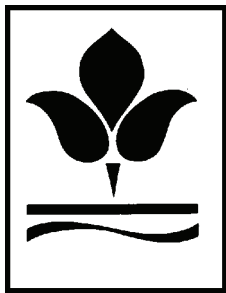


◆ The Center Post ◆

Volume 17 Issue 10

OCTOBER 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...*

► *Computer
Class*

► *Cake
Decorating*

► *Flu Shot
Clinic*

► *Candlelight
Reflections*



Fall Festival

Saturday

October 25, 2008

8:00 am—2:00 pm

Join us for our annual Fall Festival!
We will have Crafters, Woodcarvers,
Woodworking, Jewelry, Painters,
Bakers, Canners,
Christmas Decorations and much more.
*Ham biscuits, hot dogs, baked goods and
drinks will be available. All proceeds
will benefit the "Helping Fund".*

"Harvest Magic"

Thursday

October 30, 2008

5:30pm Cost: \$7.00

An evening of mystery, music and magic!
Rick Allred has been a performer for over
30 years. Each year he appears in
Nashville and is a regular performer at
Mahi's Restaurant in Greensboro, NC.
He is an accomplished entertainer in both
instrumental and vocal music.
His talents do not stop there...
Rick is also a Master Magician!

**Mystery Meal catered by Judi Womack
and The EC Staff! Registration is
required, call 776-0501, ext. 201.**

Make a Difference Day!

Saturday

October 25, 2008

At The Enrichment Center

8:00 am—2:00 pm

MAKE A DIFFERENCE DAY



Make A Difference Day, created by USA WEEKEND Magazine, is a national day of helping others; a celebration of neighbors helping neighbors. Everyone can participate; adults, youth, civic and community groups!

There are two projects for Sanford/Lee County. The first project is collecting canned goods for our holiday Angel Tree program. The second project is assisting our home delivered meal volunteers with the high cost of fuel. There are 45 dedicated volunteers delivering more than 35 hot nutritious meals each day Monday through Friday to Lee County homebound older adults. **Bring your donations to The Enrichment Center on Saturday, October 25, 2008, 8:00 am—2:00 pm. If you need further details or have questions, please call Janice Holmes at 919-776-0501, ext. 206.**



The Sisters will meet Tuesday, October 7, 5:45 pm at Sagebrush. 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.

Saturday Night Dance—Live music and good fellowship, 7 pm, admission is \$6 per person. **Bands for October:** 4th—South Roads, 11th—Bill Pollard, Back Porch Country, 18th—Bill Pollard, Back Porch Country, 25th—Southern Exposure.

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!*

A Novel Approach Book Club—Tuesday, October 14, 12:00 noon, the group will discuss Water for Elephants by Sara Gruen. Registration is not necessary and the meeting is open to the general public.

Living with Vision Loss Support Group—Wednesday, October 8, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones.

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, October 16, 7 pm with **South Roads Band**. Bring finger foods to share at intermission. See you there!



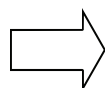
Financial Seminars

Take Control of Your Future!

Presenter: Dargan Moore
Financial Advisor
Edward Jones Investments

Life events occur, the market fluctuates and tax laws change. With these things in mind, you should take control of your future and review your investment portfolio frequently.

Products of Edward Jones company will not be solicited—these are educational seminars.



Monday
October 20, 2008
6:30 pm

Retirement is meant to be a beginning, NOT AN END

For space purposes
registration is requested,
call 776-0501, ext. 201.

Basic Computer Class—Mondays and Wednesdays, 5:00 pm—7:00 pm, October 1—November 5. **Sponsored by Central Carolina Community College.** FREE for ages 65 and better, \$55 for ages 64 and younger. Class size is limited, call CCCC to register, 718-7225.

Basic Cake Decorating Classes—with Certified Wilton Instructor **Cris Elliott, Certified Wilton Instructor**, Tuesdays October 6—November 13, 6:30 pm, \$30. Registration is required, call 776-0501, ext. 201.

Flu and Pneumonia Shots—Wednesday, October 8, 9:00 am—11:30 am and 1:00 pm—4:00 pm. In coordination with **Maxim Healthcare Services and the Lee County Health Department**. Vaccines are free of charge to those 65 and over with Medicare Part B. Bring your Medicare card. Registration is a must, call 776-0501, ext. 201.

D i n e r s C l u b



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: pork chop, tomato and okra, baked chicken, potato salad, tuna wraps, bean salad, sloppy joe, greens, dessert and beverage. Call 776-0501, ext. 208 for information and to register.

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

- 1st—Laurence Poindexter Sings
- 3rd—Bingo
- 10th—Mark Coggins—Digital TV Conversion
- 15th—Breast Cancer Awareness
- 16th—Let's Talk-Mayor Cornelia Olive-Conf. Rm.
- 17th—Varicose Veins, Pinehurst Surgical
- 22nd—Blandonia Child Development Center **10:30 am**
- 24th—Miller Boles Halloween
- 29th—Elvis is in the House
- 31st—Decorate Your Tables!

