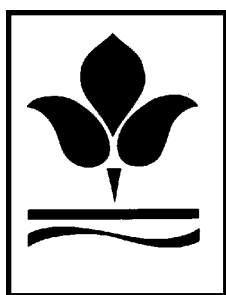


◆ The Center Post ◆

Volume 19 Issue 12

DECEMBER 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 a.m.—8 p.m. and
Friday 8 a.m.—5 p.m.
919-776-0501*

*Look inside for
information on...*

► *Ballroom Dance
Lessons, p. 2*

► *Give Your Plan a
Check-Up!, p. 5*

► *Governor's
Award for
Outstanding
Volunteer Service,
p. 4*

► *Family
Caregivers, p. 6*



*During this holiday season more
than ever, our thoughts turn
gratefully to those who have made
our programs and services a
success. Thank you and best
wishes for peace & joy this
Christmas and a New Year filled
with health & happiness.*

The Helping Fund Needs You

This is the season of the year when we ask you to open your hearts and your wallets to assist one of our most valuable resources—older adults in Lee County.

The economy has played havoc with monthly budgets. Their incomes just cannot take the demand of medical bills, prescription medications, eyeglasses, keeping warm, and the list goes on.

Fuel companies have tightened their belts making it almost impossible to get a delivery of fuel, unless it's more than the average senior can pay. Fuel prices have skyrocketed; however, we must have heat. A monetary gift to the Helping Fund will do so much. Every dollar donated assists an older adult.

Let's pledge to be a beacon of hope for older adults in Lee County and make sure that they are warm this season.

Won't you join me and share your blessings with Lee County's older adult citizens?

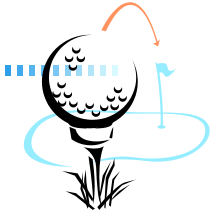
*Margaret B. Murchison, President
The Enrichment Center, Inc. Board of Directors*

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

Make your contribution today to The Enrichment Center's HELPING FUND so that it may continue helping older adults in Lee County who are in a crisis situation and need assistance with utility bills, fuel and medications. Make a donation in honor or memory of a loved one or friend.

Make checks payable to The Enrichment Center, Inc. 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.



The Enrichment Center

Captain's Choice Mixed Group—

Teams are formed by drawing cards and all skill levels are welcome. **9:00 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!*

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

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for December: 4th—Bill Pollard Back Porch Country, 11th—Southern Exposure, 18th—The Fabulous Troubadours, 25th—NO DANCE.**

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

Legal Aid Intake Day at The Enrichment

Center—First Friday of the month. Friday, December 3, 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.

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Tuesday, December 7, 5:00 p.m. Bring a covered dish to share for a Christmas dinner. Remain at The Center to 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.

Ballroom Dance Lessons—FREE with instructor **Judith McDonald**, President of Outreach Programs US Dance. Mondays at 6:45 p.m. December 6, 13, 20, 2010 and January 3, 10, 24, 2011. Class size is limited, call 919-776-0501 ext. 201. Registration required. Open to the general public for all adults.

"Let's Talk" with Mayor Cornelia Olive—

Thursday, December 16, 10:30 a.m. Come and share your concerns and views with **Mayor Olive** in this informal setting open to the general public.

Living with Vision Loss Support

Group—Wednesday, December 8, 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.

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. Volunteers will meet Thursday, December 9 at 10:00 a.m.**

The San-Lee Dancers—The San-Lee Dancers return Tuesday, December 14 with a covered dish dinner at 5:30 p.m. Bring a dish to share! We'll dance 6:00—9:00 p.m. **The Bill Pollard Band (Back Porch Country)** will play. Sponsor **Jimmy Haire Photo Studio**. Cost is \$5.00 per person. Ages fifty+ (couples and singles) and younger guests welcome!

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.

Anyone Can Ride
Dash A Service Provided by
COLTS
Monday-Friday
7:00 a.m. - 5:00 p.m. County of Lee
Transit System

- | | |
|---------------------------------------|-------------------------------|
| 1. Wal-Mart | 5. Riverbirch Shopping Center |
| 2. Central Carolina Community College | 6. Stewart Manor |
| 3. Makepeace Apartments | 7. The Enrichment Center |
| 4. Central Carolina Hospital | 8. Kendale Shopping Center |

\$2.00 per trip. Priority given to age 60+ and disabled passengers. Wheel Chair Lift-Equipped.
For schedules and vouchers
call 919-776-0501 ext. 228.



Mondays
January 24
through
February 28, 2011
1:30 p.m.—4:00 p.m.
with co-facilitators
Debbie Williams
Carole Nicely
Jeanette Redman

*Take **CONTROL** of your health
 AND your life with Living*

Healthy. The Living Healthy Program invites you to participate in a self-management workshop for people with any type of ongoing health problems. These problems may include heart disease, lung disease, stroke, diabetes, arthritis, high blood pressure, overweight, fibromyalgia and others.

