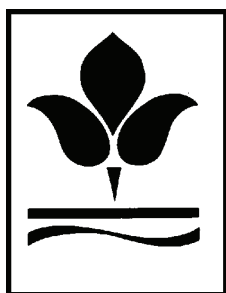


# ◆ The Center Post ◆

Volume 18 Issue 8

AUGUST 2009

June 2008 Re-Certified  
Senior Center of  
Excellence by the  
North Carolina  
Division of Aging and  
Adult Services



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

**Look inside for  
information on...**

► **Senior Tarheel  
Legislature, p. 3**

► **FREE Health  
Screenings, p. 3**

► **Diners Club,  
p. 5**

► **Caregivers Need  
Lots of Support ,  
p. 7**



*Come Celebrate  
"Living Well"*

P r e s e n t s

## 7th Annual Boomer EXPO Senior & Caregiver

**Wednesday**

**August 26, 2009**

**10:00 am - 2:30 pm**

**Dennis A. Wicker Civic Center  
1801 Nash St., Sanford**

- 100+ Vendors
- Educational Seminars
- Massages, Hair Cuts, Manicures
- 15+ Health Screenings
- Bingo
- Lunch
- Healthy Cooking with Carole
- Lee County Senior Idol
- Hourly Prize Giveaways
- GRAND PRIZE \$500



**The Enrichment Center  
of Lee County**

### Platinum Sponsors



**The Sanford Herald**



### Gold Sponsors

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FirstHealth of the Carolinas • Re-Bath of the Triangle • Ammons Chiropractic • BB&T  
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O'Connell & Martin Eye Associates • Thompson Chiropractic Center, PC • AARP of NC  
Elmcroft Assisted Living of Southern Pines • Carolina Eye Associates, PA • Humana Kinetic  
Institute Physical Therapy • Community Family Medicine • American HomePatient  
Four Oaks Bank • The Laurels of Chatham • UNC Speciality Clinics • St. Joseph of the Pines**

**Brought to you by The Enrichment of Lee County, a NC Certified Senior Center  
of Excellence, 1615 S. Third St., Sanford, NC 27330, 919-776-0501.**

**See inside for further details!.....**

## **Boomer, Senior & Caregiver Expo Schedule of Events**

- 9:45 a.m.      **Welcome - Ribbon Cutting (Front Entrance)**
- 10:00 a.m.      **"How To Manage The Ringing In Your Ears"-**  
*Dr. Angela Bright Pearson, Bright Audiology (Auditorium)*
- 10:30 a.m.      **"Love Yourself To Health" - Jeanine Finelli, CHC (Room 102)**
- 10:45 a.m.      **"The Latest Advancements In Hearing Aid Technology" -**  
*Dr. Angela Bright Pearson, Bright Audiology (Auditorium)*
- 11:00 a.m.      **"Cleanse Yourself Of Medicare Toxins...  
 Get Away... Relax and Restore Your Healthcare Soul" -**  
*Stephanie Bias, SMP Program Coordinator,  
 Senior Health Insurance Information Program (SHIIP) (Room 102)*
- 11:30 a.m.      **"Hearing Loss Tips For The Whole Family" -**  
*Dr. Angela Bright Pearson, Bright Audiology (Auditorium)*
- 11:30 a.m.      **"Learn When To Call EMS For Emergencies Such As  
 Heart Attack or Stroke" - Central Carolina EMS (Room 102)**
- 11:30 p.m.      **LUNCH with Entertainment**  
*Prepared & Served by Lee County Sheriff's Dept. (Outside Under Tent)*
- 12:00 p.m.      **"Know The Ten Signs of Alzheimer's Disease - Early Detection Matters"**  
*Peggy Smith, MS, Program Director, Alzheimer's Assoc. Eastern NC Chapter  
 (Auditorium)*
- 1:00 p.m.      **"Saving Money In The Home" - Susan Condlin, Director,  
 NC Cooperative Extension & CEMC Representative (Room 102)**
- 1:30 p.m.            **Sponsored by:** 
- 2:30 p.m.      **Grand Door Prize Drawing - Must be Present to Win!**  
**BINGO 10:30 a.m. - 1:30 p.m. with Door Prizes (Room 103)**  
*Sponsored by: Central Carolina Hospital Auxiliary*

