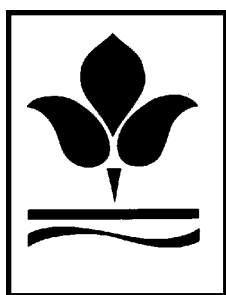


♦ The Center Post ♦

Volume 19 Issue 8

AUGUST 2010

**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**

*Baby boomers make up
28 percent of the
population in the United
States.*

*Over 76 million
Americans were born
between 1946 and 1964,
and statisticians believe
that this generation will
live seven years longer
than previous ones.*

*Boomers are either
currently going through,
or will be shortly,
making life changing
decisions for their
parents, and soon
enough for themselves.*



**Come Celebrate
"Living Well"**

P r e s e n t s

**8th Annual Boomer
EXPO
Senior & Caregiver**

**Wednesday
August 25, 2010
10:00 am - 2:30 pm**

**Dennis A. Wicker Civic Center
1801 Nash St., Sanford, NC
Free Admission and Parking
See what's new for 2010!**

- 100+ Vendors
- Educational Seminars
- Massages, Hair Cuts, Manicures
- 15+ Health Screenings
- Bingo
- Lunch
- Healthy Cooking with Carole
- Lee County Idol at 2:30 pm
- Hourly Prize Giveaways
- GRAND PRIZE \$200 & \$100

Platinum Sponsors



Gold Sponsors

**Tarheel Diabetic & Medical Supply • Ammons Chiropractic • Boom! Magazine
Christian Healthcare Adult Daycare • Spring Arbor of Apex Assisted Living
Liberty Commons Nursing & Rehabilitation Center • Siler City Care & Rehab
Thompson Chiropractic Center, PC • UNC Sanford Specialty Clinics • AARP of NC
Community Family Medicine • Central Carolina Orthopaedic Associates
Four Oaks Bank • Carolina Eye Associates, PA • PC Snyder Music • American Home Patient
Pinehurst Orthopaedic & Joint Replacement Center • Vascular & Vein Center of Pinehurst**



Who will be the next SUPERSTAR?

Are you 35 years old or better and do you love to sing, if so ...
This is your chance to become the Lee County 2010 Idol

Auditions Will Be Held:

Tuesday ~ August 10, 2010 ~ 7:00 p.m.
Depot Park ~ Charlotte Avenue ~ Sanford, NC
(In case of rain, auditions will be held at the Temple Theatre)

There is an entry fee of \$10 to audition. All proceeds will benefit the Helping Fund.

Entry Forms are available at The Enrichment Center of Lee County
1615 S. Third St., Sanford, NC ~ For more information call 919-776-0501

Official Entry Forms should be submitted by Friday (08/06/10)

Please bring any needed items for your performance to the audition

Contestants who are selected at the auditions will perform on



Wednesday, August 25, 2010, 2:30 p.m.
Dennis A. Wicker Civic Center Auditorium
1801 Nash Street, Sanford, NC

The 2010 Idol will receive a \$300.00 Cash Prize &
Runner-Up will receive an Enrichment Center Day Trip for 2 (not to exceed \$150)



