

# The Center Post

Volume 20 Issue 6

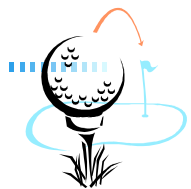
JUNE 2011

*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...**

- ◆ **Water Aerobics, p. 2**
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## 2011 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 06, 2011. The 4TH Annual Helping Fund Golf Tournament was held at Quail Ridge Golf Course and **with your support we raised over \$6000.** All proceeds will benefit the Helping Fund which assists over 300 indigent older adults each year maintain the basic necessities of life.

**JUMP 23, INC.** *Presenting Sponsor*

### **GOLD SPONSOR \$600:**

First Bank, Fidelity Bank and Unfinished Furniture Outlet, Inc.

### **SILVER SPONSOR \$300:**

Sanford Cardiology, Wells Fargo Advisors, Sanford Transmissions, Greene & Associates and Pentair Water, Pool & Spa

### **BRONZE SPONSOR \$150:**

D.C. Esporas, MD, FACS, Toyota of Sanford, Dr. Greg M. Blakely, Sandhills Family Practice, PA, Dollar Rent A Car, David Fisher, Jr., DDS, Atlantic Auto & Tire, K.W. Insulation, Lee Builder Mart, Wilson & Reives Attorneys at Law and Central Electric Membership Corporation

### **PATRONS \$100:**

Peak Resources - Pinelake, Mr. & Mrs. John Lyczkowski, Crescent State Bank, Carlyle Edmundson, All Digital Printing, Mr. & Mrs. Robert Will, Tramway Stone & Mulch Mr. & Mrs. Robert Criegler, Bay Breeze Seafood Restaurant, A Few Nice Things, Inc. and Perry Brothers Tire Service

### **OTHER CONTRIBUTORS:**

Farm Bureau Insurance, Image One, Carolina Lakes Golf Course, Carolina Trace Country Club, Atlantic Auto & Tire, Central Carolina Hospital Aux., Sanford Golf Course, Bright Audiology, Siler City Country Club, The Enrichment Center, Capital Bank, Senior Games of Lee County, Quail Ridge Golf Course, Lee Tire & Supply, Common Thread, Lee Builder Mart, Kathryn's Hallmark, Temple Theatre, Sanford Antique Mall, Kenneth Neilsen, Ron Mitchell Art & Antiques, Southern Pines Golf Club and Added Accents.

**See page 4 for golf tournament winners  
and further details about the Helping Fund...**

## **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 and meat sauce, pork chop, BBQ  
chicken, baked chicken, fish sandwich, fruit,  
dessert and beverage. Call 776-0501 ext. 208 for  
information and to register.

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

- I** 1st—Laurence Poindexter singing & playing guitar  
**U** 3rd—Mary Kay Cosmetics demonstration  
**b** 8th—Comfort Keepers with Mary Neligan  
10th—Hearing Loss with Dr. Davis, Bright Audiology  
15th—Miller Boles program about cremation  
16th—Let's Talk with Mayor Olive (10:30 am)  
21st—Sassy Red Hatters  
22nd—Linda Shaffer talks about her hobby  
24th—Diabetes program with Ryan Swanson of Kerr Drug  
29th—Let's Dance!

**The San-Lee Dancers**—Will meet Tuesday, June 14, 6:00-9:00 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 June:** 4th—Southern Exposure, 11th—Bill Pollard Back Porch Country, 18th—Raymond Bradley Band, 25th—Bill Pollard Back Porch Country.

**Water Aerobics**—at OT Sloan Pool June, July and August. Call for dates and times and to register 776-0501 ext. 201.

**Yada Yada Sisters**—Tuesday, June 7, 5:00 p.m. Meet at Bubba's for dinner and then go to The Enrichment Center 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. 201 to register.

**Veterans Remembrance Group**—Wednesday, June 8, at 2:00 p.m. with **Special Guest Speaker Eugene Deibler.** Eugene will share a story about his use of a parachute to make a wedding dress. Open to the general public. Registration encouraged. Call 776-0501.

**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.**

# Let's Travel

**Call 776-0501 ext. 201 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.

## **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.

## ***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. 206.**

**The Boomer, Senior & Caregiver Expo is coming Wednesday, August 31, 2011. If you are interested in being a volunteer at our event, please contact Janice Holmes at 919-776-0501 ext. 206.**

**corner**

**caregiver**



**Happy Father's Day  
to all of our fathers!**

The greatest gift I ever had came from  
God; I call him Dad!

- Author Unknown

"When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years." - Mark Twain

**Tips to Manage Caregiver Guilt So Guilt Serves You**

Guilt is a very common feeling in the landscape of care giving. Guilt can propel you to be the best you can be ... or it can immobilize you. For some caregivers, painful feelings such as guilt, sadness and anger are like any other pain. It's your body's way of saying, 'pay attention.' Guilt often arises when there's a mismatch between your day to day choices and the choices the "Ideal You" would had made. You may have feelings misaligned with the "Ideal You." Feeling angry about the injustice of your loved one's illness? You might even feel angry at your loved one for getting sick!

