

# The Center Post

Volume 20 Issue 8

AUGUST 2011

*The Enrichment Center  
Hours of Operation:  
Monday—Thursday  
8 a.m.—8 p.m. and  
Friday 8 a.m.—5 p.m.*

Our purpose  
is to connect boomers,  
seniors, family  
caregivers and veterans  
with meaningful  
educational and  
volunteer  
opportunities; increase  
their access to services,  
benefits and resources  
and offer tools to  
manage health  
and finances.

## Attention:

**Telephone  
Extensions  
at The  
Enrichment  
Center have  
changed.**

**Add a 2 in front of  
the extension.  
Example: front  
desk 201 is now  
2201.**



P r e s e n t s



*Come Celebrate  
"Living Well"*

- 100+ Vendors
- Educational Seminars
- Massages, Hair Cuts
- 15+ Health Screenings
- Bingo

**Wednesday  
August 31**

**10 am - 2:30 pm**

**Dennis A. Wicker Civic Center  
1801 Nash Street, Sanford, NC**

**Free Admission and Parking  
See what's new for 2011!  
~All Adults Welcome~**

- Lunch
- Hourly Prize Giveaways
- Mini Facials
- GRAND PRIZES

## Platinum Sponsors



*The Enrichment Center  
of Lee County*

*The Bayberry Retirement Inn*

*The Sanford Herald*



## Gold Sponsors

**Total Life Care, Inc. • AARP - North Carolina • Ammons Chiropractic Clinic  
Community Family Medicine • Carolina House of Pinehurst • Quality Home Health Care  
Thompson Chiropractic Center • BOOM! Magazine • UNC - Sanford Specialty Clinics  
Siler City Care & Rehab • Tarheel Diabetic & Medical Supply, Inc. • Four Oaks Bank  
Somalase Skin & Laser Institute/Services by DVCS**

## ***Expo Schedule of Events***

- 9:45 a.m.**     **Welcome - Ribbon Cutting (Front Entrance)**
- 10:00 a.m.**     **"The Menopause Years and Beyond—Taking Care of Our Health"**  
*Angela Walling, FNP-BC, Pinehurst Surgical (Auditorium)*
- 10:30 a.m.**     **"Tips for Managing Your Tinnitus (Noises in the Ear)"**  
*Dr. Angela Bright Pearson, Bright Audiology (Auditorium)*
- 10:30 a.m.**     **"End of Life Issues"** *Dana Smith, Liberty Home Care & Hospice (Classroom 102)*
- 11:00 a.m.**     **"Update in the Prevention and Treatment of Breast Cancer"**  
*Amelia Jeyapalan, MD, Pinehurst Surgical (Auditorium)*
- 11:00 a.m.**     **"Planning for a Secure Retirement"** *Craig Remington, Four Oaks Bank, Financial Services (Classroom 102)*
- 11:30 a.m.**     **"Diagnostic Hearing Evaluation Versus 'Free Hearing Test' - What's the Difference?"** *Dr. Angela Bright Pearson, Bright Audiology (Auditorium)*
- 11:30 a.m.**     **"Controlling Stress with Exercise"** *Dianne Foushee, Carolina Women's Fitness Center (Classroom 102)*
- 12:00 p.m.**     **Lunch with Entertainment** *Prepared & Served by Lee County Sheriff's Dept. Provided by Miller Boles Funeral Home in Honor of their 100th Anniversary!*
- 1:00 p.m.**     **"Leg Pain: Symptoms, Causes, Treatment"** *Robert Albrecht, MD, Vascular Surgeon, Pinehurst Surgical (Auditorium)*
- 1:00 p.m.**     **"Answers to the Commonly Asked Questions about Alzheimer's Disease"** *Lisa Levine, Alzheimers NC, Inc. (Classroom 102)*
- 1:30 p.m.**     **"Lyric Hearing Aid: No Daily Removal, Cleaning or Batteries!"**  
*Dr. Angela Bright Pearson, Bright Audiology (Auditorium)*
- 1:30 p.m.**     **"Stroke and Heart Emergencies: Risks and Symptoms with Q&A"**  
*Timothy Simmons, AAS, Paramedic, CCH Advanced Life Support (Classroom 102)*
- 2:00 p.m.**     **"Questions and Answers: Hearing Loss and Hearing Aids"**  
*Dr. Angela Bright Pearson, Bright Audiology (Auditorium)*
- 2:00 p.m.**     **"Home Safety"** *Malene Blair, MS, OTR, Liberty Commons of Lee County (Classroom 102)*
- 2:00 p.m.**     **"Breathing Well - Aging and Environmental Factors"** *Cindy Julich, FNP, Community Family Medicine (Classroom 103)*
- 2:30 p.m.**     **Grand Door Prize Drawing (Main Hall)**