The Enrichment Center
of Lee County

Sponsored By



Expo Schedule of Events

- 9:45 a.m. Welcome - Ribbon Cutting (Front Entrance)**
- 10:30 a.m. “Tinnitus (Ringing of the Ears)”** *Dr. Angela Bright Pearson, Bright Audiology (Auditorium)*
- 10:30 a.m. “Chest Pain—When to call 911”** *Jeanette Wood, RN, Central Carolina Hospital (Classroom 102)*
- 11:00 a.m. “Easing Caregiver Burden with TeleHealth Medical Monitoring”** *Patty Upham, RN, Director, Home Care Services, and “Healthy Feet are Happy Feet” Beth Morgan, Program Director, Wound Care & Hyperbaric Center, FirstHealth of the Carolinas (Classroom 102)*
- 11:30 a.m. “Positive Aging: Fitness for the Brain”** *Nancy Broadwell, Program & Family Services Coordinator, Alzheimers NC, Inc. (Classroom 102)*
- 11:30 a.m. “Hearing Aids—Latest and Greatest”** *Dr. Angela Bright Pearson, Bright Audiology (Auditorium)*
- 12:00 p.m. Lunch with Live Entertainment by Paula Snyder**
Prepared & Served by Lee County Sheriff’s Dept. (Outside Under Tent)
- 12:30 p.m. “Listening Therapy”** *Dr. Angela Bright Pearson, Bright Audiology (Auditorium)*
- 12:30 p.m. “Sandwich Generation—The Family Squeeze”** *LGFCU, Local Government Federal Credit Union (Classroom 102)*
- 1:00 p.m. “Income Generation & Wealth Preservation Beyond Retirement”**
Corey Culp, Four Oaks Financial Services. (Classroom 102)
- 1:30 p.m. “Avoid Caregiver Burnout”** *Tonya Maness, BSW Liberty HomeCare & Hospice (Classroom 102)*
- 2:00 p.m. “Advances in Arthritis & Joint Replacement”** *Neil A. Conti, MD, Orthopaedic Surgeon, Pinehurst Surgical (Classroom 102)*

2:30 p.m. Grand Door Prize Drawing - (Main Hall)

2:30 p.m. (Auditorium)

**Sponsored
by:**



**The Enrichment Center
of Lee County**



BINGO 10:30 a.m. - 1:30 p.m. with Door Prizes (Classroom 103)

Sponsored by: Central Carolina Hospital Auxiliary

Legal Aid Intake Day at The Enrichment

Center—First Friday of the month. Friday, August 6, 10:00 a.m.—2:00 p.m. A **FREE** service provided by Legal Aid of NC, Inc. Types of cases accepted: housing evictions, foreclosures, domestic violence, unemployment and benefits denials. Appointments preferred but walk-ins accepted. To schedule an appointment call 1-800-672-5834.

S.A.P. Sanford Area Photographers Club—

Thursday, August 19, 6 p.m. with facilitator **Bob Smith**. Come and share ideas and methods with fellow amateur photographers. Open to the general public for all adults.

“Let’s Talk” with Mayor Cornelia Olive—

Thursday, August 19, 10:30 a.m. Come and share your concerns and views with **Mayor Olive** in this informal setting open to the general public.

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person.

Bands for August: 7th—Southern Exposure, 14th—Bill Pollard Back Porch Country, 21st—The Fabulous Troubadours, 28th—Bill Pollard Back Porch Country.

Yada Sisters Tuesday, August 3, 5:00 p.m. Bring items to make bacon, lettuce and tomato sandwiches to The Enrichment Center and we’ll play cards. *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.

A Novel Approach Book Club—The group will not meet over the summer. Their next meeting will be Tuesday, September 14, 2010 at 12:00 noon and discuss In the Lake of the Woods by Tim O’Brien. Registration is not necessary and the group is open to the general public.

The San-Lee Dancers—The San-Lee Dancers return Tuesday, August 10, 6:00—9:00 p.m. The Bill Pollard Band (Back Porch Country) will play—sponsored by Help-You-Sell (Chatham Lee Realty and Auction). Cost is \$5.00 per person and food to share at intermission. Ages fifty+ (couples and singles) and younger guests welcome!

Living with Vision Loss Support Group—

Wednesday, August 11, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones. This group is open to the general public for all adults.

Mexican Train Dominos with Instructor **Robena Black** will meet Thursdays, 6 p.m.—8 p.m. Learn to play this fun game. Registration encouraged, open to the general public to all adults.

Veteran’s Remembrance Group—The group will not meet in August.

Brick City Captial Line Dancers—are off for the summer and will meet again September 9, 2010.

Hot Topics—Tuesdays in the Game Room at 10:30 a.m. What matters most to you right now? Bring the latest news from newspapers, magazines or other sources you rely upon for important information. Call 776-0501 ext. 201 to register. This group is open to the general public for all adults.

