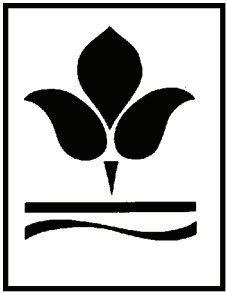


◆ The Center Post ◆

Volume 18 Issue 9

SEPTEMBER 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*

Do you know someone with Alzheimer's Disease?

**It's the 7th leading
cause of death
in the United States
and has
no current cure.**

**Every 70 seconds
someone develops
Alzheimer's.**

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!* Look inside for complete details of our special programs.



Nationally presented by
Genworth Financial



**Wyeth Pharmaceuticals
Local Lead Sponsor**

**Sanford/Lee County Memory Walk
Saturday, October 3, 2009**

**Depot Park- Downtown Sanford
Registration 9:00 a.m. Walk 10:00 a.m.**

We're on the move to end Alzheimer's Disease as we walk around Depot Park and downtown Sanford! Together we will raise awareness and dollars towards the fight against Alzheimer's disease and related disorders.

Memory Walk provides funding for programs, services and support for families coping with Alzheimer's disease in Lee County served by the Eastern North Carolina Chapter. Recruit friends, family members and co-workers to walk with a team or walk as an individual. To be successful, we need walkers and teams to collect sponsorships and donations.

***Call Judi or stop by The Enrichment Center to register a team,
sponsor or make a general contribution towards this cause at
919-776-0501 ext. 230. Make checks payable
to the Alzheimer's Assoc.—Eastern NC Chapter.***



Senior Center Month



Diners Club Summer Games Sept. 1-3 10:00-12:00 noon

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

Diners Club Joke Day Sept. 9 11:00 am

Diners Club Grandparent's Day Sept. 11 11:00am

Lunch & Learn Sept. 16 12:00 noon

AARP Driving Sept. 17 9 am-1 pm

Diners Club Fall Prevention Program Sept. 23 11:00 am

Diners 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

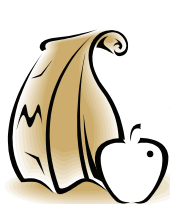
Call to register for events: 919-776-0501

Basic Computer Class for Beginners—

Tuesdays and Thursdays, 5:30 p.m., September 1—October 8. You will learn the basic functions of using a computer that will increase your understanding and help you take control of your computer. Cost is \$50 and class size is limited. Classes held at The Enrichment Center. Sponsored by Central Carolina Community College, call 718-7225 to register.

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. This classroom course covers age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements. Registration required, call 776-0501 ext. 201.



Lunch & Learn

Wednesday, September 16,
12:00 noon with special guest speaker, **Lee James Best, Jr.** Join us as **Lee James Best Jr.**, author of **Clickity Clack Texas and**

Back, shares some of his experiences from his travels on a train. Learn of his adventures, the people he met and those that have encouraged him to tell about it. Mr. Best lives in Dunn, NC. His book will be available for purchase. Registration is requested, call 776-0501 ext. 201.



It's Fall Ya'll

Join us for our annual fall dinner with some good country eatin' and entertainment! The **Tuesday, September 29th 6 p.m.**

Entertainment provided by The Temple Teens

Cost is \$7 per person

Menu: Chicken n' Dumplings, Green Beans, Candied Yams, Dessert. CATERED by Judi Womack & EC Staff. Registration required, call 776-0501 ext. 201.

S.A.P. Sanford Amateur Photographers

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. Contact Bob at 498-0621 or The Enrichment Center at 776-0501 ext. 201 if you have questions. Open to the general public.

Shoot Aim and Click Digital

Photography—Wednesday, September 30, 7 p.m. with Instructor **Mark Coggins**. Learn to take pictures using digital cameras; gain knowledge of techniques; be taught features you should look for when purchasing a camera. Call 776-0501 ext. 201 to register.



**It's MY Health.
It's MY life.**

Living Healthy

Tuesday, October 6, 2009

9:30 a.m.—12 Noon

FREE

Held at

The Enrichment Center

Living Healthy is a workshop that will help you take control of your ongoing health condition rather than letting it control you!

If you have **diabetes, arthritis, heart disease, COPD, fibromyalgia**, or any other chronic disease, Living Healthy is for you. By attending this **FREE** workshop one time per week for 6 weeks, you will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue
- Build your confidence
- Make daily tasks easier
- AND...Get more out of life!

For more information about Living Healthy, or to register for a workshop please call 919-776-0501 ext. 201 or 1-866-876-4921.

Basic Cake Decorating Classes—

Tuesdays October 6—November 10, 6 p.m. Cost: \$25. Instructor: **Cris Elliott**, Certified Wilton Instructor for 27 years. Registration required, call 776-0501 ext. 201.



DEALING HANDS TO LEND

A HAND



*We need you—and so does
The Helping Fund!*

Tuesday, October 6, 2009

2 p.m.—5 p.m. and/or 6 p.m.—7:30 p.m.

\$3.00 per person, per session.

All adults welcome to attend!