“Let's Talk” with Mayor Cornelia Olive, Thursday, October 16, 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, October 9, 9:00 am. Anyone in need of head coverings can call Carole at The Center, 776-0501, ext. 205.

***“Excellence is not a singular act, but a habit. You are what you repeatedly do.”
Shaquille O'Neal, Basketball Player***

Get Your Flu Shot While at the NC State Fair

Kerr Drug is the Official Pharmacist for the NC State Fair and they are offering flu shots daily. Be sure to GET THE SHOT!

The following groups are open to the general public and registration is not required.

Parkinson's Disease Support Group
Facilitator: Bob Brickhouse & Marge Kanning

Meetings are held the 3rd Wednesday of every month at 10:30 a.m. Support, problem solving, and education for persons with Parkinson's disease, families and caregivers.

Arthritis Support Group
Facilitator: Peggy Rowles

Meetings are held the 2nd Thursday of every month at 11:00 a.m. An educational and mutual support group that will focus on helping people with any form of arthritis.

Diabetes Support Group
Facilitator: Liberty Home Care

Meetings are held the 1st Wednesday of every month at 10:30 a.m. Special speakers, information on new treatments and answers to your many questions on living a full life with diabetes. This group is for the diabetic, as well as the caregivers and loved ones of diabetics.

Prostate Support Group
Facilitator: Dr. Robert Cline

Tuesday, October 14, 7:00 pm with special guest speaker Walter Shepherd, Director of the N.C. Comprehensive Cancer Program, Division of Public Health, N.C. Dept. of Health and Human Services, Exec. Director of the N.C. Advisory Committee on Cancer Coordination and Control. Walter will speak to the entire cancer issue for NC, not just prostate cancer.

Terrific Trips 2008

Call 776-0501, ext. 201 to register!

Additional information is available at the front desk.

Tuesday, October 21

Senior Day at the NC State Fair. \$15 per person. Cost includes transportation aboard chartered bus.

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.

ZoomText 8.1 Software For Your Home Computer

A powerful computer access solution for vision-impaired individuals. With ZoomText 8.1, you'll discover a new standard in magnification and screen reading that truly empowers the vision-impaired computer user. Zoom-Text enlarges, enhances and reads aloud everything on the screen, with unmatched quality and performance.

For a free sample, and further details, contact Tami Carter, 776-0501, ext. 212.

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

The Enrichment Center is in need of volunteers at the following upcoming events:

Alzheimer's Association Memory Walk, Oct. 4th

Flu Shot Clinic Registration, Oct. 8th

Make a Difference Day, Oct. 25th

We realize your time is valuable and we greatly appreciate all of our volunteers' efforts. Volunteers are a vital ingredient to the success of our programs and events! Call Janice today if you can assist a few hours, 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.



Volunteer Spotlight

The October Volunteer Spotlight shines on a very dedicated volunteer. **Lewis Riddle, a volunteer with the Seniors Health Insurance Information Program (SHIIP),** recently received his 20-year pin and a letter from NC Insurance Commissioner Jim Long recognizing his commitment and service. Lee County residents are truly lucky to have someone with his knowledge available to assist with Medicare related issues. Our appreciation to Mr. Riddle and ***Congratulations!***

Volunteering Benefits Your Health!

Volunteering doesn't just help others, it may also benefit your health. Data from over 30 studies shows that volunteers have less depression, reported greater satisfaction with life, and lived longer than those who did not volunteer. Research has established that depression makes it harder to recover from illness and to do things that are good for you—like exercise and eat well. Thus, the improved mental well-being that results from volunteering may also have an indirect impact on physical health.

C a r e g i v e r



Adult Day Centers: A Viable Alternative to Nursing Homes

An increasing number of Lee County residents are facing the responsibility of caring for their aging relatives. Many working caregivers find their options are limited. They become frustrated as they search for a safe setting for family members who are frail, disabled, suffer from depression or memory loss. As a result, older adults remain socially isolated at home. They may have trouble walking, using the restroom, getting nutritious meals and taking medicine without assistance. Let's look at the advantages for Caregivers and Participants.

For Caregivers, Adult Day Centers offer:

- Respite and relief from the responsibility of 24-hour caregiving
- The opportunity for caregivers to remain employed
- A cost effective alternative to institutional placement
- Reassurance that a loved one is safe throughout the day

For Participants, Adult Day Centers offer:

- A chance to get out into the community to remain active
- An opportunity to enhance their quality of life through socialization and recreational programs
- A positive way to prevent isolation and boredom

We would also like to remind you that any Tuesday from 1:00 pm - 3:00 pm, you are welcome to bring your loved one to the Enrichment Center for activities, refreshments and socialization.

