

The Center Post

Volume 20 Issue 5

MAY 2011

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

Help Us Celebrate Older Americans Month!



Older Americans: connecting the community

May is nationally recognized as Older Americans Month. The 2011 theme, "Older Americans: connecting the community" pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. When we help seniors thrive in our community, we gain far more than we give.

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...

- ◆ **Free Women's Program, p. 2**
- ◆ **Mystery Trip Clues, p. 3**
- ◆ **Memorial Day Celebration, p. 4**
- ◆ **National Senior Fitness Day, p. 5**

8th Annual Regional Caregiver Education Conference

**Special Guest Speaker:
Melanie Bunn, MS, RN, GNP
Dementia Training Specialist**



Here for you...

alznc
Alzheimers North Carolina, Inc.
today and tomorrow

**Thursday, May 26, 2011
Dennis A. Wicker Civic Center
9:00 a.m.—3:30 p.m.
1801 Nash Street, Sanford Lunch Provided**

Registration required call 919-776-0501 ext. 230.

**Continuing Education Contact Hrs. 5.0
Respite Care provided upon request.**

Presented by Alzheimers North Carolina, Inc.
The Enrichment Center of Lee County and Moore County Department of Aging

Sponsored By:



Women's Program:

Healthy Inside and Out!



Thursday, May 12, 2011

6:00 - 8:00 pm Lite meal served.

All ladies and the general public welcome to attend. Door prizes!

Nutrition ~ Exercise
Heart Smart ~ Juggling & Struggling

If you are

- ◆ In line for take out food too often
- ◆ Not taking care of yourself as you should
- ◆ Needing to exercise but don't have time
 - ◆ Juggling and struggling with everyday life

**...YOU WILL NOT WANT TO MISS
THIS FREE PROGRAM!**

Topics include:

**Nutrition - Susan Conclin,
Cooperative Ext. Agency**

**Exercise - Jeanette Redman,
Enrichment Center Fitness Instructor**

**Heart Smart - Dr. Lukas Jantac,
Sanford Cardiology**

**Juggling and Struggling -
Doris Holland, Local Resident & Author**

Registration required:
Call 919-776-0501 ext. 201

Ballroom Dance Lessons - May 2, 9, 16, 23 and June 6, 13, 6:45 p.m. with **Instructor Judith McDonald**, President of Outreach Programs US Dance. FREE. Class size is limited!

Gay 90's Luncheon—Our annual luncheon honoring 90-year-olds and better, will be held at 12:00 noon, Wednesday, May 18, 2011, at The Enrichment Center. If you or someone you know wishes to attend, please contact **Debbie Williams**, 776-0501, ext. 203.

Yada Yada Sisters—Tuesday, May 3, 5:00 p.m. Meet at Smithfield'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.

S.A.P. Sanford Area Photographers Club—Thursday, May 19, 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.

Tai Chi Classes—by the Arthritis Foundation. This program is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems. Twelve classes beginning May 9 at 5:30 p.m. with **Instructor Peggy Rowles**. \$70 payable first day of class. Open to all adults—space is limited. To register call 776-0501 ext. 201.

Ta-Da!

A Ta-Da is defined as an accomplishment that is noteworthy and should be acknowledged. We would like to give **Beth Buchanan** a Ta-Da. Beth is 90 years and better and has just completed her 3rd Tai Chi series at The Enrichment Center with **Instructor Peggy Rowles**. Beth is an inspiration and reminds us how important it is to remain active, enjoy life and spend time with others.



Tai Chi Participants

(Left to right) Marquetta Baker, Instructor Peggy Rowles, Beth Buchanan and Linda French

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, tuna salad, 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 May are open to the general public:

- I** 4th—Laurence Poindexter singing & playing guitar
- U** 6th—Dorothy Matthews singing & playing piano
- 9** 9th—Mother's Day Program
- b** 11th—Miller-Boles Program
- 13th—Jeremy Jackson from Black Belt Leadership Academy demonstrating Tai Chi
- 17th—Sassy Red Hatters
- 20th—High Hopes Chorus
- 25th—National Senior Fitness Day!
- 27th—Deep River School with Kim Brown, 2010 Lee County Idol

The San-Lee Dancers—Will meet Tuesday, May 10, 6:00-9:00 p.m. with DJ Johnny Miller. Cost is \$5.00 per person. Ages fifty+ (couples and singles) and younger guests welcome!