Designed at Stanford University, research studies have shown that the workshop is extremely effective in helping people manage their health. Sessions are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The workshops are designed to help you manage pain, fatigue, depression and frustration; improve and maintain health with appropriate exercise; use medication wisely, set goals that are doable; relax and manage stress; etc. **To register for this program call 776-0501 ext. 201. Class size limited to 12.**

Veterans Remembrance Group—Wednesday, December 8, at 2:00 p.m. with guest speaker **Mr. Dan Jones, WWII Veteran.** Open to the general public, all adults are invited. Registration encouraged call 776-0501.

A Novel Approach Book Club—Will meet Tuesday, December 14, 2010 at 12:00 noon and discuss *She Got Up Off The Couch* by Haven Kimmel. Registration is not necessary and the group is open to the general public.

S.A.P. Sanford Area Photographers Club—Thursday, December 16, 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.

Diners A daily celebration



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.

C 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.

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

1st—Laurence Poindexter singing and playing guitar
 3rd—Alaska trip by Mark Coggins
 8th—High Hopes Chorus
 10th—Extra Bingo
 13th—Chair exercise with Kathy
 14th—JR Ingram Elementary School
 15th—Santa's Coming!
 16th—Let's Talk with Mayor Olive
 17th—Extra Bingo
 21st—Sassy Red Hatters
 22nd—Miller-Boles Program
 23rd—Decorate Your Tables for Christmas

NO afternoon Bingo on the 15th or 29th

Enrichment Center
 Mondays
 10:15
CHOIR
New Members Welcome

Thank you to The Nutty Buddies
for the new clock
in the Diners Club!

Tai Chi Classes—By the Arthritis Foundation. Mondays, January 24—April 11, 2011 at 10:45 a.m. with Instructor **Peggy Rowles**. Cost: \$70 payable first class. Open to all adults—space is limited. This program is designed by the **Arthritis Foundation**. It is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems. Open to all adults—space limited. Call 776-0501 ext. 201 to register.

Hope Through the Holidays

UNC Hospice Programs

Thursdays through Jan. 13, 2011
at 10:00 a.m. with Facilitator Ann Ritter.
Held at The Enrichment Center.
To register call 919-542-5545.
Open to the
general public—all adults invited.

AARP Income Tax Filing for 2010

AARP is looking for volunteers to assist in preparing taxes for Lee County older adults. Training will be held January 2011. Volunteers must work a minimum of 8 hours a week during February and March. Call Nancy Johnson at 919-499-5577 for complete details.

Save the Date!

Call 776-0501 ext. 201 to register.

**Thursday, February 10, 2011
Valentine's Dinner**

**Friday, February 25, 2011
Black History Celebration**



**The Public Is Invited to A Reception
Tuesday, December 14, 2010
9:30 a.m.**

At The Enrichment Center

The North Carolina Commission on Volunteerism and Community Service has presented the 2010 Governor's Award for Volunteer Service to three recipients from Lee County. Award recipients are Linda Rapp, Reid Cagle and Sonja Blalock.

The Governor's Volunteer Service Award was first given in 1979. This year marks the 32nd consecutive year of the award that honors people who have shown concern and compassion for their neighbors by making a significant contribution to their community through volunteer service.

Linda Rapp is a very dedicated individual who donates many hours each week to The Enrichment Center. Linda has the ability to prioritize and correctly work through a large quantity of work at an amazing rate. This accomplishment provides a positive impact on the level of service that The Enrichment Center Staff are able to provide. Her commitment throughout the year is a benefit to The Enrichment Center and its participants.

Reid Cagle is a constant presence in the Lemon Springs community. He is the Fire Chief at the Lemon Springs Volunteer Fire Department, a position he has held for many years. His dedication and commitment to the safety and well-being of the community is evident by the many hours of service he provides. Reid has the ability to handle emergency situations in a calm, professional manner.

Sonja Blalock is the Family Readiness Coordinator for Company D, 1-252nd Combined Arms Battalion, NC National Guard. Mrs. Blalock's commitment to the Soldiers and their families is reflected by over 20 years of service. Her steadfast commitment to our military families has been an immeasurable benefit for hundreds of Soldiers, wives, children and parents for many years.

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. Our trips are filled; however, place your name on the waiting list at no cost.

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 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

Give Your Plan a Check-Up!

It's time to evaluate your current Medicare Prescription Drug Plan and see what's new for 2010! 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, 2011, but you must make the changes during Medicare Open Enrollment between November 15-December 31.** FREE assistance in choosing the best plan available for your unique situation is available by appointment with trained volunteers. Call Janice Holmes at 919-776-0501 ext. 206. Or call the NC Department of Insurance SHIIP (Seniors Health Insurance Information Program) at 1-800-443-9354.