Join us at this party where all games are welcome: Poker, Bridge, Gin Rummy, Canasta, Pinochle, dominoes, and much more!

All proceeds benefit our **Helping Fund**, a non-profit fund used to assist low income Lee County older adults who are in a crisis situation with the basic necessities of life. Join us for refreshments and prizes, but most of all to know you have helped an older adult in need.

Call 776-0501 ext. 201 to register your tables. Entry fees can be paid in advance or at the time of the party.

FREE Hearing Screenings by Bright

Audiology—Friday, October 9, 9 a.m.—

11:30 a.m. Registration required, call 776-0501 ext. 201.

Seasonal Flu & Pneumonia

Vaccinations —Thursday, October 29, 9 a.m.—

11:30 a.m. and 1 p.m.—4 p.m. In partnership with **Brick City Primary Care**. Vaccinations will be offered free of charge to those 65 and older with Medicare Part B. Registration is a must! Call 776-0501 ext. 201. ***Be sure to bring your Medicare card!***

Fall Festival

**Saturday
October 24, 2009
8 a.m.—2 p.m.**

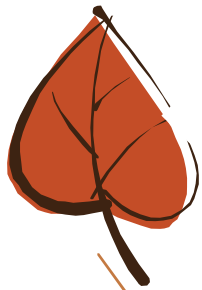


**Crafters—Display and sell your
goods at our annual
Fall Festival!**

Space is limited.

Register and pay for your tables
at The Enrichment Center.

Crafters 54 and younger \$35 per table.
Crafters 55 and better \$15 per table.



**The Enrichment Center
NC Certified Senior
Center of Excellence
1615 S. Third Street
Sanford, NC 27330
919-776-0501 ext. 201**

Browse and purchase from
more than 40 tables filled with
woodcarving, jewelry,
paintings, baked & canned
goods, homemade
soaps and lotions,
Christmas decorations,
hand-sewn items
and much more!

New this year!

**Miller-Boles Funeral Home
& Crematory
will sell hot dogs & drinks.
All proceeds benefit
The Enrichment Center, Inc.
Helping Fund.**

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 SEPTEMBER are open to the general public:

- 1st—Diners Club Games
- 2nd—Laurence Poindexter Singing & Playing Guitar
- 3rd—Diners Club Games
- 3rd—10 a.m. Line Dancing
- 4th—Diners Club Games
- 9th—Joke Day
- 11th—Stories About Our Grandparents
- 15th—Sassy Red Hatters
- 16th—Miller-Boles Program
- 17th—10:30 a.m. Let's Talk with Mayor Olive
- 18th—Bingo
- 22nd—Happy Birthday to Debbie Williams
- 23rd—Fall Prevention Program
- 25th—Fall Carnival of Activities with Kathy & Staff
- 30th—Testimonies, "What has The Enrichment Center Meant To You?"

Farmers Market Tuesdays 10 a.m. through October!

A Novel Approach Book Club—The group will meet Tuesday, September 8, 12:00 noon, to discuss Killer Angels by Michael Shaara. 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 p.m.—5:00 p.m. Bring cards and friends and play the game of your choice.

y a d a y a sisters



Tuesday, September 1, 5:30 p.m.
meet at Crossroads Grill of
Sanford. 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 p.m., admission is \$6.00 per person. Bands for September: 5th—NO DANCE/ Floor Maintenance; 12th—Bill Pollard Back Porch Country; 19th—Southern Exposure; 26th—Bill Pollard Back Porch Country.

Living with Vision Loss Support

Group—Wednesday, September 9, 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—

Wednesday, September 9, 2:00 p.m. with facilitator **Lewis Riddle**. Special Guest speaker, **Arnold Aiken**, Retired US Navy, will discuss landing craft.

Thursday Night Dance—The dance group will not meet in 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. Nifty Noggins Volunteers will meet Thursday, September 10, 10 a.m.**

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!

The Perfect Gift That fits everyone

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!

“Let’s Talk” with Mayor Cornelia Olive,

Thursday, September 17th, 10:30 a.m. Drop by and share your concerns and views in this informal setting with Mayor Olive.

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.



Volunteer Spotlight

September’s Volunteer Spotlight shines on a group of individuals who dedicated their time at the Expo. The 7th Annual Boomer, Senior & Caregiver Expo would not be as successful as it is without this wonderful group of people. Many hours are put in by these individuals to pull this event off. Thanks to each and every volunteer who assisted with the Expo. You are so appreciated!!!

The Seniors' Health Insurance Information

Program (SHIP) 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. **Call SHIP, 1-800-443-9354 or Janice Holmes, SHIP Coordinator, 919-776-0501 ext. 206 for more information.**

From the Desk of John Sandrock, your Veterans Service Officer...

A new regulation took effect in June 2009 which enables the Dept. of Veterans Affairs (VA) to relax **income restrictions on enrollment for health benefits**. This means that income thresholds are increased. **The Post 9/11 GI Bill** became effective on August 1, 2009. This new education bill is for individuals with at least 90 days of aggregate service on or after September 11, 2001, or individuals discharged with a service-connected disability after 30 days. *Should you have questions, call John at 776-0501 ext. 209 or stop by our office at The Enrichment Center.*

corner

caregiver



Options for Living

One of the toughest things we may have to do as a family caregiver is to facilitate and then actually make a change in the living situation of our loved one(s).