**BINGO 10:00 a.m. - 2:00 p.m. with Door Prizes (Classroom 103)**

*Sponsored by: Central Carolina Hospital Auxiliary*

**9th Annual Boomer**  
**EXPO**  
**Senior & Caregiver**  
 Wednesday  
 August 31  
 10 am—2:30 pm  
 Dennis A. Wicker  
 Civic Center

### **Silver Sponsors**

Re-Bath of the Triangle  
 Advanced Hearing Care  
 Peak Resources- Pinelake Health  
 and Rehab  
 Family Chiropractic Center  
 Lee County Phone Book  
 Central Electric Membership  
 BSD, Inc.  
 ComForCare Senior Services  
 Rainbow Distributors  
 Edward Jones  
 Comfort Keepers  
 Curves  
 Sanford Health and Rehab  
 Spring Arbor of Apex Assisted Living  
 Cambridge Hills Assisted Living  
 It Works Marketing  
 Pinehurst Radiology Associates  
 Massage and BodyWork Studio  
 Crescent State Bank  
 Adcock Real Estate  
 Local Government Federal Credit Union  
 Southern Pines Retirement  
 Law Offices of Sara Harrington  
 United Assist Medical Supply, Inc.

## **Hot Dog Lunch**



Sponsored by Miller  
 Boles Funeral Home  
 in Honor of Their  
 100th Anniversary

**Grilling and Serving**  
**by Sheriff Tracy Carter and Staff**

***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. 2206.

# Attention!

***Time is RUNNING OUT!*** Volunteers are needed to assist  
 with the **2011 Boomer, Senior & Caregiver  
 EXPO...** Give Janice a call at 776-0501 ext. 2206 for  
 available positions. Volunteers will have early admission  
 to the Expo and health  
 screenings as a show of our appreciation.

**Call 919-776-0501 ext. 2201  
 to register for these classes:**

**55 Alive Driver Safety Program**—Thursday,  
 August 25, 10 a.m.—3 p.m. with **Instructor Phil Bruce**.  
 Cost \$12 for AARP members, \$14 for non members,  
 payable at class. **In honor of their commitment to  
 teaching, this class is offered FREE to educators.** This  
 classroom course covers age-related physical changes,  
 declining perceptual skills, rules of the road, local driving  
 problems and license renewal requirements.

### **Tai Chi Classes by the Arthritis**

**Foundation**—Mondays, September 12—November 28  
 with **Instructor Peggy Rowles**. Cost \$50 payable at class.  
 This program is designed by the **Arthritis Foundation** and  
 is recommended as a starting point for beginners. It is  
 suitable for all people with or without arthritis or other health  
 problems. Open to all adults—class size limited.

## **D** **A daily celebration**

**Join us for lunch at 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, baked chicken, fish sandwich, fruit, dessert and beverage. Call 776-0501 ext. 2208 for information and to register.**

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

- 3rd**—Table Tennis
- 5th**—Albert Rowe singing Elvis songs
- 8th**—Rev. Iris Jordan, Fair Promise AME Zion singing gospel music
- 10th**—Elizabeth Hart speaks about Hospice services
- 12th**—Judy Garner, Southern Pines Gracious Living
- 16th**—Sassy Red Hatters at 10:30 a.m.
- 17th**—Miller Boles Funeral Home
- 18th**—Let's Talk with Mayor Cornelia Olive at 10:30 a.m.
- 19th**—Extra Bingo
- 24th**—Carl Anglin speaks about bed bugs and code enforcement
- 26th**—Brenda Gwynn, Horticulture Agent

**The Enrichment Center Captain's Choice Mixed Group**—Teams are formed by drawing cards and all skill levels are welcome. **8:30 a.m. Tee Time each Wednesday at Quail Ridge. \$15.00 with Cart.** Interested golfers should contact The Enrichment Center, 919-776-0501 ext. 2201. *A Golf Adventure Brought to You By The Enrichment Center!*

**Saturday Night Dance**—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for August:** 6th—Southern Exposure, 13th—Bill Pollard Back Porch Country, 20th—The Fabulous Troubadours, 27th—Bill Pollard Back Porch Country.

