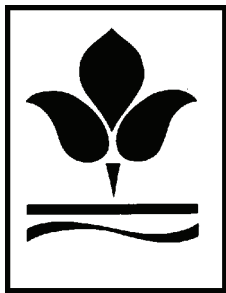


◆ The Center Post ◆

Volume 17 Issue 11

NOVEMBER 2008

*June 2008 Re-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...*

- ▶ *A Novel
Approach Book
Group*
- ▶ *Give Your
Medicare Part D
Plan a Check-Up!*
- ▶ *National Family
Caregiver Month*
- ▶ *Veteran's
Remembrance
Group*

Candlelight Reflections



to honor, hope and remember...



**November is
National
Alzheimer's Disease
Awareness Month
And National Family
Caregiver Month**

**We invite you to attend
Candlelight Reflections
Thursday, November 6th
6:30 p.m. - 7:30 p.m.**

**Registration is appreciated,
call 776-0501, ext. 230. See
page 6 for further details.**



Veterans Appreciation Breakfast

Friday, November 7, 2008

8:00 am—10:00 am

~Floating~

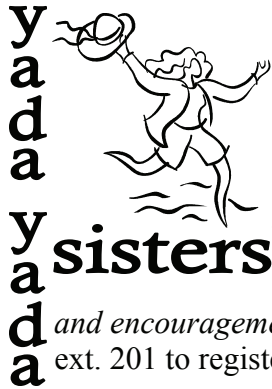
**To show our appreciation for your service and
dedication to our country, we invite you to breakfast.**

**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.**





The Sisters will meet Tuesday, November 4 pm at 6:00 pm. Bring your favorite dish for a Thanksgiving meal. *Our sisterhood is a network with other females in an exciting and stimulating group. It's the perfect opportunity to receive support and encouragement from a sister.* Call 776-0501, ext. 201 to register.

Veteran's Remembrance Group—

Wednesday, November 12, 2:00 p.m. with speaker **Retired USAF Col. Vernon Funke**. Registration is encouraged, call 776-0501, ext. 201. This group meets regularly on the 2nd Wednesday.

A Novel Approach Book Club—

Tuesday, November 4, 12:00 noon, the group will discuss **A Thousand Splendid Suns** by **Khaled Hosseini**. Registration is not necessary and the meeting is open to the general public.

Living with Vision Loss Support Group—

Wednesday, November 12, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones.

Arthritis Support Group—

Thursday, November 13, 11:00 a.m. with special guest speaker **Johanne Estes, Sanford Health & Rehabilitation**. Johanne will share about the many services available for someone with arthritis and also after joint replacement. Registration is not required, this group is open to the general public.

Mexican Train Dominos, Thursdays, 6:30 pm with Instructors **Hattie and Russell Dietzel**.

Card Game Canasta, Fridays, 12:30 pm with Instructor **Carolyn Arnold**.

San-Lee Senior Dance

Thursday, November 20th 7:00 p.m.

Special Sponsor: Anonymous

Band: Bill Pollard

Saturday Night Dance—Live music and good fellowship, 7 pm, admission is \$6 per person. **Bands for November: 1st—The Souvenirs Band, 8th—Bill Pollard—Back Porch Country, 15th—Southern Exposure, 22nd—Bill Pollard—Back Porch Country, 29th—NO DANCE, Happy Thanksgiving!**

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 and 9:00 am Tee Time each Wednesday at Carolina Lakes. \$15.00 with Cart. **Interested golfers should contact Josie Nagy, 499-1208.** *A Golf Adventure Brought to You By The Enrichment Center of Lee County!*



Be sure to check with your physician before beginning an exercise program.

The Enrichment Center Fitness Room is available:

Monday/Wednesday

7:30 a.m.—8:00 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. **All Boomers, born 1946—1964, are welcome to participate in the fitness room! Tell your friends, family and co-workers, too!**

Fitness Yoga Classes, \$15 Per Month
Mondays 8:00 a.m. & Fridays 8:30 a.m.

Low Impact Aerobics Classes, \$10 Per Month

Tuesdays/Thursdays 9:00 a.m.
& Wednesdays/Fridays 8:00 a.m.

*Call 776-0501, ext. 201
for further details and to register!*

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Please Join Us for Lunch in The Enrichment Center's Diners Club! A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better.

Menu selections include: glazed ham, baked lasagna, stewed apples, baked chicken, pinto beans, citrus salad, gingerbread, dessert and beverage. Call 776-0501, ext. 208 for information and to register.