The Enrichment Center Captain's Choice Mixed Group—Teams are formed by drawing cards and all skill levels are welcome. **9:00 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.*

"Let's Talk" with Mayor Cornelia Olive—Third Thursday of the month 10:30 a.m. Come and share your concerns and views with Mayor Olive in this informal setting open to the general public.

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

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.

Let's Travel

Call 776-0501 ext. 201 to register!
Complete details are available at The Enrichment Center.

2011 MYSTERY Trip!

Tuesday, May 10, 2011

How adventurous are you? Cost is \$30 per person and will include lunch. **Mystery Trip clues:** #5 - the name of the street I am located on is something can grow; #6 - I am over 105 years old; #7 - I stand as a symbol for many years of teamwork, sacrifice, and victory; #8 - facility was destroyed in 1865; #9 - building cost over \$22.5 million to build and lastly, #10 - some of us are known for the color hat we wear.

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.

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

Card Game Canasta, Fridays, 12:30 p.m. with Instructor Carolyn Arnold.

Scrabble...Join us for a game of scrabble on the first Thursday of each month at 12:30 p.m.

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.

Mexican Train Dominos—Thursdays 6:00 p.m. (beginning April 14th) with Instructor Robena Black.

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 introduction of Medicare's prescription drug program (Medicare Part D) has caused confusion among veterans who are faced with choices in their health care.

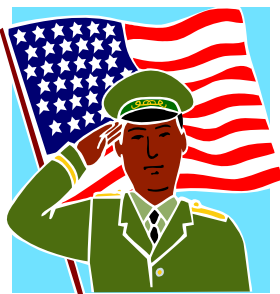
This is true for veterans who are already enrolled in Medicare and those who will become eligible to enroll in the future.

Because each veteran's situation is unique, VA (Veterans Administration) cannot provide a single answer to the question of whether a veteran should enroll in Medicare but offers the following information to assist veterans in weighing their options.

- ◆ Remember, the VA medical benefits program is separate from Medicare. Veterans may be enrolled in both programs but the enrollment process (and eligibility criteria) is distinct for each.
- ◆ VA offers a comprehensive medical benefits program that does not distinguish among the types of care or services received; generally veterans who are enrolled in VA health care are eligible for the entire medical benefits package (including prescription drugs), however, some veterans may be subject to a copayment for some care or medications received.
- ◆ VA does not recommend that veterans cancel or decline coverage in Medicare (or other health care or insurance programs) solely because they are enrolled in VA health care. Having a secondary source of coverage may be in a veteran's best interest.

For further details and to file a VA claim contact John Sandrock, **Lee County Veteran Services, 919-776-0501 Ext 209** jsandrock@leecountync.gov

Veterans Remembrance Group—Wednesday, May 11, at 2:00 p.m. with Special Guest Speaker Roy "Sweede" Boreen. Open to the general public. Registration encouraged. Call 776-0501.



Lee County Veterans Council Memorial Day Observed

Monday, May 30, 2011 at 10:00 a.m.
Veterans of Foreign Wars
Stanley McLeod Post 5631
1500 Webb Street, Sanford, NC

Host: Marine Corps League Detachment 1223, Sanford, NC
With Keynote Speaker Lt. General George R. Christmas

Presentation of Colors by:
Army JROTC Color Guard from Southern Lee High School

Memorial Day is a United States federal holiday observed on the last Monday of May. Formerly known as Decoration Day, it commemorates U.S. soldiers who died while in the military service. First enacted to honor Union and Confederate soldiers following the American Civil War, it was extended after World War I to honor Americans who have died in all wars.



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Senior Games
& Silver Arts of Lee County
For those age 55 and better!

Senior Games is a holistic approach to body, mind & spirit staying fit, while enjoying the company of friends, family, spectators and volunteers!

