tools for Caregivers

This AARP class is made possible by the Family Caregiver Support Program Grant.

Tuesdays, October 2, 9, 16, 23 & 30

1:00 pm - 3:00 pm or 5:00 pm - 7:00 pm

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

Through these classes, you will learn how 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.

Sanford/Lee County Caregiver of the Year 2007

We observe National Family Caregiver Month in November. It is a time to thank, support, and celebrate more than 50 million family caregivers across the country currently providing an estimated \$306 billion in 'free' services. Each year we recognize a local family caregiver for their dedication to their loved one. Please help us by nominating who you believe should be the Caregiver of the Year. It is very simple; submit their name and why you feel this person should be our Sanford/Lee County Caregiver of the Year. The recipient will be honored at our Caregiver Luncheon on Tuesday, November 13. Submit your information to Judi Womack at The Enrichment Center.



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

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SAVE THE DATE!

Candlelight Reflections
Thursday, November 8, 2007 6:30 pm
See page 5 for further details...



Thursday, November 8, 2007

8:00 am—10:00 am

~Floating~

To show our appreciation for your service and dedication to our country, we invite you to breakfast.

All veterans are invited; active duty, prior military service, and surviving spouses.

***Each Veteran will receive a gift.
Registration is appreciated,
call 919.776.0501, ext. 201.***



Veterans
Appreciation Breakfast