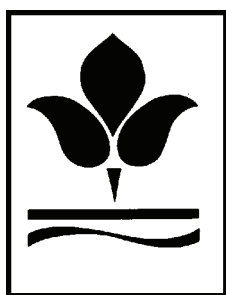


◆ The Center Post ◆

Volume 19 Issue 7

JULY 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

Look inside for
information on...

► **Governor's
Award for
Volunteer
Service**, p. 6

► **Day &
Overnight
Trips**, p. 6

► **Lee County
Idol!**, p. 3

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Balance**, p. 5



*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
PC Snyder Music • Thompson Chiropractic Center, PC • AARP of NC
Central Carolina Orthopaedic Associates • Carolina Eye Associates, PA
American Home Patient • Community Family Medicine
Four Oaks Bank • UNC Sanford Specialty Clinics

Senior Games



& Silver Arts of Lee County

For those age 55 and

Senior Games is a holistic approach to body, mind & spirit staying fit while enjoying the company of friends, family, spectators and volunteers!

2010 Participants!

Congratulations and thank you for supporting the 2010 Senior Games & Silver Arts of Lee County!

Local results are available at The Enrichment Center front desk.

Many thanks again to our
2010 Torch Sponsor



NC Senior Games State Finals
will be held September– October, 2010.
Register by August 1, 2010. Call Jimmy
Solomon for further details,
919-776-0501 ext. 207.

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. Registration is not necessary and the group is open to the general public.

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.

Try yoga...

Reduce Stress
Improve Core Strength
Strengthen bones & joints
Improve posture
Increase flexibility
Improve range of motion



Classes available:

**Monday 8 am, Tues. 5:30 pm
& Friday 8:30 am**

Wear comfortable clothes and bring a mat or towel. Classes are \$15/month and your first month can be pro-rated. Open to all Lee County employees and the general public (age 18 and older). To sign-up or if you have questions or need further details, call 776-0501 ext. 201.



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



First Choice
home care, inc.

Legal Aid Intake Day at The Enrichment

Center—First Friday of the month. Friday, July 2, 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, July 15, 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, July 15, 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 July 2010: 3rd—NO DANCE, 10th—Bill Pollard Back Porch Country, 17th—Southern Exposure, 24th—Bill Pollard Back Porch Country, 31st Raymond Bradley Band.



Tuesday, July 6, 5:00 p.m. Bring a sandwich 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.

The San-Lee Dancers—The San-Lee Dancers return Tuesday, July 13, 6:00—9:00 p.m. The cost is \$5.00 per person (and food to share at intermission). Ages fifty+ (couples and singles) and younger guests welcome! Shirley Buchanan will teach a line dance. The **Bill Pollard Band (Back Porch Country)** will play, sponsored by **Help-You-Sell Auction & Real Estate**.

Water Aerobics—This form of exercise is refreshing and is known to be the easiest on our joints. Classes are held at OT Sloan Pool **Mondays—Wednesdays—Fridays at 11:00 a.m.** The cost is \$25 for the summer. **Mondays & Wednesdays at 5:30 p.m.** The cost is \$10 per month. Call 776-0501 ext. 201 to register.

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 July or 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.

Movie Day & Lunch—will meet Monday, July 12th at 10:00 a.m. Register for lunch at The Enrichment Center where you can relax and enjoy your meal while watching a great movie!

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, July 8 at 10:00 a.m.**

Breast Cancer Support Group—2nd Tuesday of each month, 7:00 p.m. at The Women’s Center at Central Carolina Hospital, 1135 Carthage Street. For more information, go to their web site www.breastnavigator.com.

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!*

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.

Grief Support Group - Losing someone hurts. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. Do you need to talk to someone who understands? Find others in the same situation and **join us Thursday, July 1, 1:00 p.m.– 2:30 p.m. with Facilitator Linda Moore, MSN. SPONSORED BY: ROGERS-PICKARD FUNERAL HOME.**

Mark Your Calendar

Do you have concerns about falling?