**Bocce—horseshoes—tennis—bowling—football
throw—cycling—painting—photography
needlework—weaving—jewelry—pottery
dance—vocal—poems—and much more!**

Opening Ceremonies & Performing Arts
Tuesday, May 17, 2011 5:30 p.m.
Dinner Served. Guest tickets are \$3.00.
**All Senior Games & Silver Arts
participants are invited.**

To RSVP
call Jimmy at 919-776-0501 ext. 207
or jsolomon@leecountync.gov.

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. Bands for May: 7th - Southern Exposure, 14th - Bill Pollard Back Porch Country, 21st - The Fabulous Troubadours, 28th—NO DANCE.

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. Volunteers will meet Thursday, May 12 at 10:00 a.m.

A Novel Approach Book Club—Will meet Tuesday, May 10 at 12:00 noon and discuss Nineteen Minutes by Jodi Picoult. The group does not meet over the summer June—August. Registration is not necessary and the group is open to the general public.

corner

caregiver



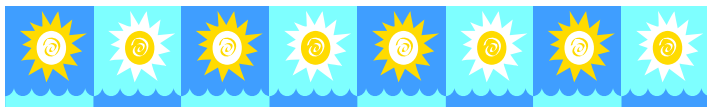
“Surviving Life After A Stroke” Survivor & Caregiver, Presented by Liberty Commons, Tuesday, May 10, 2011,

6:00 p.m. If you or someone that you know has been affected by a stroke, don't miss this opportunity to obtain valuable information. This is your chance to ask advice from those who experience these challenges on a daily basis. We have an array of backgrounds represented on the panel who will offer information and answer questions. Refreshments will be provided. Registration not required. Call 919-776-0501 ext. 230 if you have questions.

Stroke Support Group starting Monday, May 16th 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
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 1st and 3rd Tuesday of each 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.



Grancare Summer Fun Party!

We want to celebrate the arrival of summer with grandparents and other relatives raising grandchildren. We have a special event planned for you—call Judi for complete details and to register 776-0501 ext. 230.

Grandparents as well as other relatives are invited to come and join us for lunch and connect with others in the same or similar situations.

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 & Pinehurst Surgical.***

2011 Enrichment Center's Information & Resource Directory is now available. To view or print, visit our website at www.leecountync.gov/ec.

National Senior Fitness Day



MOVE IT! MOVE IT! MOVE IT!

Wednesday, May 25, 2011

We must keep exercise FUN so that we do not lose interest.
**Join us for FREE exercise classes
and let's MOVE IT! MOVE IT! MOVE IT!**

Schedule:

- 9:00 a.m. Aerobics
- 10:00 a.m. Yoga
- 10:30 a.m. Chair Exercise
- 11:00 a.m. Fun Walk
- 11:30 a.m. Diners Club Activity

Legal Aid Intake Day at The Enrichment Center—First Friday of the month. 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
 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, May 30, 2011
 in observance of Memorial Day.**

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

Happy 65th Birthday!

Medicare is next... now what???

**Not sure what Medicare is,
 what Medicare costs
 and what Medicare pays?
 Why am I getting so much mail?
 What are my choices?**

Answers are available!

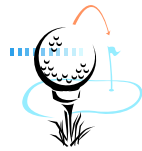
An informational presentation is planned for

Tuesday, May 24, 2011 at 6:00 pm.



**Program brought to you
 by S.H.I.I.P.
 (Seniors Health Insurance
 Information Program)**

**A Division of the North
 Carolina Department of
 Insurance**



2011 Enrichment Center Golf Tournament

Friday, May 6, 2011

Quail Ridge Golf Course, Sanford, NC

\$60 Per Person

**Includes Green Fees, Cart,
 Lunch and Two Mulligans**

1:00 pm Shotgun Start

Check In 11:45 am—12:45 pm

Lunch Will Be Served Prior to Play

PRIZES awarded to the top three teams in each flight.

**Call 776-0501 ext. 201 or come by The Enrichment Center
 to register or sponsor this event!**

**Proceeds and donations from the tournament will benefit The
 Enrichment Center Helping Fund. This benevolent fund assists
 Lee County older adults who are in a crisis situation with utilities
 and medication. In 2010, the Helping Fund was able to assist over
 280 older adults through the generous contributions provided by
 Lee County citizens and corporations. Every dollar you donate
 assists an older adult in need.**