**Yada Yada Sisters**—Tuesday, August 2, 5:00 p.m. Meet at The Enrichment Center for lettuce and tomato sandwiches and 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. 2201 to register.

**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. 2205.**

## Let's Travel

**Call 776-0501 ext. 2201 to register!**

*Complete details are available at The Enrichment Center.*

### **Catawba Queen & The Lazy 5 Ranch**

Tuesday, October 4, 2011

We will travel to the Mooresville area and visit 2 unique destinations. Depart Riverbirch Corner at 8 a.m. and return by 8 p.m. \$70 per person—lunch is not included.

### **NC State Fair**

Tuesday, October 18, 2011

Come along on our annual trip to the NC State Fair for Senior Day. Cost \$15 per person. Age 65+ free admission to the fair.

### **Rudy Theatre & Meadow Village Restaurant**

Thursday, December 8, 2011

"A Southern Christmas" at the Rudy Theater and southern eatin' at Meadow Village Restaurant. After our meal we will view the large light display in Meadow, NC. \$50 per person and includes show ticket, dinner and transportation aboard a chartered bus.

## Programs Open to the General Public

# ~ All Adults Welcome ~

### **Scrabble**

First Thursday at 12:30 p.m. with **Carolyn Arnold**

### **Mexican Train Dominos**

Thursdays at 6 p.m. with Instructor **Robena Black**

### **Canasta**

Fridays at 12:30 p.m. with Instructor **Carolyn Arnold**

### **S.A.P. Sanford Area Photography**

Third Thursday at 6 p.m. with Instructor **Bob Smith**

**Cards No Partners—Play the Game of Your Choice** Fourth Wednesday at 2 p.m.

### **Living with Vision Loss Support Group**

Second Wednesday of the month 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones. Open to the general public to all adults.

**corner****caregiver****Grandparenting  
in the 21<sup>st</sup> Century**

Problems such as substance abuse, catastrophic illness, teen pregnancy, incarceration, unemployment, family violence and divorce have caused an increasing number of grandparents and other relatives to assume full-time parenting responsibilities for their grandchildren.

As the primary caregiver to your grandchildren, you need to feel confident and be healthy. There will be new stressors relating to demands on your time, energy and family resources. How will you manage these? Try to give yourself time alone or with a friend to get physical exercise. It's healthy to cultivate interests outside your family responsibilities to keep you feeling emotionally balanced.

**One way you can get relief from stress is to meet with other grandparents and relatives who are parenting again. Offer and accept support from others when needed. Please join us at the Enrichment Center the second Thursday of each month at 12:00 noon for a light lunch.**

**Set Goals:** It's vital that you have a sense of purpose in setting child-rearing goals. Talk about what you think is important. One of your main goals will be to help your grandchildren grow in self-responsibility and in their feelings of significance in the family.

**Guide:** Guide your grandchild by modeling appropriate behavior. Children will learn more from what you do than from what you say. Praise and encourage their good behavior. Be consistent when correcting poor behavior.

**Discipline and Teach:** Set limits that fit the age of the child. Children need limits to help them feel secure. An important part of discipline is teaching. Provide children with ways to learn responsibility that is right for their age. Teach and show fundamental values (honesty, respect) that you want your grandchildren to practice. Talk with them about why you feel these values are important.

**Nurture:** Express affection and compassion. Hug and kiss your grandchildren. If they don't like hugging, they will let you know.

**Listen & Speak:** Attend to your grandchildren's feelings and ideas. Children need to feel that it's okay to express their feelings; feelings of anger, resentment, hate or hurt. Tell them that you understand. Talk through their feelings and why they may be having them.

*Continued at top of next column...*

**Determine & Monitor:** TV can teach your grandchildren many good things. You must consider the risks. Many shows are more violent and show more sex than when you were rearing your children.

