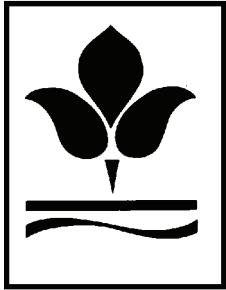


◆ The Center Post ◆

Volume 16 Issue 9

SEPTEMBER 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:

**Enrich Your Health
Series**

**Cake Decorating
Classes**

**Veteran's
Remembrance Group**

**Grancare Support
Group**

**Volunteer
Opportunities**

Fall Extravaganza

Tuesday
September 18, 2007
6:00 pm Cost: \$10
Music—Dance & Theater!
Sit back and enjoy the show!

Join us for a delicious meal, great entertainment and an opportunity to help those in need. \$3.00 from every meal will be donated to The Enrichment Center, Inc. Helping Fund. This fund helps Lee County older adults with medicine, food, fuel and any emergency needs.

Entertainment:

Marvin Gaster
The Temple Theatre Performers
Dancers

Menu: BBQ Chicken, Parsley Potatoes, Green Beans, Roll and Dessert.

Catered by Judi & EC Staff

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

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$6 per person. Bands for AUGUST: 1st—NO DANCE—Floor maintenance, 8th—Bill Pollard Back Porch Country, 15th—Modern Knights, 22nd—Southern Exposure, 29th—Bill Pollard Back Porch Country.

Masculine Meals in Minutes, Men's Cooking Class, Thursday, September 6, 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!

Chair Massage, Friday, September 7, 9 am—12 pm. Provided **FREE**, courtesy of the students from **Body Therapy Institute, Siler City.** Call 776-0501 to register.

Do You Know About Reverse Mortgage? Join us Thursday, September 13 at 2 pm. **Laura Brannock from Wells Fargo** will speak about reverse mortgage, explain its advantages and what you need to know if you are considering a reverse mortgage. Call 776-0501, ext. 201 to register.

ELECTION 2007: Meet the Candidates Reception Wednesday, September 26, 10:30 am. Come and meet our local candidates for Municipal Elections for the City of Sanford and the Town of Broadway! Registration is not necessary. This event is open to the general public. Make plans to vote on Tuesday, November 6th!

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.

Yada—Yada Sisters, Tuesday, September 4, 5:45 pm. We will meet at Smithfield's BBQ 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.

A Novel Approach Book Club— Facilitator **Ellen Viggiano** invites you! The group will meet 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.

Living with Vision Loss Support Group—Wednesday, September 12, 1:00 p.m. with facilitator **Ken Price**. For those with vision impairments (including Macular Degeneration) and their loved ones.

Veteran's Remembrance Group, Wednesday, September 12, 2:00 pm with special guest speaker **Dick Kanning**. He will speak about his experiences as a sailor and his responsibilities of submarine duty. Registration encouraged, 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 hope all *Nifty Noggins* volunteers had a great summer; it's time to get back to work! 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, September 13, 10:00 am!**

Arthritis Support Group, Thursday, September 13, 11:00 a.m. at The Enrichment Center with Facilitator Peggy Rowles and special guest speaker Dr. Terri Tarrant -Thurston Research Center— UNC. Terri will discuss "Research in Rheumatology Muscular & Skelton.

Enrich Your Health Series— "Age Is Not The Cause of Incontinence" A Lunch & Learn program on Wednesday, September 19, 12 noon, with **Dr. Penny Shelton**. Learn the different types of incontinence, risk factors and questions you should ask your doctor. **"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.**

Parkinson Support Group, Wednesday, September 19, 10:30 am with facilitators **Bob Brickhouse and Marge Kanning**.

The Enrichment Center Captain's Choice Mixed Group. Teams are formed by drawing cards. All skill levels are welcome! 9:00 am Tee Time Each Monday at Quail Ridge & 9:00 am 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.

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.

FREE P.S.A.—Prostate Specific Antigen— Screening at The Enrichment Center, Saturday, September 22. Call 776-0501, ext. 201 for details.

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.

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. Join us September 27, 2007, 5:30 pm with **Special Guest Speaker Lacey McLeod, Lee County Partnership for Children**. Call Facilitator Ilona Brown, 776-0501, ext. 201 to register and for further details.

Thank You!

Many thanks to **First Bank, volunteers and participants** for making the Tuesday, August 14, 2007

Card Party a success! **The Party raised \$193.00 for The Enrichment Center, Inc. Helping Fund!**

Thanks again and we look forward to seeing you at the next Card Party!