The following 11:00 am Diners Club Programs for NOVEMBER are open to the general public:

- 5th—Laurence Poindexter sings
- 7th—Bingo
- 12th—Five Wishes with Dana Smith Liberty Home Care and Hospice
- 14th—Dr. Miles Whitaker, "All About Cataracts"
- 19th—Games
- 21st—Miller Boles Thanksgiving

NOTE: Masculine Meals will not meet in November.

"Let's Talk" with Mayor Cornelia Olive, Thursday, November 20, 10:30 am. Drop by and share your concerns and views in this informal setting with Mayor Olive.

Calling all card players...Join us on the 4th Wednesday of each month, 2 pm—5 pm! Bring cards and friends and play the game of your choice.



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. Nifty Noggins

volunteers will meet Thursday, November 13, 9:00 am. Anyone in need of head coverings can call Carole at The Center, 776-0501, ext. 205.



**Up & Coming
December 2008**



**Candy Cane
Fitness Challenge**

December 1—31, 2008. Help yourself while helping others! You will benefit through physical exercise and the gift of giving. All proceeds benefit The Enrichment Center, Inc. Helping Fund, a fund used to assist older adults in a crisis situation. Registration begins Monday, November 17th at the front reception desk.

The Sharpening Man—Bill Newbound, Wednesday, December 3, 10:00 a.m.—12:00 p.m. Do you have knives that need sharpening before Christmas dinner? Put this date on your calendar and bring your items to The Enrichment Center! To ensure everyone has an opportunity, we must limit items to 3-4 knives (no scissors, please). Cost is \$.50 cents per knife. Call 776-0501, ext. 201 to register.



**Grancare
Christmas
Dinner**

Thursday, December 4, 2008
6:00 p.m.

The Enrichment Center
1615 S. Third Street, Sanford

Join us for dinner, entertainment and a special surprise for the kids.

Please call for reservations, 776-0501, ext. 201.

Grancare is open to the general public for grandparents or other relatives raising grandchildren.

Terrific Trips 2008

Call 776-0501, ext. 201 to register!

Additional information is available at the front desk.

Tuesday, November 25

Christmas with Elvis at the Barn Dinner Theatre in Greensboro. \$62 per person includes matinee show performance, meal and transportation.

Thursday, December 11

A Southern Christmas at The Rudy Theatre in Selma, NC! \$50 per person and includes transportation, show ticket and meal at The Meadow Village Restaurant.

June 11–16, 2009

New York City "The Big Apple"

Price includes 5 night lodging, including 3 consecutive nights in the NYC area, motor coach transportation, 8 meals, two guided tours of New York City, a NYC Harbor Cruise, and much more! \$535 per person, \$75 deposit due at the time of registration.

Gift Certificates are available!

Payment in full is due at time of registration for day trips. A deposit to hold your space for overnight trips is due at registration.

Give Your Plan A Check-Up!

It's time to evaluate your current Medicare Prescription Drug Plan and see what's new for 2009! Or, see if you qualify for help in paying your premiums and drug co-payments. Changes to your Medicare will be effective on January 1, 2009, but you must make the changes during **Medicare Open Enrollment** between Nov. 15-Dec. 31, 2008. Assistance with choosing the best plan available for your unique situation is available through appointment. Call **Janice Holmes** at 776-0501, ext. 206.

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

Volunteers are needed at Haven-

Haven provides safety and support for those victimized by sexual assault or violence in or outside their homes and to educate the community about issues of family violence and sexual assault. Volunteers are needed to perform general office duties. Office hours are Monday- Friday, 9-5 and any assistance would be appreciated. For more information, contact Lonny Davis at 919-774-8923.

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.



Volunteer Spotlight

The November *Volunteer Spotlight* shines on **Peggy Rowles**. Peggy is a very active volunteer. She facilitates the Arthritis Support Group. Peggy designed and donated the quilt that was raffled off during the 2008 Memory Walk. Thank you Peggy for your hard work and dedication to the Enrichment Center and the programs offered!

Election Day is Nov. 4th!

Word Scrabble

ELECTION RESULTS

When you rearrange the letters:

LIES—LET'S RECOUNT

PLEASE NO, let's keep our fingers crossed that all goes well in counting our votes this election!

corner

re-
v-
er-
a-
g-
e-
r-
a-
c-



Dear Family Caregivers,

Happy National Family Caregiver Month and Thanksgiving!!!

