

The Center Post

Volume 20 Issue 12

DECEMBER 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.

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Hours of Operation:
Monday - Thursday
8 a.m.—8 p.m. and
Friday 8 a.m.—5 p.m.
919-776-0501*

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The Helping Fund Needs You



First, we would like to say 'thank you' to everyone who donated to The Enrichment Center, Inc. Helping Fund in 2011.

To be as cautious as possible and be prepared for the cooler months, we suspended Helping Fund assistance this past summer. Heating costs are considerably higher than cooling costs. The economy is still suffering and the cost of fuel continues to increase when we least expect it. Fuel companies cannot deliver a partial tank and require payment in full for deliveries.

With all of these factors in mind, donations to the Helping Fund are vital and will help keep older adults warm this winter. Every dollar donated assists an older adult in need. Please 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.

Donations are tax deductible.



D **A daily celebration**

i Join us for lunch at The Enrichment Center's
n Diners Club! A nutritious lunch is available
e Monday through Friday at 12:00 noon for Lee
r County residents 60 and better. Menu selections
s include: spaghetti & meat sauce, pork chop, BBQ
chicken, baked chicken, fish sandwich, fruit,
dessert and beverage. If you are interested in
having lunch with us call Carole Nicely at 776-0501 ext.

C 2205 for information and to register. Contact
Carole if you have a change in your lunch

I reservation. The following 11:00 a.m. Diners Club
U Programs for **December** are open to the general public:
2nd—Extra Bingo

b 7th—Laurence Poindexter singing & playing guitar
7th—2 pm last Bingo for Wednesdays—returns Jan. 2012
8th—11:30 a.m. Melanie Allen, "Low Energy Assistance Program"
9th—10:00 a.m. "The River Tones" Kim Brown & Darryl Barrett
9th—NO BINGO
14th—High Hopes Chorus
16th—Bingo
20th—Sassy Red Hatters
21st—Miller Boles Program
23rd—NO Bingo, Bob Lewandowski playing accordion
28th—Games
30th—Extra Bingo



If you or someone
you know is in need of a home
delivered meal,
contact Laurie Draughn at
The Enrichment Center,
919-776-0501 Ext. 2213.

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. Nifty Noggins Volunteers will meet Thursday,
December 8 at 10:00 a.m.

Saturday Night Dance—Live music and good
fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for**
December: 3rd—Southern Exposure, 10th—Bill Pollard Back
Porch Country, 17th Raymond Bradley, 24th & 31st NO
DANCE.

Veteran's Remembrance Group—Wednesday,
December 14 at 2:00 p.m. with **Guest Speaker Jack Miller.** Mr.
Miller was in the US Marine Corps for 28 years. He will share
experiences while in West Virginia, Okinawa, Guam and the
Marine Islands. This group is open to the general public.

Let's Travel

Call 776-0501 ext. 2201 to register!
Complete details are available at The Enrichment Center.

Pigeon Forge and Smoky Mountains

May 7—11, 2012

Join us for 5 days and 4 nights in the beautiful Smoky Mountains. We
will see four evening shows and two morning shows, including *The*
Smoky Mountain Opry Show, The Cirque de Chine Show, The
Smith Family Show and *The Hatfield-McCoy Dinner Show.* Price
includes 4 nights lodging, 4 dinners and breakfasts. See flyer for
more details. Single: \$530 Double \$410 Triple \$390

Wicked SO MUCH HAPPENED **BEFORE DOROTHY DROPPED IN...**

Tickets are not on sale yet – this is an opportunity to show your
interest in attending this show. Due to strict ticket purchasing
guidelines, tickets **WILL NOT** be purchased until you have been
contacted and payment has been made to **The Enrichment Center.**
More details will be released as soon as they are available. Please
sign up at the front desk if you are interested in registering for this trip
when final plans are made. Tentative date of trip is early May 2012.

A Novel Approach Book Club—Tuesday, December
13 at 12:00 noon. We will discuss *The Kommandant's Girl* by Pam
Jenoff. A list of book selections through May 2012 is available at the
front desk. Registration is not necessary and the group is open to
the general public.

Yada Yada Sisters—Tuesday, Dec. 6 meet at The
Enrichment Center at 5:00 p.m. Bring a \$5 gift. Ordering pizza and
playing 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.