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, August 12 at 10:00 a.m.**

The Enrichment Center Captain’s

Choice Mixed Group—Teams are formed by drawing cards and all skill levels are welcome. **8:04 a.m. Tee Time each Wednesday at Carolina Lakes.** \$16.00 with Cart. **Interested golfers should contact Josie Nagy, 499-1208. A Golf Adventure Brought to You By The Enrichment Center!**

HEAT RELIEF

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 and well being, please call 776-0501 ext. 201, or come by The Enrichment Center for further details and to request a fan.

SCRABBLE...First Thursday at 12:30 p.m. Open to the general public for all adults. Call 776-0501 ext. 201 to register.

Calling all card players...join us on the 4th Wednesday each month at 2:00 p.m. Bring cards, friends and play the game of your choice.

Card Game Canasta, Fridays, 12:30 p.m. with Instructor **Carolyn Arnold.** This group is open to the general public for all adults.

Thank You!

Isaac Winston for sharing fresh watermelons and cantaloupes at The Enrichment Center.

Saturday Nite Dance Group for their contribution to the construction of the front entrance awning.

Jim & Nancy Turner for their donation of photographs,
“Sights and Scenes of Lee County.”

Do you have concerns about falling?

A Matter of Balance

Managing Concerns About Falls

Instructors: Jeanette Redman & Cathy Andrew

When: Fridays, September 3—October 22, 2010

1:00 p.m.—3:00 p.m. Cost: \$5.00

Falling is not a natural part of aging. Many older adults experience concerns about falling and restrict their activities. **A Matter of Balance** is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls.

You will learn to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; exercise to increase strength and balance.

Who should attend? Anyone concerned about falls; anyone interested in improving balance, flexibility and strength; anyone who has fallen in the past; anyone who has restricted activities because of falling concerns.

To register and receive a schedule call 919-776-0501 ext. 201.



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 meat sauce, pork chop, BBQ chicken, tuna salad, baked chicken, fish sandwich, fruit, dessert and beverage. Call 776-0501 ext. 208 for information and to register.

The following 11:00 a.m. Diners Club Programs for AUGUST are open to the general public:

4th—Laurence Poindexter singing & playing guitar
6th—Healthy Feet are Happy Feet with Beth Morgan, FirstHealth of the Carolinas
11th—Program by Miller Boles
13th—Extra Bingo
17th—NO Sassy Red Hatters
18th—Albert Rowe as “Elvis” at 10:30 a.m.
19th—Let’s Talk with Mayor Olive
20th—Joanna Rice playing piano
25th—**Diners Club CLOSED**—due to Boomer, Senior & Caregiver Expo at the Dennis A. Wicker Civic Ctr.
27th—Pre-Op Program with Johanne Estes, Sanford Health & Rehabilitation

YOU ASKED, We listened!

Lee Linked is up and running with four initial social media sites: Facebook ♦ Twitter ♦ Blog ♦ YouTube
Want quick, accurate information about parks and recreation programs, library events, public health news and alerts, The Enrichment Center events and other county department news? Subscribe to our social media sites as soon as possible so you won’t miss an important announcement from any Lee County Government department.

To access, subscribe to and follow Lee County Government’s social media sites, visit www.leecountync.gov and find the social media icons on our homepage. Click any of these icons and you’ll be directed to the corresponding site.

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, October 19, 2010

Senior Day at the NC State Fair. Special events are planned. \$15 per person aboard a chartered bus.

Thursday, October 21, 2010

A Day in NASCAR COUNTRY,

Charlotte, NC! \$105 per person: transportation, tour of Charlotte Motor Speedway, lunch at the Speedway Club, a stop at Hendrick Motorsports and tour of NASCAR Hall of Fame!

December 4 - 5, 2010

Christmas at Myrtle Beach. Trip includes show tickets to The Alabama Theatre and Carolina Opry, overnight accommodations at The Ocean Reef Resort, chartered bus transportation and breakfast. Double \$225, Triple \$215, Quad \$199, Single \$259.

Thursday, December 9, 2010

The Rudy Theatre in Selma, NC. Dinner at Cracker Barrel in Selma (not included). We will see the Christmas lights in Meadow Village.
\$40 per person.