**Here are a few tips for managing your caregiver guilt:**

**Recognize the feeling of guilt:** Unrecognized guilt eats at your soul. Name it; look at the monster under the bed.

**Identify other feelings:** Often, there are feelings under the feeling of guilt. Name those, too. For example, say to yourself: "I hate to admit this to myself, but I'm resentful that dad's illness changed all our lives." Once you put it into words, you will have a new perspective. You will also be reminding yourself of how fortunate you are to have what it takes to take care of your loved one.

**Be compassionate with yourself:** Cloudy moods, like cloudy days, come and go. There's no one way a caregiver should feel. When you give yourself permission to have any feeling, and recognized that your feelings don't control your actions, your guilt will subside.

**Look at the cause of guilt:** What is the mismatch between this "Ideal You" and the real You? Do you have an unmet need? Do you need to change your actions so that they align with your values?

**Remember, you will be a more effective caregiver when you care for the caregiver first.** Loved ones neither want nor expect selfless servants. As a caregiver, when you care for yourself, you increase and improve your own caring. Yes, guilt is part of caregiving, but this guilt can help you become the caregiver you and your loved one want you to be.

~Judi

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

Thanks to everyone for attending our  
**8th Annual Caregiver Education Conference.**  
A special thank you to Alzheimer's NC, Inc. Moore County Dept. of Aging, special guest speaker Melanie Bunn, our sponsors, staff and volunteers.

**Sponsors:** First Choice Home Care, Inc., WLHC Life 103.1, Quality Home HealthCare, Central Carolina Hospital, Community Home Care & Hospice, The Laurels of Chatham, Carolina House, Liberty HomeCare & Hospice Services, Comfort Keepers, Liberty Commons, The Bayberry, Connected Care and Aging Outreach Services.

**Reminder:** Alzheimer's Support Group will meet the first Thursday of the month at 2:30 p.m.

**Grancare Support Group:** 17 children and 14 adults enjoyed a swim and pizza party on May 6th at the Sanford Nautilus and Racquetball Club. We would like to thank the Sanford Nautilus for the use of their pool. Grancare meetings will resume in September.

**Caregiver Support Group (ANGELS) Angels Now Getting Empathy, Love & Support—**You're not alone. Our support group helps you see that your situation is not unique, that you are not alone in your feelings and experiences. As a caregiver, you may begin to rely more on your informal networks and peer groups for support than healthcare professionals. **You are invited to join us the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month at 6:00 p.m. at The Enrichment Center. If you would like more information, please call 776-0501 ext. 230.**

**Caregiver Time Out -** An afternoon break for family caregivers. Receive a two hour break each Tuesday 1:00 p.m.—3:00 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. 230. This program is made possible by the National Family Caregiver Grant. Donations accepted.

**Save the Date!**

9th Annual Boomer, Senior & Caregiver Expo,  
Wednesday, August 31, 2011  
at the Dennis A. Wicker Civic Center!

**We are proud to announce our  
Lead Sponsors: Bright Audiology, Central Carolina Hospital & Pinehurst Surgical.**

**Platinum Sponsors thus far: Quality Home HealthCare, The Sanford Herald, First Choice Home Care, Inc., WWGP/WFJA, Liberty Commons of Lee, WLHC, First Bank, Connected Care, Frist Health of the Carolinas, Carolina Women's Fitness Center, Miller-Boles Funeral Home, Liberty HomeCare & Hospice Services, The Bayberry and The Enrichment Center.**



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.**

**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.**

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

**On behalf of the Enrichment Center Staff and older adults of Lee County we would like to say "Thank You" for your participation in The Enrichment Center of Lee County's 4th Annual "Helping Fund" Golf Tournament.**

**It is through your generosity and support that many older adults in Lee County will have warmth, food and necessary medications.**

**The number of requests for assistance this year has surpassed previous years. Your support allows us to continue to help in emergency situations to ensure that heat, utilities and medications are available.**

**The Enrichment Center's "Helping Fund" assists over 300 indigent older adults maintain the basic necessities of life each year. The "Helping Fund" is financed solely by community support and 100% of your tax-deductible donation stays in Lee County to help our most frail citizens.**

**We look forward to your continued support in the upcoming year. Contributions made in honor or memory of individuals or groups are accepted. Please make checks payable to The Enrichment Center, Inc. Include acknowledgement name and address information with your contribution.**

### **2011 Golf Tournament Winners Congratulations and THANK YOU for your participation!**

**1st in 1st Flight:** Dal Langston, Morris McClellion, Mike Adcock, Allen Holt

**2nd in 1st Flight:** Walt Hersman, Dick Brown, Roger Brown, Bud Burgess

**3rd in 1st Flight:** Bud Greene, John Altenburger, Jack Steer, Brian Soderquist

**1st in 2nd Flight:** David McBurnett, Eddie Thomas, William Cole, James McBurnett

**2nd in 2nd Flight:** Kevin Umstead, Bob Will, Demi Esporas, George Davis

**3rd in 2nd Flight:** Larry Mintz, Ralph Martin, Don Sylvester, Vince Roy

**Closest to Pins:** #3 Michael Jordan  
 #11 Roger Brown

**Longest Drive:** Jim Turner