The National Family Caregiver Month is organized each year by the National Family Caregivers Association and is designated as a time every year to **thank, support, educate and empower family caregivers.** “This year we are encouraging people to speak up during National Family Caregivers Month.” Said Suzanne Mintz, NFCA president and co-founder. “One of the most important attributes on being an advocate for your loved one is the willingness and the ability to speak up and keep your eye on the ultimate goal, protecting not only the health and safety of your loved ones but for yourself as well.” Family Caregivers are generous and compassionate people and it is only appropriate that in November, the month of Thanksgiving, we give thanks and acknowledge those who provide care for others who need help caring for themselves. Despite the trials and tribulations of being a family caregiver for a loved one, I am sure that each of you have many things to be thankful for on this Thanksgiving Day. I know that I do.

—Judi, Caregiver Advisor

Notes to Family Caregivers:

In Recognition of National Family Caregiver Month you are cordially invited to attend our **Family Caregiver Luncheon, November 18th, 12:00 noon, at the Enrichment Center.** Entertainment and awards will be presented to the outstanding Caregiver of the Year!! Our past winners are as follows: Jeanette Cameron, Linda and Terry Graham, Carolyn Street, Pam Schonder and James Wicker.

Candlelight Reflections honor Family Caregivers On November 6th, candles will be burning across the state in observance of Candlelight Reflections, which is intended to honor and remember all family caregivers as well as those affected by Alzheimer’s disease and related conditions. **Please join us at the Enrichment Center, Thursday, Nov. 8th at 6:30 p.m.** See page 6 for further details.

Caregiver Time Out will not meet on November 11th as the Enrichment Center will be closed for Veteran’s Day. Please join us each Tuesday from 1:00 pm- 3:00 pm.

Many Thanks for a Very Successful and Eventful 2008 Alzheimer’s Memory Walk!

Saturday, October 4th, 2008 at Kiwanis Park more than 100 walkers came out to MOVE! Our goal was to raise \$20,000 and we surpassed it by raising \$21,000! We are in the process of collecting pledges and will give a final report in the December Center Post.

Special Thanks To:

Volunteers, Walkers, Staff, the band Jence Sponsors: Wyeth Biotech, Magnolia Living Center, The Enrichment Center of Lee County, WLHC-FM Life 103.1, WWGP/WFJA, John-Beverly Printing, Inc., Martin Silk Screening, First Bank, Quality Home Healthcare, Inc., 3M Company, Community Family Medicine, Mrs. Wenger’s Restaurant, Community Home Care and Hospice, Community Home Care & Hospice, Steel & Pipe Corporation, Central Carolina Hospital, RBC Bank, Kerr Drug, Lee County Nursing, Liberty Commons, Bayberry Retirement Inn, Sanford Health & Rehabilitation, Four Oaks Bank.

FACT SHEET

North Carolina Senior Tar Heel Legislature
2009 Legislative Priorities

*Come by The Enrichment Center
for a Complete Copy of the Report*

1. Provide funding to sustain Project C.A.R.E. (Caregiver Alternatives to Running on Empty).
2. Increase funding for home and community based services for older adults by increasing the Home and Community Care Block Grant by \$5 million.
3. Increase funding for senior centers by an additional \$2,000,000 in recurring funds for a total of \$3,265,316 a year.
4. Implement practical and cost-effective steps to address concerns related to the mixing of populations, including younger adults with mental illness and frail older persons residing in long term care facilities. These steps would include specialized health training for facility personnel.
5. Establish a cap on the increase in the assessed value of property determined during revaluations for persons over the age of 65, eligible for the Homestead Exemption.

Candlelight Reflections Honors Family Caregivers

November is National Family Caregiver's Month and National Alzheimer's Disease Awareness Month. Gov. Michael Easley signed a proclamation declaring November as Family Caregiver Month in North Carolina.

On November 6th, candles will be burning across the state in observance of Candlelight Reflections, which is intended to honor all family caregivers as well as those affected by Alzheimer's disease and related conditions.

Candlelight Reflections will be observed nationally by a candlelight service at 7:00 p.m. in support of family caregivers. Candles will be lit in memory and in honor of loved ones.

The Enrichment Center of Lee County will have a candlelight service from 6:30-7:30 p.m. at 1615 S. Third Street, Sanford, and N.C. "This is going to be happening all over the state at about seven o'clock", said Judi Womack, Family Caregiver Advisor for Lee County. "All across the state people will be lighting candles." "Unless you're a caregiver, you don't know all that goes into it, including the time and the life changes," said Tami Carter, Social Worker Supervisor for the Enrichment Center. "It's priceless. They are one of a kind. It takes a special person to be a full-time caregiver."