Tuesday, December 14, 2010

Music Super Stars Vince Gill and Amy Grant stop by DPAC with their **Christmas with Amy & Vince Tour.** The Grammy-Award winning husband-and-wife team will present cherished standards and newer seasonal fare, as well as some of their biggest hits. \$100 per person.

May 2—6, 2011

Savannah, the Belle of Georgia. Join us as we tour the historic and genteel city of Savannah. Pick up a flyer today at The Enrichment Center.
Double \$415, Single \$515, Triple \$395

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

VOLUNTEERS NEEDED

Wednesday, August 25, 2010, *8th Annual Boomer, Senior & Caregiver EXPO-* Volunteers are needed to assist in many different areas...registration, greeters, vendor assistance, parking, etc. Any time you give will be greatly appreciated.

Saturday, October 2, 2010, Lee County Alzheimer's Walk- This year's event will again take place at Depot Park in downtown Sanford. Volunteers are needed to assist with registration, parking and setup. Please contact Janice at 919-776-0501 x206 for more information or to volunteer.

Liberty Hospice Services is in need of volunteers to assist with respite, companionship, reading to patients, watching TV, listening or just being there to hold a hand. Please contact Evelyn Bullard, Liberty Volunteer Coordinator, at 919-774-9522.

Christian United Outreach Center needs a person to manage their Thrift Store. Responsibilities will include day-to-day management of a retail thrift store, supporting and training volunteers, daily cash management, increasing community awareness and increasing sales volume. Past retail experience or store supervisory experience would be a plus. To apply, please contact Teresa Dew at 919-774- 8485 or by email at tdew_cuoc@windstream.net.

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. If you believe someone you know may qualify for the Extra Help program, please encourage them to apply on-line at www.socialsecurity.gov, or contact the SHIIP office toll free at 800-443-9354, or Janice Holmes, Lee County SHIIP Coordinator at 919-776-0501 x206.

This assistance application may be completed at any time during the year.

corner**caregiver**

Dear Family Caregivers,
You are cordially invited to
attend our **8th Annual Boomer,
Senior and Caregiver Expo on
Wednesday, August 25th, from
10:00 a.m.-2:30 p.m. at the Dennis A.**

Wicker Civic Center. We will have
products, services and information just for
you. We will also have educational seminars
such as **“Positive Aging: Fitness for the
Brain”** with Nancy Broadwell, Program & Family
Services Coordinator- Alzheimers North Carolina,
Inc and **“Avoid Caregiver Burnout”** with Tonya
Maness, BSW- Liberty HomeCare & Hospice. We will
also have **“Easing Caregiver Burden with TeleHealth
Medical Monitoring”** with Patty Upham, RN, Director,
Home Care Services, FirstHealth of the Carolinas. Come
and enjoy free haircuts, massages and much more. The
Boomer, Senior and Caregiver Expo will have everything
you are looking for under one roof! Come and Enjoy!

See you there. **Judi, Caregiver Advisor**

“ANGELS”

Angels Now Getting Empathy, Love and Support
1st and 3rd Tuesday each month 6:30 p.m.

Gail Valentine, Facilitator

This group has approximately 12-15 participants. It
provides a forum for families and friends of individuals
with dementia, strokes, and other related conditions, to
share experiences and information, discuss mutual
problems and learn coping skills. ***One participant stated
that she enjoys attending and socializing with a very
special group.*** Open to the general public, all adults are
invited. Registration not necessary.

Family Caregiver Cookbook—We are in the
process of putting together a cookbook designed just for
family caregivers. As you may know, family caregivers
have very little time so they need recipes that are simple
and quick. We invite you to share your favorite recipe
(meats, cakes, salads, etc.) that takes very little time to
prepare. Please drop off or send recipes to the
Enrichment Center, 1615 S. Third Street, Sanford, NC
27330 Attn: Cookbook. Thank you!