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

If you are interested in volunteering at The Enrichment Center or in Lee County or if your organization is in need of volunteers, contact Janice Holmes today at 919-776-0501 ext. 201.



Volunteer Spotlight

The December *Volunteer Spotlight* shines on 3 wonderful volunteers. **Linda Rapp, Reid Cagle and Sonja Blalock** are the 2010 recipients of the Governor's Award for Outstanding Volunteer Service. Linda is a volunteer at The Enrichment Center, where she assists the staff in various administrative duties. Reid is the Chief at Lemon Springs Volunteer Fire Department, a position he has held for many years. Sonja is the Coordinator of the Family Readiness Group (FRG) for the local National Guard unit. These volunteers give many, many hours in their respective service areas and are greatly appreciated. **A reception will be held on Tuesday, December 14 at 9:30 a.m. at The Enrichment Center. Please join us in celebrating their time and service!**

FIVE WAYS TO PROTECT YOURSELF AND AVOID SCAMS

1. ALWAYS read your Medicare Summary Notice. If you notice discrepancies or errors, report them.
2. Never give your Medicare number to strangers or to anyone over the phone or by email. Treat your Medicare number as you would a credit card, and protect it.
3. Remember that Medicare does not sell anything.
4. Keep in mind that Medicare will not try to sell you anything by calling you or sending people door-to-door.
5. Protect your important information from thieves who may dig through your mailbox or trash. Do not keep mail in the mailbox for more than one day. Invest in a crosscut shredder and shred papers before discarding them in the trash.

For more information, contact the North Carolina SMP Program at the Seniors Health Insurance Information Program-1-800-443-9354 or
www.ncshiip.com.

corner



caregiver

Dear Family Caregivers,

Being a caregiver to a loved one can be a challenging and difficult task anytime but during the holidays everything seems much harder for both the loved one and the family caregiver. The following suggestions may help you maintain your own physical, mental, emotional, and spiritual health during the hectic and stressful holidays ahead of us:

1. **Give yourself credit.** I am frequently reminding caregivers to focus on what you can do and not on what you cannot do. Take five minutes at bedtime to recount all that you did during the day.
2. **Maintain your physical health.** Staying healthy by eating right, exercising and taking care of routine medical matters actually helps you cope better with the stresses of caregiving.
3. **Take a break.** It is important to break away from your caregiving activity each and every day. This may be a five minute break each hour or a short break whenever you need it.
4. **Maintain your social network.** Stay in contact with family and friends in order to give you an outlet for the stress that may be building inside you.
5. **Treat yourself.** It is important to “splurge” once in awhile by reading a book, having dinner or a massage, taking a walk, going to a movie, etc. Anything that will focus on you, the caregiver.
6. **Reach out for help.** This can be in the form of respite care in the home, adult day care, home health aide and other support. Friends and family can also provide support.

I hope that you find these suggestions helpful as you travel your caregiving journey during this holiday season. Please feel free to call me, 919-776-0501 ext. 230, if I can assist you in any way.

I wish you and your family a wonderful holiday season.