## ***Thank You Silver Sponsors***

Pine Ridge Urgent Care & Occupational Medicine Center • Advanced Hearing Care  
 Scotia Village • Pinelake Health and Rehab • ComForCare Senior Services  
 Rainbow Distributors • Miller-Boles Funeral Home & Crematory • Helping Hands of America  
 Pelham Home Health • Lee County Phone Book • FirstHealth of the Carolinas  
 Behavioral Health Services • Benefit Edge of the Carolinas, Inc. • Curves of Sanford  
 Tarheel Diabetic & Medical Supply, Inc. • Capital Bank • Kerr Drug, Inc. • Comfort Keepers  
 Edward Jones • Carolina House of Pinehurst • Adcock Associates - David Nestor  
 Central Carolina Orthopedic • P&G Pharmaceuticals • Family Chiropractic, PA  
 Central Carolina Seamless Gutters • Spring Arbor of Apex Assisted Living  
 Kuhn Dental Associates, PA • Modern Woodmen of America

# FREE Health Screenings at the Expo

Health screenings are vital components to disease prevention, health maintenance and Living Well.

## Cholesterol

*Central Carolina Hospital*

## Blood Sugar

*Central Carolina Hospital  
Tarheel Diabetic  
and Medical Supply*

## PSA

*Prostate Specific Antigen  
Central Carolina Hospital*

## Hearing

*Bright Audiology*

## Vision

*O'Connell & Martin  
Eye Associates*

## Blood Pressure

*First Choice Home Care*

## Stroke & Heart Risk

*Central Carolina Hospital*

## Spinal and Posture Screening

*Ammons Chiropractic  
Family Chiropractic Center, PA*

## Body Mass

*Central Carolina Hospital*

## Body Fat

*Sanford Nautilus*

## Bone Density

*Central Carolina Hospital*

## Nutrition

*Love Yourself to Health*

## Ask the Pharmacist, Blood Pressure Blood Glucose

*Kerr Drug*

## Bone Density, Blood Glucose, Spirometry, Blood Pressure,

## Joint Exam

*UNC Sanford Specialty Clinics*

## Step Foot Analysis

*Quality Home Healthcare*

## Sign up for Flu Shots

*Enrichment Center*

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# Advocacy

The Lee County Board of Commissioners has appointed **Mary Upchurch** as the Lee County delegate to the Senior Tar Heel Legislature and Esther Siler as the alternate. The NC Senior Tar Heel Legislature was created by the NC General Assembly with the passage of Senate Bill 479 in 1993. It was created to:

- *Provide information to senior citizens on the legislative process and matters being considered by the North Carolina General Assembly.*
- *Promote citizen involvement and advocacy concerning aging issues before the North Carolina General Assembly.*
- *Assess the legislative needs of older citizens by convening a forum modeled after the North Carolina General Assembly*

**Please offer your support to Mary and Esther and let them know of any older adult issues you would like addressed to the NC General Assembly. You may address these issues to them through The Enrichment Center 1615 South Third Street Sanford NC 27330, 919-776-0501.**

## 2009 Legislative Priorities

<http://www.dhhs.state.nc.us/aging//sthl.htm>

1. **Provide funding to sustain Project C.A.R.E. (Caregiver Alternatives to Running on Empty). Project C.A.R.E. provides information, referral, consultation and linkage to caregivers of persons afflicted with Alzheimer's disease.**
2. **Increase funding for home and community based services for older adults by increasing the Home and Community Care Block Grant by \$5 million. Home and community-based services include home-delivered meals, adult day care, health care, in-home aid and other services that help impaired older adults stay in their homes. These services are less costly than institutional care.**
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.**
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. Revise the limits of the Act to income of \$35,000.**



Are you or do you know of someone in need of a fan for heat relief? If you are 60 or older, a Lee County resident, and have an existing home situation which presents a threat to your health & well being, please call **776-0501, ext. 201**, or come by The Enrichment Center for further details and to request a fan.

### **“Let’s Talk” with Mayor Cornelia Olive,**

Thursday, August 20, 10:30 a.m. Drop by and share your concerns and views in this informal setting with Mayor Olive.

### **2009 Senior Games and Silver Arts Results**

The annual Senior Games and Silver Arts of Lee County were held May 12 – 22, 2009 at various locations across Lee County. In all, over 100 local residents participated in the athletic and artistic events making new friends and renewing old friendships. Many of those competing qualified for North Carolina Senior Games State Finals to be held this fall at locations across North Carolina where they will compete against the best of the best senior adults in North Carolina. Stop by The Enrichment Center and review our local results. A copy is available at the front desk.

