

The Center Post

Volume 20 Issue 7

JULY 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.

Look inside for information on...

- ♦ **Veterans Job Fair**, p. 6
- ♦ **Living Healthy Classes**, p. 3
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P r e s e n t s



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!

- 100+ Vendors
- Educational Seminars
- Massages, Hair Cuts
- 15+ Health Screenings
- Bingo
- Lunch
- Hourly Prize Giveaways
- Manicures
- GRAND PRIZES

Platinum Sponsors



The Enrichment Center
of Lee County

The Bayberry
Retirement Inn



The Sanford Herald



Liberty Commons
Nursing & Rehabilitation Center
of Lee County



FirstHealth
OF THE CAROLINAS



Miller-Boles
Funeral Home



KERR HEALTH
Care Management



FIRST BANK
Your Community Bank Since 1935

9th Annual **Boomer**
EXPO
 Senior & Caregiver

Wednesday
 August 31
 10 am—2:30 pm
 Dennis A. Wicker

Lead Sponsors

**Bright Audiology • Pinehurst Surgical
 Central Carolina Hospital**

Gold Sponsors

**Four Oaks • 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.**

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
 Linda French • Pinehurst Radiology Associates
 Massage and BodyWork Studio • Crescent State Bank
 Adcock Real Estate**

Space is limited. Call 919-776-0501 ext.
 2230 today if you would like to exhibit.

Hot Dog Lunch



Provided by
 Miller Boles

Funeral Home in
 Honor of Their
 100th Birthday!

Grilling and serving
 provided by Sheriff
 Tracy Carter and Staff.



Expo Seminars!

Our communities hold a wealth of information about matters relevant to our lives: tax-saving strategies, health/wellness and safety to name a few. Boomer, Senior & Caregiver Expo participants will be provided a colored ticket to attend seminars of their choice. Be sure to get your colored tickets!

“Update on the Prevention and Treatment of Breast Cancer”

with Dr. Amellia Jeyapalan, Pinehurst Surgical

“Diagnostic Hearing Evaluation versus ‘Free Hearing Test’ What’s the Difference?”

with Dr. Angela Bright Pearson
 Bright Audiology

“Controlling Stress with Exercise”

with Diane Foushee, Owner
 Carolina Women’s Fitness Center

“Stroke and Heart Emergencies: Risks and Symptoms with Q&A”

with Timothy Simmons, AAAS
 Paramedic Central Carolina Hospital
 Advanced Life Support

“Home Safety”

with Malene Blair, MS, OTR/L
 Liberty Commons of Lee

“End of Life Issues”

with Dana Smith, Liberty Home Care & Hospice

“Answers to Commonly Asked Questions about Alzheimer’s Disease”

with Lisa Levine, Alzheimer’s NC, Inc.

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.

Instructors needed

Bridge instructor and anyone interested in playing.
Beginner line dancing instructor.

Other Areas in Need of Volunteers

Home Delivered Meals (fill-in)
9th Annual Boomer, Senior & Caregiver Expo (Aug. 31)

Diner's Club Volunteer Meeting

Monday, July 18 ~ 9:30 a.m. ~ Classroom B
All current volunteers and those interested in becoming a Diner's Club volunteer are asked to attend.
Important information will be shared.

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. **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.

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.



“We hold these truths to be self-evident...”

Share this history lesson
with your children and your grandchildren...

On July 4, Americans celebrate the signing of the Declaration of Independence. The Declaration was officially adopted by the Continental Congress in Philadelphia on July 4, 1776, although Congress formally declared independence from Great Britain on July 2, and the Declaration wasn't signed by all 56 members until August.

Some other facts about the founding document of the United States that you many not know:

- ♦ There's a message on the back. No, it's not an invisible treasure map (as in the Nicholas Cage movie *National Treasure*). The words “Original Declaration of Independence, dated 4th July 1776” appear on the reverse side of the document on display in the National Rotunda, at the bottom and upside down.
- ♦ About 200 copies of the Declaration were immediately produced by printer John Dunlap for distribution through the 13 colonies. Of these original “Dunlap broadsides,” 26 still exist.
- ♦ The original document wasn't printed on paper, but “engrossed” on parchment. Engrossing is a process for preparing an official document in large, clear handwriting.
- ♦ At the bottom left corner of the Declaration is an unidentified handprint. Historians speculate that it's the result of the document being rolled up for transport and handled by various people for extensive exhibition in the early years of its existence.
- ♦ The two youngest signers of the Declaration were Thomas Lynch Jr. and Edward Rutledge, both of South Carolina, both 26 years old at the time. The oldest signed was Benjamin Franklin, 70. Nine of the original signers died before the American Revolution in 1783.



Diners **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.

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

- 1st—Decorate your tables for 4th of July
- 6th—**Laurence Poindexter** singing & playing guitar
- 8th—Meet **Brenda Gwynn**, new horticulture agent
- 13th—Jubilee Choir
- 14th—Watermelons and cantaloupes from **Issac**

Winstead

- 15th—COPD (chronic obstructive pulmonary disease) program
- 19th—Sassy Red Hatters 10:00 a.m.
- 20th—**Miller Boles** Program
- 22nd—**Bob Lewandowski** playing the accordion
- 27th—Games
- 29th—**Kim Brown** and **Darryl Barrett** performing

The San-Lee Dancers—Will meet Tuesday, July 12, 6-9 p.m. with **DJ Johnny Miller**. Cost is \$5.00 per person and food to share at intermission. Ages fifty+ (couples and singles) and younger guests welcome!