MERRY CHRISTMAS!

~~~Judi

## “ANGELS”

*Angels Now Getting Empathy, Love and Support*  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday 6:30 p.m.

**Gail Valentine, Facilitator**

This group is growing! 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. This past month the group enjoyed hearing and gained knowledge from special guest speaker Jason B. Sutton of the Elder Care Law Firm. Open to the general public, all adults are invited. Registration not necessary.

## Parkinson's Support Group

Facilitated by **Bob Brickhouse**, this group has about 20 participants each 3rd Wednesday of the month at 10:30 a.m. We encourage anyone with Parkinson's disease and their caregiver to join this group. Open to the general public, all adults are invited. Registration not necessary.

## To Make Holiday Time Easier, Think.....N.O.E.L.

**Note** the effect of the environment and activities on your loved one.

**Observe** normal routine. To decrease anxiety and agitation in your loved one during the holidays, keep his/her routine as normal as possible.

**Expect** changes in the way you celebrate the holidays with your loved one. Capitalize on skills and activities that are still enjoyable to him/her.

**Limit** the expectations you place on yourself. If old traditions don't work, start new ones.

## Caregiver Time Out Holiday Schedule

Tuesdays, December 7th & 14th  
1:00 p.m.—3:00 p.m.

*The Enrichment Center Game Room*  
And/or

Thursdays, December 2nd, 9th & 16th  
2:00 p.m.—4:00 p.m.

*St. Luke United Methodist Church has partnered with The Enrichment Center to provide two hours of respite for the caregiver. Call 919-776-0501 ext. 230 if you are interested.*

**Caregiver Time Out** is designed for adults with dementia and memory loss. Our afternoons promote socialization through activities. Let us help you to be the best caregiver YOU can be!



## *Arnold (Arnie) Kreisberg Family Caregiver Award 2010*

*8<sup>th</sup> Annual Family Caregiver Luncheon  
Held November 16, 2010*

The Family Caregiver Award recognizes an individual or family who embodies the courage to face the challenges of caregiving, the compassion to ensure dignity for their loved one, and the wisdom to reach out for support.

**Arnie Kreisberg**, recipient of the 2010 Family Caregiver Award, is a full time caregiver for his wife, who is battling Alzheimer's disease. His commitment to his wife for more than 10 years is a heart-warming story. This award is designed for people like this caregiver, a most deserving recipient.

Arnie has been self-directing the services that his wife has been receiving during his 10+ years to insure that she receives the best of care. He makes sure she has a good caregiver at all times and makes a point to always be with his wife at meal time to help and give support. He always finds the time and energy to care for her and nourish both her physical and emotional needs, even when he has faced the challenges of caring 24/7.

His mission has always been to make her "happy and safe". The community that this caregiver lives in praises him and states he is someone truly exceptional for he goes the extra mile to help caregivers care for their care recipients when they are in need. Our Family Caregiver Award recipient is very humble in his caring for his wife and would probably tell you "I didn't do anything extraordinary; I just did what seemed like the right thing to do." This year's theme for the National Family Caregivers Month is "Reach Out for Help" and our recipient not only reaches out for help but also gives to others.



## *Grancare Christmas Dinner Party*

Thursday, December 2, 2010  
6:00 p.m.

Join us for dinner, entertainment and a special surprise for everyone!

Please call 919-776-0501 ext. 230  
for reservations.

*Grancare is a support network for grandparents  
and other relatives raising grandchildren.*

### Grandparent Reaches Out

**"It was the best decision we could have made."**

**Carol Atwood, Lee County**

[www.bchfamily.org/offering](http://www.bchfamily.org/offering), November 2010 Issue

Fifteen-year-old Logan is like a lot of teenagers. She attends school. She spends time with friends, and sometimes struggles to follow rules. Before coming to Baptist Children's Homes, Logan's reaction to being told "no" by either her aunt or grandmother, both named Carol, was always explosive. As Logan's primary caregivers, both Carols felt powerless. Their relationship crumbled more each time Logan's anger was unleashed.

Logan was first admitted in November 2009 into a short-term, emergency care cottage designed to accept children quickly. She then settled into Culler Cottage in January 2010. There she made a strong connection with her house parents. "They would sit down and talk with me about things," Logan says. Logan began to thrive in the cottage and at school. Her grades began to turn around. Through resources she made a connection with her love of babies and curiosity of nursing. She has put the two together and hopes to work as a nurse. Logan has returned to live with her Aunt. The conflict is now gone. Logan has a very open and respectful rapport with both her aunt and grandmother. "Logan was on a path we could not get her off of," her grandmother says. "She needed Mills Home. It was the best decision we could've made."



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/ec](http://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.***

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Sanford, NC  
27330  
Permit No. 198

The Enrichment Center will close at 5:00 pm  
on the following dates:  
December 22, 23, 28, 29 and 30<sup>th</sup>.  
We are closed December 24th, 27th and 31st in  
observance of Christmas & New Year's.

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



# Angel Tree

This year's Angel Tree program has new guidelines. Come by The Enrichment Center or call 919-776-0501 ext. 201 to adopt an Angel or to make a contribution. Thank you for your continued support of The Enrichment Center's Angel Tree. The holidays are a lot happier for our Angels because of your joy, hope, love and most of all your generosity.

## **Local Government Volunteers**

### **Are Eligible for LGFCU Membership**

Local Government Federal Credit Union Welcomes You! Whether you are an Enrichment Center volunteer, coach basketball for Parks & Recreation, sort books at the Library, answer phones or simply offer your companionship, you do is important. LGFCU recognizes the efforts of volunteers at all levels of municipal and county government and offers eligibility to join the Credit Union to these individuals and their families. Volunteers are a valued resource of local government. **The Sanford branch is located at 1002 Spring Lane, telephone 919-774-8851.**

Dish: \_\_\_\_\_ **Recipe** Serves: \_\_\_\_\_

### **Family Caregiver Cookbook—**

#### **Thank you for your recipes!**

We have about 30 wonderful recipes; however, we need a total of 100 to put together the cookbook. 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 recipes that take very little time to prepare. Please drop off or send recipes to the Enrichment Center, 1615 S. Third St., Sanford, NC 27330  
Thank You!