A Matter of Balance **Managing Concerns About Falls**

Instructors: Jeanette Redman & Cathy Andrew
When: September 2010
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 controlling; 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.



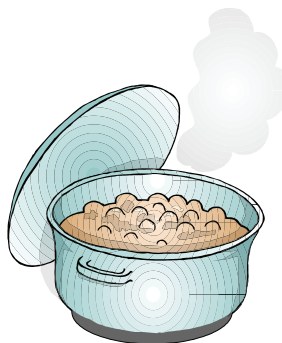
Please Join Us for Lunch in The Enrichment Center's Diners Club! A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better.

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 JULY are open to the general public:

2nd—decorate for 4th of July Independence Day
5th—Holiday—CLOSED
7th—**Laurence Poindexter** singing and playing guitar
9th—**Fall Prevention with Jane Armstrong**, Triangle J Area Agency on Aging
12th—FREE Watermelon and cantaloupes from **Isaac Winston**
14th—**Miller Boles** program
15th—Let's Talk with **Mayor Olive**
16th—**Bob Lewandowski** will play the accordion
19th—**Arnie Kriesburg**, "All About Alaska"
20th—**NO Sassy Red Hatters Meeting**
21st—Beach Music, Come and Dance with Us!
22nd—Extra Bingo
28th—Life Line with **Kevin Harper**
29th—Pot Luck at 5:30 p.m.

Living with Vision Loss Support Group—Wednesday, July 14, 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.



Pot Luck
Thursday, July 29
5:30 p.m.
Bring your favorite covered dish.
Register by calling 776-0501 ext. 201.

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.

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.

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. **If you are interested in this trip, please call Janice at 919-776-0501 x206 as soon as possible.**

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.

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

Governor's Award for Volunteer Service 2010

The Awards honor the true spirit of volunteerism by recognizing individuals, groups and businesses that make a significant contribution to their community through volunteer service. Any person, group, or business from the public, non-profit and private sector may be nominated for an award.

Nomination forms are available at The Enrichment Center. Forms are also available at www.leecountync.gov.

**Please return the completed forms to the Enrichment Center, 1615 S. Third Street, Sanford, NC 27330,
no later than Friday, July 30, 2010.**

**For more information, contact Janice Holmes, Volunteer Services Coordinator,
at 919-776-0501 x206.**

ATTENTION!

Recently, information was mailed to all who receive Medicare regarding the **Affordable Care Act** passed by Congress earlier this year. Please rely on your trusted sources of information.

Unfortunately, there are people who attempt to take advantage of situations where you may have a question and/or concern that is Medicare related.

You may contact Medicare at 1-800-MEDICARE, SHIP (Seniors Health Insurance Information Program) at 1-800-443-9354 or Janice at 919-776-0501 x206 for assistance. **Don't give your Medicare information to anyone who isn't a trusted source.**

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Memorable Moments

Family picnics, fireworks and fancy parades are just a few of the images that come readily to mind when folks start recalling the joys of summer. We have July 4th celebrations to reflect on our freedom.

Freedom is not something that comes without precautions or work. All through our history freedom is fought for. Many have given their lives so that we might enjoy the freedom we take for granted each day. As we celebrate our July 4th Independence Day, let's all remember our troops and their families. Even today we fight for our freedom, and still fail to see what freedom truly is. Enjoy your July 4th!

Judi, Caregiver Advisor

Summertime is here! Heat Safety Tips

Increase your intake of non-alcoholic, non-carbonated, caffeine free beverages such as water and juice. Avoid the outdoors during extreme heat. Stay out of the sun. Wear clothing that is light in color and loose fitting. Eliminate strenuous activity such as running, biking and lawn care work when it heats up. Eat less food that increases metabolic activity, such as proteins. Eat more fruits and vegetables; they supply us with water as well.

“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.