**Provide:** You are now the person that offers shelter, food, clothing, health and safety needs. Plan to celebrate special events. As much as possible, maintain important routines that the children are accustomed to before they came to live with you. Help the children feel connected to your family history and cultural heritage.

*~Judi, Caregiver Advisor*

**Grancare** Thursday, September 8 at 12:00 Noon with **Special Guest Speaker Janice Holmes, SHIP Coordinator, "How Medicare Part D May Affect You"**. For additional information, please call 776-0501 Ext. 2230. Grancare is for grandparents and others relatives who are parenting again. We meet the 2nd Thursday of the month and a light lunch is served.

**Stroke Support Group** Third Monday of the month at 11:00 a.m. Sponsored by **Liberty Commons**. Facilitators: **Malene Blair and Johanne Estes**.

**Caregiver Support Group (ANGELS) Angels Now Getting Empathy, Love & Support—Gail Valentine, Facilitator.** This group provides a forum for families and friends of individuals caring for loved ones. ANGELS share experiences and information, discuss mutual problems and learn coping skills. **We meet the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month at 6:00 p.m.**

**Caregiver Time Out -** An afternoon break for family caregivers. Receive a two hour break each Tuesday 1—3 p.m. The care recipient will enjoy socialization, crafts, music, armchair exercise and much more. If you are interested contact **Judi Womack at 919-776-0501 ext. 2230**. This program is made possible by the National Family Caregiver Grant. Donations accepted.

**Alzheimer's Support Group—Judi Womack, Facilitator.** This group provides a forum for families and friends of individuals with dementia and strokes to share experiences and information; discuss mutual problems and learn coping skills. **We meet the 1st Thursday at 2:30 p.m. at The Enrichment Center.**

**Feeling stretched caring for a loved one?**

**Powerful Tools for Caregivers** is a class designed to provide you the family caregiver—with the skills you need to take care of yourself.

**Tuesdays, October 3, 10, 17, 24 & 31.**

**2:00 p.m. - 4:30 p.m.**

**Location: The Enrichment Center**

**Cost: No charge for Lee County Family Caregiver (contributions accepted)**

For information or to register call 776-0501, Ext. 2230. Made possible by the National Family Caregiver Grant.





The Enrichment Center  
1615 S. Third Street, Sanford, NC 27330  
919-776-0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)  
email: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)  
**June 2008 Re-Certified Senior Center of Excellence by  
the North Carolina Division of Aging and Adult  
Services.**

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



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

**NOTE: Mark your calendars. Medicare  
Part D Annual Open Enrollment Period begins  
October 15 and ends December 7, 2011.**

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

### Living Healthy—Feel Better Take Charge



**LIVING  
HEALTHY**

Feel Better  
Take Charge

An evidence-based healthy aging program supported by the NC Division of Aging & Adult Services. Thursdays 2 p.m. September 15—October 20 with Instructors **Debbie Williams, Jeanette Redman and Carole Nicely**. This **FREE** six-week series is designed to help you better manage chronic conditions and live a happier, healthier life. We will learn how to: manage symptoms; communicate effectively with doctors and other health care professionals; lessen frustration; fight fatigue; build confidence; make daily tasks easier.

A caregiver or relative is welcome to attend with you. Call 919-776-0501 ext. 2201 to register.

**A Novel Approach Book Club**—Will meet Tuesday, September 13 at 12:00 noon and discuss Sarah's Key by Taitiana Derosnay. Registration is not necessary and the group is open to the general public.

## Alzheimer's Walk



Saturday, October 1, 2011

Registration 10:00 a.m.

Walk 11:00 a.m.

Depot Park, Sanford, NC

In Conjunction  
with

**JUBILEE**

DOWNTOWN SANFORD

**Did You Know** in the United States, an estimated **5.4 million people** are living with Alzheimer's disease, and someone develops the disease every **69 seconds**? There are **14.9 million** unpaid caregivers and **\$183 billion dollars** in annual costs!

Join us for our Alzheimer's Walk Saturday, October 1<sup>st</sup> in conjunction with the Downtown Jubilee. If you would like to volunteer to help with the walk, please call 776-0501 Ext. 2230. **If you are caring for a loved one with Alzheimer's Disease and would like to know more information, please join us on Thursday, September 1, 2011 at the Enrichment Center at 2:30 p.m. or for more information, call 776-0501, Ext. 2230.**