***Up and coming...mark your calendar!***

***Call 776-0501, ext. 201 to register.***

***Lunch & Learn***, Wednesday, Sept. 16, 12 noon with **Lee James Best, Jr.**, author of *Clickity Clack Texas and Back*. Mr. Best will share experiences from his train ride.

***Photography Club***, Thursday, Sept. 17, 6 p.m. with facilitator **Bob Smith**. If you love photography come and share ideas and methods with fellow amateur photographers.

***55 Alive Driver Safety Program***, Thursday, Sept. 17, 9 a.m. with AARP Instructor **Ursula Capewell**. Cost is \$12 for AARP members, \$14 for non-members.

***It’s Fall Ya’ll***—join us for our annual fall dinner, Tuesday, Sept. 29, 6 p.m. Entertainment provided by The Temple Teens. Cost is \$7 per person.

***Card Party & Games***—*We need you and so does the Helping Fund!* Tuesday, Oct. 6, 2 p.m. and/or 6 p.m. Cost is \$3 per person, per session. All proceeds will assist older adults in Lee County who are in a crisis situation with utilities and other necessities of life.

## **Medicare Information**

**The Seniors' Health Insurance Information Program (SHIIP)** answers questions and counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare prescription drug plans, long-term care insurance and other health insurance concerns. The counselors on our toll free line offer free and unbiased counseling on Medicare health care products. **The North Carolina SMP Program** provides assistance with Medicare/Medicaid billing errors, fraud and abuse.

## **Extra Help Program**

Do you know someone who is on Medicare and needs assistance in paying for their prescription drugs? *Medicare beneficiaries may be eligible for the federal **Extra Help** low income subsidy program if he/she has limited income and resources. The Extra Help program can increase cost savings by paying for all or part of the monthly premiums, annual deductibles and provide lower prescription co-payments under a Medicare prescription drug plan. To qualify for Extra Help, the annual income must be limited to \$16,245 for an individual (\$21,855 for a married couple living together). Additionally, the total resources must be limited to \$12,510 for an individual (\$25,010 for a married couple living together). The resources do not include a primary residence or a vehicle.*

***If you believe someone you know may qualify for the Extra Help program, please encourage them to apply on-line at [www.socialsecurity.gov](http://www.socialsecurity.gov), contact the SHIIP office toll free at 800-443-9354, or call Janice Holmes, Lee County SHIIP Coordinator, at 919-776-0501 x206 for assistance completing the on-line application process.***

# Welcome

Lee County Senior Services welcomes three new members to the advisory board: Karen Oldham, Rev. Jason Davenport, and Alice Beardslee. We look forward to working with these new members as we share ideas and suggestions for enhancing programming at The Enrichment Center.



# 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: spaghetti and meatballs, pork chop, tuna salad, baked chicken, baked potato with chili and cheese, fruit, dessert and beverage. Call 776-0501, ext. 208 for information and to register.

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

5th— Laurence Poindexter singing  
7th—Bingo  
12th—Miller-Boles program  
12th—NO VETERANS GROUP  
14th—Bingo  
19th—Jublee Choir  
19th—Lunch & Learn  
20th—Mayor Olive, "Let's Talk"  
21th—Medication Safety, Sara Kokosa from Kerr Drug  
26th—Wendy Seymour, Oral Health for Your Teeth  
28th—Bingo  
31st—Starting Diners Club Games

*\*NO THURSDAY LINE DANCING FOR AUGUST  
\*Diners Club Sassy Red Hatters will not meet this month.*

**A Novel Approach Book Club**—The group will NOT meet over the summer. Their next meeting will be Tuesday, September 8, 12:00 noon, and will discuss Killer Angels by Michael Shaara. A complete list of dates and book titles will be available after June. Registration is not necessary and the meeting is open to the general public.

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

**Mexican Train Dominos**, Thursdays, 6:00 p.m. with Instructors Hattie and Russell Dietzel.

**Calling all card players...**Join us on the 4th Wednesday of each month, 2:00 pm—5:00 pm! Bring cards and friends and play the game of your choice.

# y a d a s i s t e r s



Tuesday, August 4, 5:00 p.m. meet at Pizza Inn. After eating we will play cards at The Enrichment Center! *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.