"For the family caregiver, the unsung heroes, the one thing we can all do is show support with thoughts and prayer." Womack said. "We can all do that." The Candlelight Reflections gives our Family Caregivers a time to reflect, remember and honor their loved ones.

Our mission is to celebrate, remember and raise awareness. We expect the service to be both enlightening and encouraging for those who come. If you have questions or need further details, call 919-776-0501, ext. 230 or 212.

Time Off Available!

Attention Family Caregivers!

We invite you to drop off your loved one each Tuesday, 1:00 p.m.- 3:00 p.m. at The Enrichment Center while you run errands or just have some quiet time. This program provides a temporary relief for family caregivers of loved ones with Alzheimer's, Dementia, and other similar conditions. We also welcome those who are frail and live alone and can benefit from socialization and group activities.

Your loved one will be cared for by our staff and volunteers at The Enrichment Center. To inquire, call Judi today, 776-0501 ext. 230.

Helping Lee County Older Adults

*For a warm and fuzzy feeling this holiday season,
give to The Enrichment Center Helping Fund...*

We have all experienced a tough economy this past year. Fuel cost has placed a burden on everyone; however, each of us find a way to make it through our toughest times. There are older adults in Lee County who are being faced with a choice between filling their prescriptions, buying groceries or replenishing their fuel tanks for the winter months. The Enrichment Center, Inc. Helping Fund assists older adults in Lee County who are in a crisis situation with critical circumstances. Adding to the situation is the high cost of a minimal delivery of fuel (100 - 150 gallons, depending on the company). A single delivery can range from \$375 to \$500 which is only enough to last for about one month. Full deliveries can be substantially more. Lee County residents are very kind each year to contribute to The Enrichment Center, Inc. Helping Fund; without your generous donations, we would not be able to help these citizens in need.

The strengths of the Helping Fund are: no complicated forms to fill out, no "red tape", no committees, the recipient treated with dignity and respect, your financial gift is tax deductible, 100% of all contributions go to the needy older adults of Lee County.

On behalf of the Enrichment Center, Inc. Board of Directors, I thank you for your consideration and wish you a very happy, healthy and prosperous new year.

—Margaret Murchison, President,
The Enrichment Center, Inc.

Contribution Form

100% of your donations are used to directly assist Lee County older adults.

Yes! I would like to contribute to the Enrichment Center's HELPING FUND so that it may continue helping older adults in Lee County who need assistance in a crisis situation.

Enclosed is \$ _____ Make checks payable to The Enrichment Center, Inc.

_____ I would like to make this contribution in honor of:

_____ I would like to make this contribution in memory of:

Please provide us with a name and address so that we may acknowledge your gift:

_____ I wish to keep this contribution anonymous.

Mail or drop off your contribution: 1615 South Third Street, Sanford, NC 27330 919.776.0501
Thank you for choosing The Enrichment Center as your way of making a difference in our community!
The Enrichment Center is a 501© (3) charitable organization. Donations are tax deductible.



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

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

The Enrichment Center will be CLOSED:
Tuesday, November 11—Veterans Day
Thursday, November 27
and Friday, November 28—Thanksgiving

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.

Ornaments of Reflection

The holiday season is a perfect time of year to honor and remember those who have touched your life in a special way. We at the Enrichment Center have decided to give our friends and supporters an opportunity to recognize these special people while also making a difference in lives of older adults in our community who are in need. We are selling ornaments to be placed on our tree that is located in our Game Room. The ornaments will have the name of the person being honored written upon them.



The ornaments are \$5.00 each with all proceeds going to the "Helping Fund".

Thank for your support of this wonderful opportunity to remember, reflect and to help those who are less fortunate this Holiday Season! Stop by to purchase your ornaments today, 1615 S. Third Street, Sanford, NC, (919) 776-0501.



The Enrichment Center Angel Tree

A gift from the heart has the largest bow of them all...

The holidays are filled with joy, hope and love. As you prepare for the season, please consider adopting an Angel from our tree. The staff at the Enrichment Center carefully screen the **Angels** for eligibility and need. Our Angels have received one or more services from the Enrichment Center within the past year and are typically frail in health, experience little or no family support, and may be homebound. The holidays are a whole lot happier for our "**Angels**" because of your joy, hope and love.

Angels are available for adoption beginning Wednesday, November 12, 2008. Bring your gift boxes to the Center December 1—5. Staff and volunteers will deliver your gifts.