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for July:** 2nd—**NO DANCE**, 9th—**Bill Pollard Back Porch Country**, 16th—**Southern Exposure**, 23rd—**Bill Pollard Back Porch Country**, 30th—**The Fabulous Troubadours**.

Water Aerobics—at OT Sloan Pool July and August. Call for dates, times and to register 776-0501 ext. 2201.

Yada Yada Sisters—Tuesday, July 5, 5:00 p.m. Meet at The Enrichment Center to order pizza 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.

New York to Niagara Falls

September 19-25, 2011

Broadway show, Empire State Building, Chinatown, Little Italy, Radio City Music Hall, Baseball Hall of Fame, Niagara Falls and MUCH MORE! See brochure at The Enrichment Center for complete details and pricing. Passport required.

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.

***Join one of these on-going groups at
The Enrichment Center.
Registration not required.***

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.

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There is a lot going on in the month of July!

Not only is the fourth of July, Independence Day, coming up; it is also time for social wellness and appreciation month for summer favorites such as blueberries, grilling, hot dogs and ice cream! Enjoy the summer but remember hot weather is more likely to cause health problems in older adults than in younger ones. Enjoy the summer and keep in mind these tips:

- ♦ Turn on the air conditioner or go where it's air-conditioned: a shopping mall, grocery store, senior center, movie, theatre, museum or library.
- ♦ Drink a lot of water and other clear drinks that do not contain alcohol or caffeine (these can dry you out).
- ♦ Take cool showers, baths or sponge baths.
- ♦ Wear lightweight, light-colored, loose-fitting clothing.
- ♦ Wear hats and minimize exposure to the sun. Use sunscreen.

Enjoy July 4th and remember how very fortunate we are for the freedom we have living in the United States. Let's remember military families; those that are fighting now and those who have fought the battle and are no longer with us.

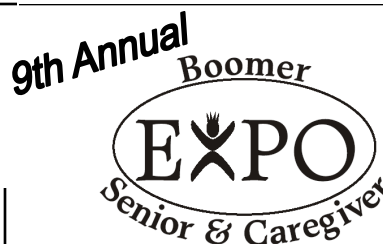
Happy summer! ~Judi, 919-776-0501 ext. 2230

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 1st and 3rd Tuesday of the month at 6:00 p.m. at The Enrichment Center.**

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.



Calling all Boomers, Seniors & Caregivers!

We are anticipating another excellent Boomer, Senior & Caregiver Expo experience on

Wednesday, August 31 at the Dennis A. Wicker Civic Center, 10 a.m.—2:30 p.m. Our Expo is dedicated to inform, educate and entertain you! Since its debut in 2002, more than 16,000 boomers, seniors and caregivers have enriched their lives through a variety of event offerings. The Hundreds of products and services featured are designed specifically for this target population. Exhibitors include: healthcare, financial, insurance, retirement communities, assisted living, consumer products, government programs and much more.

Special **FREE** Attractions Include:

18 Health Screenings!

NEW! CCH will offer lipid panels which include glucose, total cholesterol, LDL and HDL cholesterol and triglycerides. Fasting recommended.



NEW! Accredo will offer

Alpha 1 screening—a common hereditary disorder characterized by low or non-existent levels of a protein found in the blood. People diagnosed with COPD or asthma or who experience shortness of breath should be tested.

NEW! Duke University Medical Center will offer memory screenings.

July is Blueberry Appreciation Month A quick and easy recipe for Blueberry Lemon Bars

2 ¼ cup flour	½ teaspoon baking powder
½ cup powdered sugar	1/3 cup lemon juice
1 cup butter-cut in small pieces	1 teaspoon grated lemon peel
4 large eggs	2 cups fresh blueberries
1 cup granulated sugar	

Mix together flour and powdered sugar. Cut in the butter, working into the flour with a fork or fingers. Press the mixture evenly into a 9x13 baking pan. Bake 350 degree oven 20 to 25 minutes. Whisk eggs, sugar and baking powder. Whisk in the lemon juice and lemon peel. Stir in blueberries. Pour the mixture over the browned crust. Return to the oven and bake until the filling is just firm and does not move when the pan is gently nudged, about 25 minutes. After removed from oven, sprinkle with a light dusting of powdered sugar.



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

Justin will be attending the NC School of Math and Science in the fall. He is volunteering this summer in the Diners Club as well as other programs at The Enrichment Center. We are excited to have Justin and thank him for his volunteer service this summer.



North Carolina

Employment Security Commission

Presents

Hire Veterans Job Fair

Free

Event

 Thursday, July 21, 2011

 1:00 p.m.—5:00 p.m.

 Held at The Enrichment Center

 1615 S. Third St., Sanford

 919-776-0501 ext. 2201

Local Veteran organizations, employers and agencies will be present to honor our veterans.

For more information contact Leon Jackson or Toni Wethington at the Lee County JobLink Career Center located at 1909 Lee Ave., Sanford, NC 919-775-2241.