## The Enrichment Center Captain's

**Choice Mixed Group**—Teams are formed by drawing cards. All skill levels are welcome! 9:00 a.m. 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!*

**Saturday Night Dance**—Live music and good fellowship, 7 pm, admission is \$6.00 per person. Bands for August: 1st—The Souvenirs Band, 8th—Bill Pollard Back Porch Country, 15th—Southern Exposure, 22nd—Bill Pollard Back Porch Country, 29th—The Souvenirs Band.

## Living with Vision Loss Support

**Group**—Wednesday, August 12, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones. Open to the general public.

**Veteran's Remembrance Group**—*The group will NOT meet in August.*

**Thursday Night Dance**—The dance group will not meet in August or September. Mark your calendars to join us again Thursday, October 15th, 6 p.m.—9 p.m. with music by Bill Pollard.

**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 group will NOT meet in July and August.*

# Let's Travel

**Call 776-0501, ext. 201 to register!**

*Additional information is available at the front desk. 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. Gift Certificates are available!*

**Tuesday, September 15, 2009**

**"BUDDY- The Buddy Holly Story"** at The Barn Dinner Theatre in Greensboro. Cost is \$55 per person: meal, entertainment and transportation.

**Tuesday, November 24, 2009**

**"Christmas with Elvis"** featuring tribute artist Stephan Freeman at The Barn Dinner Theatre. Cost is \$70 per person: meal, entertainment and transportation.

**Thursday, December 10, 2009**

**"A Southern Christmas"** at The Rudy Theatre in Selma, NC. Cost is \$37 per person: matinee show ticket and transportation. Dinner will be **"on your own"** at Cracker Barrel in Smithfield. Then on to see the Meadow Lights display.

**May 10-15, 2010**

**Carnival Fascination- Key West & Nassau**

We are cruising to Key West and Nassau, Bahamas! Trip will include deluxe motorcoach transportation, 5 nights aboard the beautiful *Carnival Fascination*, which includes meals and entertainment aboard ship.

Come by The Enrichment Center for a flyer and further details!

## **Annual Financial Report**

Lee County Senior Services is a County of Lee department. Our annual financial report is available for review upon request. If you are interested call Melanie, 776-0501, ext. 214.



## **Medical Equipment Closet**

**Now Available: Gently Used Walkers**

If you or someone you know is in need of a gently used walker, call 919-776-0501 ext. 212 or 213. **Other equipment available on a**

**limited basis: Potty Chairs, Canes & Wheelchairs**

## ***Lee County Volunteer Base***

*People Need People.*

***Make a difference in Lee County by joining our team!***

*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.*

- **Volunteers are needed to assist with The Boomer, Senior, & Caregiver Expo, Wednesday, August 26, 2009. Contact Janice, Volunteer Services Coordinator, at 919-776-0501 ext. 206 for more information.**



## **Volunteer Spotlight**

The August ***Volunteer Spotlight*** shines on Dr. Robert Cline. Dr Cline is a very active volunteer at The Enrichment Center. He has represented Lee County as the ***Senior Tarheel Legislature Delegate***, the facilitator of the ***Prostate Cancer Support Group***, member of the ***Senior Services Advisory Board***, member of the ***Triangle J Area Agency on Aging Advisory Board***, a major part of the ***MEDS*** program, volunteer at The Helping Hands Clinic, and a regular volunteer at numerous Enrichment Center events and activities. Dr. Cline served as the site coordinator for the construction of the Enrichment Center in 1992. His tireless efforts have attributed to the success of the Enrichment Center programming over the past several years. Thank you Dr. Cline for all you have done for us in Lee County. You have been a true asset; we will miss you and wish you well in the future as you relocate to Alamance County!

## corner

caregiver



## Caregivers Need Lots of Support

"People caring for a friend or relative suffering from stroke need all the support from other family members and the community they can get," a

Dutch medical study says.

Dutch researchers say that caregivers face increasing demands along with coping with the devastating effects stroke has on their friends and family members.

However, there is a psychological upside, the researchers say. The caregivers "not only experience burden, but they may also experience gains as a result of caregiving. Pride, gratification, a closer feeling to their loved one; these are positive things that develop when one cares for another."