Debbie Williams, Senior Center Program Director

Up & Coming for Fall 2007

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!**

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 better, easier and more enjoyable. Call 776-0501, ext. 201 to register.

Fall Festival, Saturday, October 27, 8 am—2 pm. There will be crafters, woodworking, jewelry, painters, bakers, canners, Christmas decorations and more! Ham biscuits, hot dogs, baked goods and drinks will be available. All proceeds benefit The Enrichment Center, Inc. Helping Fund. 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!

Lee County's Annual Make A Difference Day Project Will Take Place at The Enrichment Center, Saturday, October 27. Make a Difference Day is the most encompassing national day of helping others — a celebration of neighbors helping neighbors. Everyone can participate! Created by **USA Weekend Magazine**, Make a Difference Day is an annual event that takes place on the fourth Saturday of every October. Our project for 2007 for Lee County will be “Grab and Go” disaster preparedness kits. These kits are intended to be ready to go in a hurry if a disaster strikes and evacuations are necessary. Donations of supplies and volunteers will be needed to assemble and distribute these kits to needy older adults in Lee County. **Call Janice today, 776-0501, ext. 206, to volunteer or to provide donations.**



Grab Your Walking Shoes—We're On The Move To End Alzheimer's Disease...Sanford Memory Walk will take place on Saturday October 6th at Kiwanis Park—Registration at 9 am, Walk at 10am!

Alzheimer's Disease is a devastating disease that affects the whole family. We want you to be a part of this exciting opportunity that supports families coping with Alzheimer's disease and other dementias 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.

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, NC 27330. For a brochure and further details, please call Judi Womack, Lee Co. Memory Walk Coordinator, 776-0501, ext. 230.

A special THANK YOU to Wyeth for hosting our September 6th Memory Walk Committee Meeting and donating \$1,000 to Lee County's Memory Walk!

Powerful Tools for Caregivers—This free class is made possible by the National Family Caregiver Grant. Tuesday's Oct. 2, 9,16,23 & 30, 1:00 pm - 3:00 pm or 5:00 pm -7:00 pm, at The Enrichment Center. Cost: No Charge for Lee County Family Caregivers (contributions accepted). 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.

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. **More Mystery Trip Clues:** It is estimated that more than 200,000 visitors will visit this location each year. Do you have *faith* that you will have fun on this trip? One of our "stops" has 7,233 parking spaces! I hope we can find a space! You *may* want to bring along extra cash, credit card, checkbook, etc. for goodies along the way.

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.

Volunteer Spotlight

The September *Volunteer Spotlight* is not on an individual, but a wonderful group. The **Home Delivered Meal volunteers** fulfill a very special need by ensuring that approximately 34 homebound older adults have a hot, nutritious meal every day. Regardless of the high gas prices and the extreme temperatures we have experienced this summer, this group of 75 volunteers shine through! They give of their time and compassion daily as they share a few words with the meal recipients. We are very lucky to have them- Thanks to each of you! ***If you are interested in joining this special group, please call Carole Nicely at 919-776-0501 ext. 205.***

Lee County Volunteer Base *People Need People.* ***Make a difference in Lee County by joining our team!***

Looking for a way to promote a healthier lifestyle through exercise for body and soul? Want to improve the health of your community members aged 55 and better? **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.

Are you able to multi task and smile at the same time? Enjoy a fast pace and meeting new people? Then we may have the perfect volunteer opportunity for you! We need volunteers to assist with the front desk and all that entails! 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.

Did you know- **SHIIP Training is now available as an online course?** SHIIP, Seniors Health Insurance Information Program, is a division of the NC Department of Insurance. For more information on how to enroll, contact Janice Holmes, local SHIIP coordinator, at 919-776-0501 x206.

The Alzheimer's Association Memory Walk® is the nation's largest event to raise awareness and funds for Alzheimer care, support and research – and it calls on volunteers of all ages to become champions in the fight against Alzheimer's. The Memory Walk for our community is scheduled for Saturday, October 6, at Kiwanis Park. Volunteers will be needed to assist with setup, registration and encouragement! Please make plans to give a small amount of your time to this very worthwhile cause. Call Janice at 776-0501 ext. 206 and volunteer TODAY!!!

The THANKS (Thoughtful, Helping Adults 'N' Kids Sharing) Mentoring Program is looking for responsible adults who are able to commit 2 hours each week to spend quality time with a young person. Make a Difference in the life of a child- Be A Mentor!!! Contact Molly Macdonald at 919-718-4650 x5543

corner

caregiver



Dear Caregiver Advisor,
My parents are still living in their home. My dad is beginning to have health problems and my mom is becoming his primary caregiver but has some health issues of her own. My two sisters refuse to believe mom is sick or that Dad needs help. What can I do?