Alzheimer's & Caregiver Support Group
Tuesday, October 14, 1:00 pm. Facilitators: Pam Schonder & Judi Womack. Candy Cole, RN, PCC of Community Home Care & Hospice will be our speaker this month. *Don't forget, you are welcome to bring your loved one to Caregiver Time Out while you attend the meeting.*



Nationally presented by
Genworth Financial

Wyeth Pharmaceuticals

**Lead Sponsor Sanford/Lee County
Alzheimer's Memory Walk**

Saturday, October 4, 2008

Kiwanis Park

Registration 9:00 am Walk 10:00 am

We're on the MOVE to end Alzheimer's Disease! Walkers will be treated with refreshments, entertainment and have an opportunity to win dozens of prizes! Call The Enrichment Center today, 919-776-0501, ext. 201, or stop by for Alzheimer's Memory Walk materials and to make a donation.

Alzheimer's Disease is a devastating disease that involves the whole family. *Memory Walk* donations benefit Sanford and Lee County family caregivers through training, seminars, classes, support groups, respite services, resource books and videos, and much more. The Alzheimer's Association – Eastern NC Chapter collaborates with The Enrichment Center to bring this event to Sanford and Lee County each year. The Alzheimer's Association strongly supports public awareness and research for the prevention, cure and treatment of Alzheimer's Disease. Call 919-776-0501, ext. 230 if you have questions, would like to volunteer or participate in the 2008 Memory Walk.

Sanford/Lee County Alzheimer's Memory Walk Golf Tournament

Saturday, October 25, 2008

Quail Ridge Golf Course

To Play Contact Mitch Lassiter

919-499-3999 or 910-814-2564

E-mail mlassiter312@charter.net

Candlelight Reflections



to honor, hope and remember...

 **alzheimer's association®**
nc family caregiver support program 

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

***We invite you to attend
Candlelight Reflections***

***Thursday, November 6, 2008
6:30 p.m. - 7:30 p.m.
The Enrichment Center
of Lee County***

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.

FLU- GET THE SHOT!

Submitted by Dr. Robert S. Cline

Each winter millions of people suffer from the flu (short name for influenza). Caused by a virus, it can spread easily from one person to another. For some persons, flu is a mild illness. For older people, especially those with chronic diseases, the flu can be very serious.

Flu is contagious. It can spread when someone coughs or sneezes. Or touch something that the virus is on – like phones, doorknobs, computer keyboards, etc. *So, how can you prevent the flu? Three main procedures are, wash your hands, wash your hands and wash your hands.* Soap and water are best and not antibiotic liquid soap. If not handy, use alcohol based hand sanitizer.

Getting the flu vaccine every year can help keep you healthy. The vaccine is made with inactivated viral particles and CANNOT CAUSE THE FLU. Some mild side effects of the shot may occur. There may be mild soreness, redness and swelling at the shot site. One may have a slight fever and a mild headache. There should be plenty of vaccine available for everyone to obtain a shot. Health care providers, the health department, drug stores, department stores, and some grocery stores will have it available.

The CDC recommends and advises for 2008-09 that all children ages 6 months to 18 years of age receive the vaccine. And then all persons over the age of 50 should receive the vaccine. Persons with certain diseases need to obtain the flu vaccine no matter what their age.

The best time to obtain the flu vaccine is between November 2008 and February 2009. The usual peak of the flu season is January to March. The vaccine becomes fully effective within two weeks after receiving the shot. Medicare and most other third party payers for medical care will reimburse the health care provider for the flu vaccine and its administration. So, when you go for your shot, please take your medical insurance information with you.

You can contact the Lee County Health Department at 718-4640 or the Enrichment Center at 776-0501 ext. 201 for information as to where the flu vaccine will be available to the public this fall.

Best Wishes

Our best wishes to Veterans Services Officer Doug Williams who retired from Lee County on September 30, 2008. Doug has been an asset to Lee County and the Senior Services programming and will be missed.

Thanks for a job well done!

Welcome

We welcome Cajun Comeau to the position of Veterans Services Officer for Lee County. In January 2009 Cajun will officially retire from the United States Army after 21 years

of service. His office hours are 8:30 am – 12:30 pm Monday through Friday. Stop by and welcome Cajun to the Senior Services Staff.



**Putting Veterans First
Lee County
Veterans Services**

Our Mission Locally

The mission of Lee County Veterans Services is to pursue a high quality of life for local veterans, their families, and their survivors.

It is our goal to increase public awareness of the services available to veterans and their families. Also, we advocate for Lee County veterans and their families by assisting them in obtaining the benefits to which they are entitled.

Get Expert Assistance

With Your VA Claim

Monday—Friday

8:30 a.m.—12:30 p.m.

919-776-0501, ext. 209

NO Appointment Required

E-Mail:

ccomeau@leecountync.gov



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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27330
Permit No. 198

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.



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.



*Registration is appreciated,
call 919.776.0501, ext. 201.*

Grancare Luncheon

...Life's a Journey



Open to the general public for Grandparents or other relatives raising grandchildren.
Join us at lunch and gain information as well as connect with others in the same or similar situation.

When: Thursday, October 9, 2008
NO CHARGE

Where: Kerr Drug
1050 S. Horner Blvd.
Sanford, NC 27330

Time: 12:00 Noon

Speaker: Sarah Kokosa, Pharm. D.,
Clinical Coordinator/Pharmacist

*Lunch will be served,
please call 776-0501, ext. 201 for reservations.*