The researchers' recommendations include sharing responsibilities and occasional relief from caregiving tasks to help reduce the toll both emotionally and physically put on the individual care. ***The Enrichment Center offers Caregiver Time Out every Tuesday at the Enrichment Center from 1:00 p.m. to 3:00 p.m. Call Judi for details, 776-0501, ext. 230.***

### Arthritis Support Group

An educational and mutual support group that focuses on helping people with any form of arthritis lead a healthier life.

Thursday, August 13, 2009 at 11 a. m.

Come Join us for a Tai Chi Information DVD

Sponsored by the Arthritis Foundation

Open to the general public. Facilitator: Peggy Rowles

**Save the date!** Saturday  
October 3, 2009  
Depot Park, Sanford

Registration 9:00 a.m. Walk 10:00 a.m.

Join families, friends & co-workers for a morning full of fun & memories to help raise funds & awareness of

alzheimer's association  
**memory walk**

Nationally presented by  
Genworth Financial

Alzheimer's Disease & enhance the quality of life for those who live with it. Come out & walk "in honor of" or "in memory of" a loved one. **Contact Judi to sponsor or participate, 776-0501, ext. 230.**

## Dominoes of Aging

By Martha Underwood, April 2009

When his dominoes of aging start to fall  
And my hopes for reasoned conversation rent,  
I hide my broken heart and hold my head up tall,  
Though my emotions are bruised and bent.

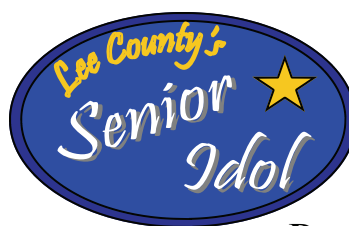
Friends fade away, not wishing to share the load;  
Activities become laborious, no one calls or writes.  
Old age is not contagious, but caregivers' lives implode.  
Others go to living, while me – my loved one fights.

Doctor visits and Medicare glitches – monstrous!  
Those who have not walked here have no clue.  
Caregivers silently wonder, "Who will assist us  
When our dominoes of aging come in view?"

The only place of safety come my end of day,  
When my brain and body slowly fade behind the hill,  
Is in God's arms believing He'll see my life and stay.  
Nothing's too hard for Jesus – He'll be with me still.

## Special Announcement

The Alzheimer's and Caregiver Support and the Parkinson's Support Group will not meet during the month of August but will have a booth at the Boomer, Senior and Caregiver Expo. Please stop by and see us!



**Who will be the next  
SUPERSTAR?**

**Tuesday, August 11  
6:00 p.m.**

**Depot Park ~ Charlotte Ave.**

**Hot Dogs & Refreshments ~ Live Entertainment**

Bring a chair or quilt and come out and enjoy an evening of entertainment, laughter and excitement as Lee County's own

Ryan Seacrest hosts & judges Simon Cowell, Paula Abdul & Randy Jackson select our finalists.

Finalists will compete at the August 26th Boomer, Senior & Caregiver Expo, 1:30 p.m.

***The 2009 Senior Idol will receive a \$300 cash prize! See you there!***



The Enrichment Center  
1615 S. Third Street  
Sanford, North Carolina 27330  
919-776-0501  
email: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)  
[www.leecountync.gov](http://www.leecountync.gov)

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ested, call Melanie, 776-0501, ext. 214.

*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.*

# Celebrate!

**September 2009**  
**Senior Center Month**  
**"Get Connected"**

Senior Centers are evolving to reflect a more empowered vision of aging. We are working to connect boomers, seniors and caregivers with meaningful career and volunteer opportunities, increase their access to benefits and resources, and offer them tools to manage their health and finances. Make a connection with The Enrichment Center and join us as we celebrate Senior Center month!

**Diner's Club Summer Games** Sept. 1-3 10:00-12:00 noon

**Basic Computer Classes** Sept. 1 - Oct. 8 5:30 -7:30 pm

**Diner's Club Joke Day** Sept. 9 11:00 am

**Diner's Club Grandparent's Day** Sept. 11 11:00am

**Lunch & Learn** Sept. 16 12:00 noon

**AARP Driving** Sept. 17 9 am-1 pm

**Diner's Club Fall Prevention Program** Sept. 23 11:00 am

**Diner's Club Exercise Get up and Move!** Sept. 25 11:00am

**Fall Dinner with The Temple Teens** Sept. 29 6:00 pm

**The Enrichment Center Ice Cream Party** Sept. 30 10:00 am

**Come by The Enrichment Center for further details  
or register by calling: 919-776-0501 ext. 201.**