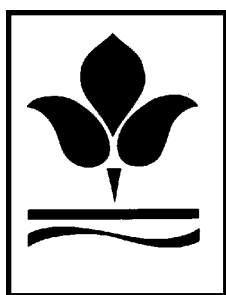


♦ The Center Post ♦

Volume 19 Issue 9

SEPTEMBER 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...*

► *Lunch &
Learn, p. 3*

► *The perfect
gift, p. 6*

► *Are you a
NASCAR fan?
p. 6*

► *Caregiver
Award, p. 8*

Alzheimer's Walk

Saturday, October 2, 2010 Depot Park

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

Come out & walk "in honor of" or "in memory of" a loved one.

Goal \$35,000



alznc™
Alzheimers North Carolina, Inc.

Lead Sponsor:



Here for you...

today and tomorrow

**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. ***In 2009 we raised \$32,000.00. This year we hope to raise \$35,000. Donations can be made on line at alznc.org. Please call Judi 919-776-0501 Ext. 230 for more information or stop by The Enrichment Center. Checks are made payable to Alzheimers North Carolina, Inc. and mailed to the Enrichment Center, 1615 S. Third Street, Sanford, NC 27330.***

Senior Center Month

Open House

Wednesday, September 8

See page 4 for complete details...



Legal Aid Intake Day at The Enrichment

Center—First Friday of the month. Friday, Sept. 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.

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!

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.

yada sisters Tuesday, Sept. 7, 5:00 p.m. Meet at Crossroads Grill for dinner. Return to The Enrichment 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.

A Novel Approach Book Club—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, September 14, 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. **Shirley Buchanan** will teach a line dance. Ages fifty+ (couples and singles) and younger guests welcome!

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

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

S.A.P. Sanford Area Photographers

Club—Thursday, Sept. 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.

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.

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 9 at 10:00 a.m.**

Let's Talk" with Mayor Cornelia

Olive—Thursday, September 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, September 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.

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.

**To register for these classes,
call 776-0501 ext. 201.**

FREE Computer Classes, Thursdays through 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.



FREE Beginners Line

Dancing—Thursdays, Sept. 9 through October 14, 2:00 p.m. with Instructor **Shirley Buchanan**. Wear comfortable clothing and shoes with leather bottomed soles. No sneakers.

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**. Losing a loved one suddenly or after a prolonged illness or diagnosis is never easy. After a death is the question, “What’s next—literally?” Miller Boles Funeral Home will provide an evening seminar that will answer any questions you may have in regards to funeral services, cremation and pre-planning.



Lunch & Learn Wednesday, Sept. 15, 12:00 noon with **Johanne Estes of Sanford Health & Rehabilitation**. Johanne will discuss how to

become a VIP member of their Pre Op Program and meet admission requirements prior to your hospital stay. This information will help you with planning for your best care. *Lunch & Learn is brought to you to educate, inform and enlighten you on a variety of topics.*

55Alive Driver Safety Program, Thursday, Sept. 16, 10:00 a.m. – 3:00 p.m. with Instructor **Ursula Capewell**. \$12 for AARP members, \$14 for nonmembers. This course covers age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements.

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, 28 & Wednesday, Oct. 6, 13, 6:00 p.m. with Instructor **Mark Coggins**. For beginners.

**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.

Currently there is a waiting list for this class.
Call 919-776-0501 ext. 201
to register for our next class.

Veterans Remembrance Group,

Wednesday, Sept. 8 at 2:00 p.m. with two guest speakers at this meeting. Mr. Barrie Davis, who was awarded the Silver Star, Distinguished Flying Cross, Air Medal with 13 Cluster, Purple Heart and European Theater of Operations Medical with 5 campaign stars. Mr. Charles Briggis will also be speaking.

FREE Martial Arts Self Defense Class,

Thursday, September 16, 1:00 p.m.—3:00 p.m. Learn self-defense techniques from **Instructors Jeremy Jackson & Wayne Howie of Black Belt Leadership Academy**. Call 776-0501 ext. 201 to register.

Senior Center Month



Open House

Wednesday
September 8

1:00 p.m. – 3:00 p.m.

Door Prizes

Tours

Refreshments

Our purpose is to connect boomers, seniors and family caregivers with meaningful educational and volunteer opportunities; increase their access to benefits and resources and offer them tools to manage their health and finances. The majority of our activities and programs are open to all adults.

The general public is invited to attend Open House and make a connection with The Enrichment Center! Registration is not required.

Diners Club



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.