**The 2010 Sanford/Lee County Alzheimer's
Walk will take place on Saturday, October
2nd at Depot Park in Sanford.**

We invite you
and your friends to walk with us to make a difference in
the lives of those dealing with Alzheimer's disease! You
would be amazed at the number of individuals who are
dealing with a friend or loved one with Alzheimer's
disease-it affects one in ten families. Create a team and
make a commitment to raise any amount of funds you feel
you can. The Alzheimer's Walk provides funding for
programs, services and support for families coping with
Alzheimer's disease in Lee County. Participants recruit
friends, family members and co-workers to walk with a
team or as individuals. To be successful, we need walkers
and teams to collect sponsorships and donations for the
fight against Alzheimer's disease and related disorders.
YOU can make a difference! Planning is underway for
2010 Alzheimer's Walk and there are lots of ways to help.
You can be walker, team member, volunteer or team
captain. Last year we raised \$32,000.00 and it is our goal
this year to meet that and hopefully go over that amount.
You can also donate on line at alznc.org. ***Please call Judi
919-776-0501 Ext. 230 for more information. Checks
are made payable to Alzheimers North Carolina, Inc.
and mailed to the Enrichment Center, 1615 S. Third
Street, Sanford, NC 27330.***

***Thanks, Judi Womack, Lee County Chairman for the
Alzheimer's Walk***

Caregiver Time Out—TUESDAYS 1:00 p.m.

Family caregivers (anyone caring for a loved one), have a
two hour break each Tuesday from 1:00 p.m.—3:00 p.m.
You can bring your loved one to The Enrichment Center
game room for socialization, crafts, music, armchair
exercise and much more. The caregiver will have free
time to run errands, go to the grocery store, watch a movie
or whatever they desire. The workers in **Caregiver Time
Out** are Enrichment Center staff and volunteers. If you
would like further information, please call 776-0501 ext.
230. *This program is made possible by the National
Family Caregiver Grant Program. Donations are
accepted.*

Grief Support—Just during the month of August the
group will meet the 2nd Thursday, August 12th. September
it will go back to the 1st Tuesday of each month
at 1:00 p.m.—2:30 p.m.



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

www.leecountync.gov/ec

***Be sure to tune in to The Enrichment Center Radio
Newsletter Monday through Saturday,
11:35 a.m. on Life 103.1 WLHC-FM.***

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

For the next 18 years, one
American will turn 60 years old
every seven seconds.

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

FREE Computer Classes,

Thursdays Aug. 26—Sept. 23,
1:00 p.m.—4:00 p.m. This is an
introductory course, covering the
fundamentals of computers and
the Internet with added emphasis on software
applications.

Celebrate Senior Center Month Open House,

Wednesday, Sept. 8, 1:00 p.m.—3:00 p.m.

FREE Ballroom Dance Lessons, Mondays,
Sept. 13—Oct. 18, 6:45 p.m.

**Funeral Planning Seminar & Understanding
Cremation,** Tuesday, Sept. 14, 6:00 p.m. with Miller
Boles Funeral Home.

Lunch & Learn, Wednesday, Sept. 15, 12:00 noon
with Johanne Estes of Sanford Health & Rehabilitation.

55Alive Driver Safety Program, Thursday, Sept.
16, 10:00 a.m. — 3:00 p.m. \$12 for AARP members,
\$14 for nonmembers.

Fall Pot Luck Dinner, Thursday, Sept. 30

MARK YOUR CALENDAR
CALL 776-0501 EXT. 201
TO REGISTER.

Martial Arts Self Defense

Class, Thursday, Sept. 16,
1:00 p.m.—3:00 p.m. Learn self-
defense techniques.

Advanced Tai Chi Classes,

by the Arthritis Foundation beginning Monday, Sept.
20, 10:45 a.m.

Let me introduce you...to a computer,

Tuesday, Sept. 21, 6:00 p.m. with Instructor Mark
Coggins. For beginners.

Basic Cake Decorating, Tuesdays, Oct. 5—Nov.
9, 6:00 p.m.—8:00 p.m. with Instructor Cris Elliott.

Healthy Feet are Happy Feet! Thursday, Oct. 7,
2:00 p.m. with FirstHealth of the Carolinas. FREE facts
on foot care.

Flu Shots in partnership with Brick City Primary
Care, Friday, Oct. 8, 9 a.m.—11:30 a.m. or 1:00 p.m.—
4:00 p.m.

Meet the Candidates, Wednesday, Oct. 6, 10 a.m.