Concerned Daughter

Dear Concerned Daughter, No matter how you feel about your siblings, get your family together for a family meeting. This meeting will enable all of you to take a hard look at your parent's situation, hear your parent's views, make plans for the future, and dole out responsibility for specific duties. We always strongly suggest an agenda for a family meeting to help everyone stay on the same page.

Family Meeting Agenda Should Include: What are your parent's current health concerns and their physical and cognitive limitations? What are their current needs in terms of day-to-day help and care? What services are needed in their home, or from the community? What is their financial situation? Can they pay their bills? Which tasks can each person take on? Make a list of assignments. When will you meet or communicate next?

Caregiver Support Group—Are You A Family Caregiver? Join us Tuesday, September 25, 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 National Family Caregiver 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!

Thank You—Thank You for the Great Success of our Boomer, Senior and Caregiver Expo!



We would like to thank our Presenting Sponsors, Gold Sponsors, Silver Sponsors, all of our volunteers, vendors, speakers, entertainers, the Dennis A. Wicker Civic Center Staff, The Enrichment Center Staff and all of our participants for making the August 21, 2007 our biggest and most successful Boomer, Senior and Caregiver Expo yet! More than 2,000 attendees enjoyed free health screenings, information, seminars, bingo, entertainment and much more!

Many Thanks To Our Sponsors:

Presenting Sponsors:

The Enrichment Center of Lee County, Central Carolina Hospital, Bright Audiology, First Bank, Blue Associates, LLC, First Choice Home Care, Health Care Connections, Inc., Quality Home Healthcare, Sanford Health & Rehabilitation North Carolina SMP Program, WLHC-FM Life 103.1 and WWGP/WFJA

Gold Sponsors:

Adcock Associates Real Estate, Carolina House of Cary and Pinehurst, Humana, The Laurels of Chatham, Ammons Chiropractic, Community Home Care & Hospice, Natural Balance Medical Spa & Cosmetic Laser Center, Miller-Boles Funeral Home Carolina Women's Fitness, Arycare, Dymond Speech and Rehab, Arbonne International - Lea Lanier, O'Connell & Martin Eye Associates, North Carolina AARP, Liberty Home Care & Hospice, Medicine Park Pharmacy, Pinelake Health and Rehab ComForcare Senior Services, Scotia Village Peoplesway, The Bayberry Retirement Inn, Wells Fargo, Dr. Susan C. Bailey, Tarheel Diabetic & Medical Supply, Inc., FirstHealth Centers for Rehabilitation

Silver Sponsors:

Lee County Nursing & Rehabilitation, Liberty Commons Nursing & Rehabilitation, Total Life Care and John Hancock Financial Company, Pelham Home Health, Central Electric Membership Corp. Arbonne International SunBridge Healthcare, Ashewood Estates & Victorian Manor, Rainbow Distributors, Community Family Medicine, GlaxoSmithKline, BB&T, American Home Patient



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!
Annual Make a Difference Day
Saturday, October 27 Disaster Preparedness
Grab 'n Go Bags for Seniors
Call Janice, 776-0501, ext. 206 to volunteer!

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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 September are open to the general public: Diners Club Games week of 4th,5th,6th,7th NO BINGO these days, 12th—Miller & Boles, 14th—Lee Co Nursing & Rehab 9:00-11:45 Health Screenings B/P, Balance, O2 Fat Saturation (oxygen level in blood) NO BINGO this day, 17th—Advanced Hearing Care, 19th— Lunch & Learn at noon with Dr. Penny Shelton, 21st— Valley Home Care, 26th—Meet The Candidates, 28th— Quality Home Care.

The Enrichment Center will be **CLOSED** Monday, September 3rd in observance of Labor Day. Have a safe and fun holiday!

Making Choices
 ***For a Healthier Future***

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

To be eligible to use our Fitness Room you must be a Lee County resident and Boomer or better. Boomers are those born 1946—1964. 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.

Low Impact Aerobics—Monday's and Wednesday's, 5:30 pm, \$10 per month with Instructor Jeanette Redman. Enjoy an assortment of tunes such as beach, pop, rock, country and gospel! The class includes thirty minutes of low impact aerobics, floor exercises with cushioned mats, muscle toning and resistance for bone density with dumbbells, and of course, a lot of fun! Registration and payment are taken at your first day of class. Boomers and better are welcome to attend. Lee County employees are also welcome to attend this class. Available spaces are open to those younger than boomers.