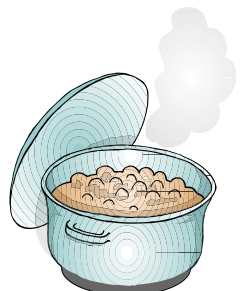
The following 11:00 a.m. Diners Club Programs for SEPTEMBER are open to the general public:

- 1st—Laurence Poindexter singing & playing guitar
- 3rd—Extra Bingo
- 6th—CLOSED—HOLIDAY
- 7th—Games for Diners Club
- 8th—Miller Boles Program
- 9th—Games for Diners Club
- 10th—Ollie McLucas demonstrating Wii Bowling at 10 a.m.
- 10th—NO Bingo
- 13th—Choir practice at 10:15 a.m.
- 13th—Decorate tables for Grandparent's Day
- 15th—Marian Steffen talks about "The Importance of Organ Donation"
- 16th—Let's Talk with Mayor Olive at 10:30 a.m.
- 17th—Carolyn Arnold talks about "How to Work with Loss of Sight"
- 21st—Sassy Red Hatters
- 22nd—Meet The Enrichment Center Staff & serving Yarborough's ice cream
- 22nd—Happy Birthday to Debbie Williams!
- 24th—Decluttering Tips from Jane Armstrong
- 29th—Joe Cherry from Lee County Solid Waste

Pot Luck

Thursday, Sept. 30th
6:00 p.m.

Bring your favorite fall food. We will provide tea, coffee and entertainment. Register by calling 776-0501 ext. 201.



FREE Prostate Cancer Screening,

Saturday, September 18, 8:00 a.m.—12:00 noon at The Enrichment Center by Central Carolina Hospital. Free PSA screenings to men 50+ and to younger men who have high risk factors: age 65+, family history (father or brother with prostate cancer), race (African American men have a higher risk than other races). To pre-register call 800-483-6385.

September is

Prostate Cancer Awareness Month

Prostate cancer is second only to lung cancer in annual deaths of U.S. men. It is the single most common form of solid tumor in humans. In North Carolina, there are about 7000 men diagnosed with prostate cancer and about 800 die of this chronic disease every year.

It is estimated that there are more than 9 million men with prostate cancer worldwide. **This number will grow dramatically as the millions of “boomers” enter their 40s, 50s and 60s.**

There is good news that men are living longer after being diagnosed with prostate cancer because of early detection. Multiple organizations recommend annual testing for all men aged 40 and older. If there is a family history of this cancer or if one is African-American, then screening may begin at age 35. Annual testing involves a blood test, prostate specific antigen (PSA) and a digital rectal exam (DRE). **Usually, there are no signs or symptoms of one having prostate cancer – it is a ‘silent disease’.**

Early detection and treatment is the best hope for success. Just like with other cancers, the sooner it is detected and treated the better are the chances of being “cured”. The Prostate Cancer Coalition of North Carolina has a web site that offers valuable information about prostate cancer, especially the newly diagnosed – www.pccnc.org.

One myth is that prostate cancer is an ‘old man’s disease’. Not true. Men at risk need to establish baselines and monitor with an annual PSA blood test. Each man should know his score = the actual PSA number. There are profiles for the PSA number for age, race and change in the number over time (known as PSA velocity) that better predict the occurrence of prostate cancer.

Up & Coming...OCTOBER

To register call 776-0501 or come by The Enrichment Center for full details.

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

Card Party...and games, too!

Co-sponsored by Miller-Boles Funeral

Home, Tuesday, Oct. 5, 2:00 p.m.—5:00 p.m. and/or 7:00 p.m.—9:00 p.m. Cost \$3 per person, per session. Refreshments and door prizes at each session. Bring your friends and join us for an afternoon and evening of cards, games, food and fun! Your table plays their choice of games: Texas Hold’Em, Bridge, Canasta, UNO, Pinochle, Dominoes, etc. All proceeds benefit The Enrichment Center’s Helping Fund, a fund used to assist older adults who are in a crisis situation.

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 & Greet the Candidates, Wednesday, Oct. 6, 10 a.m.

Money Talks: Managing Your Money, Thursday, Oct. 7, 10 a.m. —12 noon. with **Ophelia Livingston.** **Money Talks: Managing Your Money** seminars aimed at helping consumers and small businesses make more informed choices. These seminars offer information, knowledge and experience to help our communities and their families make complex financial decisions with confidence. The series of seminars covers a range of financial needs - including credit and budgeting (workbook included), insurance products, automotive options, mortgage finance and banking services. *There is no buying or selling involved and each seminar is free and open to the public. Call 776-0501 ext. 201 to register.*

FREE mammogram by Rex UNC Healthcare Mobile Mammography, Tuesday, Oct. 12, 10 a.m.—2:30 p.m. Call Sharon Lucas at the Lee Co. Health Dept. to register 718-4640 ext. 5317.