AARP Income Tax Filing for 2011

AARP is looking for volunteers to assist in preparing taxes for Lee
County older adults. Training will be held January 2012. Volunteers
must work a minimum of 8 hours a week during February and March
2012. **Call Nancy Johnson at 919-499-5577 for complete details.**

Legal Aid Intake Day—1st Friday of the month, 10 a.m.—
2 p.m. Appointments preferred but walk-ins will be accepted. To
schedule an appointment call 1-800-672-5834. Presented by Legal
Aid of NC, Inc.

corner

caregiver



Dear Caregivers,

Holiday preparations can be overwhelming for caregivers of family members. Many caregivers wish to hold on to holiday traditions, but their old traditions don't always fit with new realities. Experienced caregivers offer the following suggestions to help you and your family keep the holiday without the hassle.

- ◆ Invite guests to the house of the care receiver so that he/she will be comfortable and not have to be taken out.
- ◆ Suggest a potluck meal or ask guests to take responsibility for preparing a meal.
- ◆ Keep the number of guests manageable. Noise and hectic activity can be difficult for a person who is frail or confused. If guests ask what they can bring, suggest gifts that really help: frozen prepared foods; an IOU for caregiving that offers you respite time; a trip to the beauty or barber shop for your care receiver; or an offer to run specific errands.

One caregiver shared that she thought for years it was up to her to carry out holiday plans. However, when she learned to ask for help, she found that holiday joy doesn't depend on doing everything the same way it's always been done.

MERRY CHRISTMAS,

~Judi, Caregiver Advisor, The Enrichment Center



Patricia M. Gregory

Family Caregiver Award 2011

9th Annual Family Caregiver Luncheon

Held November 17, 2011

"In recognition of your labor of love and endless dedication to caring for your husband while working a full time career." Patricia has served as her husband's caregiver the past 15 years, ever since he was injured in a hunting accident that left him paralyzed from the chest down. She always finds time and energy to care for him while facing her own challenges.

Alzheimer's Support Group— Thursday, December 1 at 2:30 p.m. "Getting Through the Holidays" with Special Guest Speaker **Nancy Broadwell, Program and Family Services Coordinator, Alzheimers NC, Inc.** Facilitators: Judi Womack and Arnie Kreisberg. This support 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.

*Grancare
Christmas*

Dinner Party

Thursday, December 1

6:00 p.m.

Join us for dinner, entertainment and a special surprise for everyone! For reservations please call 919-776-0501 ext. 2230.



**Do you need help choosing
the BEST Medicare Prescription
Drug Plan for your individual needs?
Want to save the MOST \$\$\$ possible?**

Assistance will be available at The Enrichment Center

Friday, December 2, 2011

9:00 a.m.—11:30 am and 1:00—4:00 pm

This FREE assistance is brought to you by the Seniors Health Insurance Information Program (SHIIP) a division of the NC Department of Insurance.

NOTE: A list of items you will need to bring is available at The Enrichment Center front desk.

Annual Medicare Part D Open Enrollment period is October 15—December 7, 2011.

Caregiver Time Out - Caregivers do need a break. We are offering two hours every Tuesday at The Enrichment Center, 1:00 pm - 3:00 pm. Your loved one will enjoy socialization, crafts, music, armchair exercise and much more. If you would like further information call Judi at 919-776-0501 ext. 2230. **Christmas party Tuesday, December 20, 1:00—3:00 p.m. Bring your favorite Christmas song!**

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 Tuesdays at 6:00 p.m.**



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

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

The Enrichment Center will be **CLOSED:**
 Monday, Dec. 26 and Tuesday, Dec. 27
 in observance of Christmas.

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. 2201 to
 adopt an Angel or to make a contribution.

Thank you for your
 continued support of The Enrichment Center's Angel Tree.

Help Older Adults in Lee County by Making a Monetary Contribution to The Enrichment Center, Inc. Helping Fund

In 2011 The Enrichment Center, Inc. Helping Fund suspended assistance for a period of six months due to requests exceeding dollars donated. Your assistance is needed to replenish this fund that is used to assist older adults who are in a crisis situation with the basic necessities of life.

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

Yes! I would like to contribute to the Enrichment Center's HELPING FUND so that it may continue helping older adults in Lee County who need assistance in a crisis situation.

Enclosed is \$_____. Make checks payable to The Enrichment Center, Inc. Mail or drop off your contribution: 1615 South Third Street, Sanford, NC 27330 919.776.0501 Ext. 2201

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