New! Caregiver Time Out **Thursdays 1 p.m.—3 p.m.**

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

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.*

Family Caregiver of the Year **Nominate Someone Today**

Many families and individuals are caregivers to loved ones who are afflicted with an illness or injury and are most commonly an older adult. These caregivers can be a daughter, son, parent, spouse, sibling, another relative or even a friend of the person in need of assistance. Caregivers frequently make great personal sacrifices to provide care for their loved ones, sometimes to the detriment of their own health and well-being. Many times the family caregivers are the ones relied upon to provide care in the home. According to the National Family Caregivers Association, the service provided by family caregivers represents 80% of all home care services. Due to the humility of many of these dedicated individuals, their everyday sacrifices are often unrecognized and under-appreciated. The **Annual Family Caregiver Award** allows The Enrichment Center of Lee County the opportunity to recognize the caregiver who has surpassed the regular call of duty to enhance the quality of life for their loved one. **For more information about the guidelines and to make a nomination, contact Judi Womack at 919-776-0501 ext. 230.**

8th Annual **Boomer, Senior & Caregiver Expo!**

Wednesday, August 25, 2010
Dennis A. Wicker Civic Center
10 a.m.—2:30 p.m.

Caregivers! Be sure to mark your calendars for lots of fun, information, services, products, educational seminars, lunch, entertainment and so much more! *If you know of someone that would like to be an exhibitor, we have limited space. Call Judi at 919-776-0501 ext. 230 immediately.*



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.
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Sanford, NC
27330
Permit No. 198

The Enrichment Center will be CLOSED
Monday, July 5, 2010 in observance of
Independence Day.

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

2010 Enrichment Center Golf Tournament



Successful - Thank You!

The Enrichment Center of Lee County, Inc. would like to thank the many sponsors, patrons and volunteers for their support on Friday, May 07, 2010. The 3rd Annual Helping Fund Golf Tournament was held at Quail Ridge Golf Course and **with your support we surpassed our goal and raised \$8000.** All proceeds will benefit the Helping Fund which assists over 300 indigent older adults each year maintain the basic necessities of life.

PLATINUM SPONSOR \$1000 - JUMP 23, INC.

GOLD SPONSOR \$600—Unfinished Furniture Outlet, Inc., Central Electric Membership Corporation, First Bank

SILVER SPONSOR \$300—Fidelity Bank, Lee Builder Mart, Inc., First Health of the Carolinas, Peak Resources (Pinelake), Carthage Healthcare, Inc., Sanford Cardiology, Sanford Contractors, Inc. , Sanford Area Society of Shaggers, 72 Degrees Heating & Air Conditioning

BRONZE SPONSOR \$100—Pat & Lane Vanderhoek, All Digital Printing, Lions Club - Nelson/Crigler, Edward Jones, Tracy Carter for Sheriff, Crescent Bank, Carlyle Edmundson, Fred & Margaret Murchison, Tramway Stone & Mulch, Perry Brothers Tire Service, Dollar Rent A Car, Santos "Rod" Rodriquez, David Fisher, DDS, Wilkinson Automotive, Dusty Phillips, Bay Breeze Seafood, H. H. Hunt, KW Insulation, Wilson & Reives, Atlantic Truck & Tire, Toyota of Sanford, Sandhills Orthodontics, WWGP Broadcasting, A Few Nice Things, Inc.

PATRONS—Carolina Lakes Golf Course, Kenneth Neilsen, Perry Brothers Tire Service, Carolina Trace Country Club, Fidelity Bank, Sanford Golf Course, Kelly's Diamonds Unlimited, Foxfire Resort & Golf, Farm Bureau Insurance, Wells Fargo Financial Advisors, Temple Theatre, The Carpenter's Shop, Atlantic Truck & Tire, Dollar Rent A Car, Garden of Eden Specialty Soaps, The Enrichment Center, Added Accents, Kathryn's Hallmark, Image One Signs and Quail Ridge Golf Course