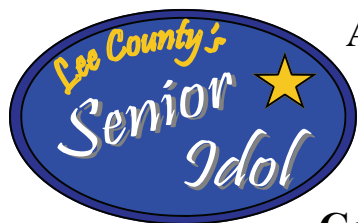
This is especially true when they have lived in the same homeplace for many years. Our lives as well as theirs have all kinds of memories sheltered there. Or perhaps a promise was made to keep someone *at home* or *not to put the person in a nursing home*. Because of medical advances we are living longer. We are not just living with chronic conditions (ongoing) but through acute (severe) health situations (i.e. heart attack). Therefore, promises we made even a couple of years ago can be almost impossible to keep now. A word to the wise, Do Not make promises.

Any change is difficult. The suddenness of the change makes it more difficult to deal with because we feel overwhelmed and powerless. The more prepared and informed we are the more control we feel over our situation and our life. So how do we know where to begin when the doctor says that *your parent needs a nursing home* or *more assistance* or *should not be living alone*? I tell caregivers a good place to start is with the philosophy that one needs to be safe. We need to be aware that *living has options* and taking the time to understand and prepare for them now helps us make informed choices when the time comes.

Arthritis Support Group

An educational and mutual support group that focuses on helping people with any form of arthritis lead a healthier life. The group will meet again
Thursday, October 8, 11 a.m.

Guest Speaker: **Dr. Butler, Comm. Family Practice**
Open to the general public. Facilitator: **Peggy Rowles**



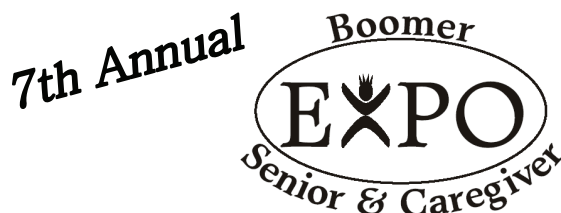
And the winner is???

**At the time of
newsletter printing,
we did not know!**

**Call 776-0501 or come
by The Enrichment Center
to get the results!**

Thank You

The Expo Committee extends a huge thank you to all of our sponsors, volunteers, vendors, workshop speakers, entertainers, the Sheriff's Department, the Dennis A. Wicker Civic Center staff, The Enrichment Center staff and participants for our best yet
Boomer, Senior & Caregiver Expo!



Our Lead Sponsor—Bright Audiology

Our Platinum Sponsors:

**The Enrichment Center of Lee County, First Bank,
The Sanford Herald, First Choice Home Care,
North Carolina SMP, WLHC 103.1,
Central Carolina Hospital, Quality Home HealthCare,
Liberty Commons & Lee County Nursing & Rehab.,
WWGP 1050/WFJA 105.5, Sanford Health &
Rehabilitation, The Bayberry Retirement Inn, Liberty
HomeCare & Hospice & Liberty Medical**

Our Gold Sponsors: Fox Hollow Senior Living, Central Electric Membership Corp., Boom! Magazine, FirstHealth of the Carolinas, Re-Bath of the Triangle, Ammons Chiropractic, BB&T, Carolina Women's Fitness, Community Home Care & Hospice, Siler City Care & Rehab, 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.

Our Silver Sponsors: Pine Ridge Urgent Care & Occupational Medicine Ctr., 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.



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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**The Enrichment Center will be
CLOSED
Monday, September 7, 2009 in
observance of Labor Day.**

**The mission of Lee County Senior Services
is to fashion an achievable vision of successful aging in Lee County.**

Alzheimer's & Caregiver Support Group

A support group that provides a forum for families and friends of individuals with dementia, strokes, etc. to share experiences and information, discuss mutual problems and learn coping skills.

**Join us for a "Purple Party"!
Have some fun and support the fight against
Alzheimer's Disease.**

**Tuesday, September 8, 2009
1:00 p.m.**

Refreshments will be provided.

Facilitator: Judi Womack, 776-0501 ext. 230.

Don't forget, you are welcome to bring your loved one to our **Caregiver Time Out** while you attend the group.

We're on the Move to End Alzheimer's!



Grancare Luncheon *Life's a Journey*

**A support group for grandparents or other relatives
raising grandchildren.**

**Thursday, September 10, 2009
12:00 noon**

**Topic: *Succeeding in School*
Lunch provided.**

Call 919-776-0501 ext. 230 for reservations.

Alzheimer's Disease Facts

Alzheimer's is not a normal part of aging—it's a progressive and fatal disease that attacks the brain. It is the most common form of dementia and there are medications available to help ease symptoms. Find out the 10 warning signs of Alzheimer's Disease and other information about the disease on the Alzheimer's Association—Eastern NC Chapter's web site: www.alznc.org. Or call Judi at 919-776-0501 ext. 230.