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.

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 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

The Perfect Gift



*Trip Gift Certificates
are available!*

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

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.



Volunteer Spotlight

September's Volunteer Spotlight shines on a group of individuals who dedicated their time at the Expo. The 2010 Boomer, Senior & Caregiver

Expo would not be as successful as it was 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!

SHIIP

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 the 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 SHIIP: 1-800-443-9354 or Janice Holmes, SHIIP Coordinator, at 919-776-0501 x206 for more information.

corner



Caregiving is a rewarding experience.

We hear a lot about the stress of caregiving but it also has its rewards. I actually have had first hand experience the last week of July and a couple of weeks in August. My mom had to be hospitalized here in Sanford and again in her hometown, Goldsboro. I have always advised the family caregivers that visit me here at The Enrichment Center to share the care with their family members. I do understand now how other caregivers feel. It is easier said than done. You just feel you have to be with your loved one when they are so sick, so now I need to take my own advice and share the care. I have been blessed with two loving and wonderful sisters that are willing to share that care. My mom is feeling better and it is great spending time with her and my sisters. Caregiving does have its rewards.

~~~Judi, Caregiver Advisor

### Save the date!

#### UNC Hospice Programs with Ann Ritter

##### *Holiday Grief Workshop*

Wednesday, Nov. 17 at 10:00 a.m.

##### *Getting Through the Holidays*

Thursdays, Nov. 18—Jan. 6, 2011 at 10:00 a.m.  
Call 776-0501 ext. 230 to register.

### **"ANGELS"**

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

**Gail Valentine, Facilitator**

This group 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. Open to the general public, all adults are invited.

Registration not necessary.

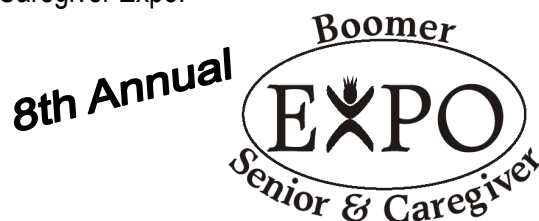
### **And the winner is?**

At the time of newsletter printing, we did not know! Call 776-0501 or come by The Enrichment Center to get the results of Lee County 2010 Idol!



# Thank you

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



**Lead Sponsor: Bright Audiology**

**Platinum Sponsors:** The Enrichment Center of Lee County, First Bank, The Sanford Herald, First Choice Home Care, WLHC 103.1, Central Carolina Hospital, Quality Home HealthCare, WWGP 1050/WFJA 105.5, Sanford Health & Rehabilitation, The Bayberry Retirement Inn, Liberty HomeCare & Hospice & Liberty Medical Specialist, First Health of the Carolinas, Carolina Women's Fitness Center, Pinehurst Surgical, Connected Care Cary/Outreach NC

**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.

**Silver Sponsors:** Re-Bath of the Triangle, Advanced Hearing Care, Scotia Village Retirement Community, Peak Resources-Pinelake Health and Rehab, Family Chiropractic Center, Rainbow Distribution, Adcock & Associates, Lee County Phone Book, Central Electric Membership, Hope Cottage, LLC, Benefit Edge of the Carolinas, Inc., Miller Boles Funeral Home, The Painted Petal, Massage & Bodywork Studio, Curves of Sanford, Kerr Drug, Natures Natural Nutrition, The Laurels of Chatham, Becky Pool-Mary Kay Beauty Consultant, ComForCare Senior Services, Black Belt Leadership Academy, Visalus, Lesley Enterprises, Erastus Smith, Jr. MD, Great American Senior Benefits, Duke Heart Center, Pinehurst Radiology.

# 8th Annual Family Caregiver Award

Families and friends caring for individuals are very special people!  
We invite you to nominate someone for our 2010 Family Caregiver Award.

## Nomination Form

The Enrichment Center recognizes that there are many families and friends in Lee County caring for individuals with dementia, Alzheimer's, strokes and other related conditions either part time or full time. In most cases those providing the care do not recognize themselves as caregivers. The Enrichment Center's caregiver program desires to be available to family caregivers through support services, education and respite relief opportunities.

Families and friends caring for individuals are very special people! We invite you to nominate someone for our 2010 Family Caregiver Award. The application process is very simple: tell us in what capacity you know the individual being nominated; what makes this person special to you; list examples of how this person goes above and beyond the regular call of duty; how does the individual being nominated set an example for other family caregivers?

### Nominator's Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number (s): \_\_\_\_\_

Are you (check one): \_\_\_\_ a family member \_\_\_\_ other

*RELEASE: I hereby grant permission to The Enrichment Center of Lee County to publish and distribute the following nomination form.*

*I understand this nomination will be returned with a Certificate of Outstanding Achievement to the individual I nominate.*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name of Nominee: \_\_\_\_\_

In what capacity do you know the individual being nominated?

\_\_\_\_\_

What makes this person special to you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List specific examples of how the individual being nominated goes above and beyond the regular call of duty to enhance the quality of life for their loved one. \_\_\_\_\_

\_\_\_\_\_

How does the individual being nominated set an example for other family caregivers? \_\_\_\_\_

\_\_\_\_\_

Attach an additional page if necessary. It is recommended that the nominator include a support letter of 200 words or less with the application.

Please send completed form to:

The Enrichment Center of Lee County  
1615 S. Third Street, Sanford NC 27330

Attn: Judi Womack, Caregiver Advisor 919-776-0501 ext. 230



# Fall Festival

Saturday

October 23, 2010

8 a.m.—2 p.m.

**Vendors!**  
**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.

## **Our Fall Festival features:**

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



## **Attention Volunteers!**

As a volunteer for a Lee County  
Government Department, you and your  
family members are eligible to be  
members of the Local Government  
Federal Credit Union—LGFCU.

LGFCU is located at  
1002 Spring Lane, Sanford  
919-774-8851  
[www.lgfcu.org](http://www.lgfcu.org)

Local Government Federal Credit Union  
(LGFCU) is a not-for-profit, member-owned  
financial cooperative established to serve the  
financial needs of local government  
employees, elected officials,  
volunteers and their families.

For 25 years, LGFCU has been dedicated to the  
"people helping people" principle adopted by  
credit unions worldwide. Their mission is  
"To improve the lives of our members."

Although some find it confusing when they first go  
to a branch with a State Employees' Credit Union  
sign, the LGFCU and SECU connection is a  
simple one. Through a contractual agreement,  
LGFCU pays SECU personnel to provide services  
to LGFCU members. This is an efficient and  
convenient way to serve each and every member.

**LGFCU offers: checking, savings (shares),  
credit card, certificates of deposit, auto/home/  
personal/mortgage loans, insurance policies  
and much more.**

**If you need further details ask for  
Melanie Rodgers, LGFCU Advisory  
Council member, Administrative and  
Marketing Assistant for The Enrichment  
Center, 776-0501 ext. 214.**



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.***

Non-Profit Org.  
U.S. Postage  
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27330  
Permit No. 198

**The Enrichment Center will be  
CLOSED  
Monday, September 6, 2010  
in observance of Labor Day.**

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

### **Caregiver Time Out—Tuesdays**

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 call 776-0501 ext. 230. *This program is made possible by the National Family Caregiver Grant Program. Donations are accepted.*

### **Powerful Tools for Caregivers**

**Tuesdays, Oct. 5—26 at 5:30 p.m.**

This is a FREE educational program designed to provide caregivers with the tools they need to take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home or across the country. *This program is made possible by the National Family Caregiver Grant Program. Donations are accepted. Call 776-0501 ext. 230 to register.*

### **Grancare Luncheon**

Thursday, September 9, 2010  
12:00 noon.

Grandparents and other relatives raising grandchildren join us for lunch and connect with others in the same or similar situations. Lunch will be served. Please register by calling 919-776-0501 ext. 230.

### **Fall is Coming- What Foods Remind you of Autumn?**

We love fall! It's a time to begin making cobblers, herb crusted pork roast, and apple crisp. Share your simple recipes to include in Caregiver Cookbook. We'd like to share an easy cobbler recipe with you:

#### **Peach Cobbler**

|                         |                                                  |
|-------------------------|--------------------------------------------------|
| 1 cup self-rising flour | 1 cup sugar                                      |
| ½ stick butter          | Pinch of salt                                    |
| ½ cup of milk           | Large can of peaches or fresh sweetened peaches. |

Pour peaches into bottom of baking dish. Mix flour, sugar and salt. Add butter and milk. Pour over peaches. Bake 350 degrees until brown. Send your recipe to The Enrichment Center, 1615 S. Third Street, Sanford, N. C. Attn: "Caregiver Cookbook".

