

The Center Post

Volume 20 Issue 11

NOVEMBER 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.

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

November:

Celebrating, honoring and remembering Veterans, family caregivers and care recipients.

We invite you to attend
Candlelight Reflections



Thursday
November 3, 2011
6:30 pm - 7:30 pm

The Enrichment Center
1615 S. Third Street, Sanford

Candlelight Reflections will honor and remember all those affected by Alzheimer's Disease and related conditions as well as all family caregivers.

Registration Appreciated.
Call 776-0501 ext. 2230
for complete details.

Alzheimer's Support Group

Thursday, November 3, 2011
2:30 p.m.

*With Special Guest Speaker
Jennifer M. Tyner, CMC
Geriatric Care Manager
"Placing a Loved One: What You
Should Know"*

Facilitators: Judi Womack &
Arnie Kreisberg
Registration requested,
call 919-776-0501 Ext. 2230.

Veterans Appreciation



Thursday
November 10, 2011
8 a.m.—10 a.m.
Full Breakfast
Space Limited
Reservations
required.
Call 919-776-0501
Ext. 2201

To show our appreciation for your service and dedication to our country, we invite you to breakfast. All veterans and current military personnel are invited at no charge. Guests are \$3.00.

Meal Co-Sponsored
by Elks Lodge 1679.

Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same.
- Ronald Reagan

Also on this date
at The Enrichment Center:

Veterans Job Fair
1 pm—5 pm

Sponsored by:
Employment Security Commission

Card Party

To Benefit The Enrichment Center's Helping Fund

Play cards and board games of your choice. Refreshments served and prizes awarded!



Tuesday
November 1, 2011
2 pm—5 pm and/or
7 pm—9 pm

\$4 per person, per session

Co-sponsored by Miller Boles Funeral Home. Proceeds benefit The Helping Fund. This fund assists older adults in Lee County who are in a crisis situation with fuel, electricity and other necessities of life. Register your tables by calling 919-776-0501 ext. 2201. Open to all adults.



Yada Yada Sisters—Tuesday, November 8* **NOTE DATE CHANGE**, meet at The Enrichment Center at 5:00 p.m. for a Thanksgiving covered dish meal. Then stay to 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.

A Novel Approach Book Club—Tuesday, November 8 at 12:00 noon. We will discuss Saving Cee Cee Honeycutt by Beth Hoffman. 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.

Dash Public Transportation Route
Monday - Friday
7:00 a.m. - 5:00 p.m.

Provided by COLTS—County of Lee Transit System
\$2.00 per trip. Priority given to age 60+ and disabled passengers. Wheel Chair Lift-Equipped.
For schedules and vouchers call 919-776-0501 ext. 2228.

AARP Driver Safety Program

Monday
November 14, 2011
10 am—3 pm

FREE to Veterans & Veterans' Spouses

Some form of military ID must be presented at class.
Instructor: Phil Bruce
Lunch is provided.

Cost: \$12 for AARP members, \$14 for non-members.



This course covers age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements. *To recognize and thank veterans for their dedication and commitment to service, AARP is proud to offer a FREE Driver Safety class to veterans and veterans' spouses.* Call 919-776-0501 ext. 2201 to register.



Veteran's Remembrance Group

Wednesday, November 16, 2011
2:00 pm
Speaker: Don Schreiner
Open to the general public. Registration not required.

Reminder: The Enrichment Center is an official drop off location for Cell Phones for Soldiers. This program provides calling cards to our military. Please bring your old cell phones by to show support for our brave military members.

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 & 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.

2205 for information and to register. Contact Carole if you have a change in your lunch reservation. The following 11:00 a.m. Diners Club Programs for November are open to the general public:
 2nd—Laurence Poindexter singing & playing guitar
 4th—All About Parkinson's Disease with **Bob Brickhouse**
 9th—Games
 15th—Sassy Red Hatters
 16th—Miller Boles Funeral Home Program
 18th—Extra Bingo
 23rd—Decorate Your Tables for Thanksgiving
 30th—Decorate the Christmas Tree in Grand Hall

Let's Travel

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

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 which includes show ticket, dinner and transportation aboard a chartered bus.

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

~ Thank You ~

Sponsors, walkers, Alzheimer's Committee members and volunteers for a successful morning at the Alzheimer's Walk at Depot Park—Downtown Sanford. Thanks to everyone for the funds raised and awareness of Alzheimer's Disease.

Gold: The Enrichment Center, Kerr Health, LLC, WLHC-FM 103.1, Blessed Health & Rehab of Dunn, WWGP/WFJA

Silver: 3M, Liberty Home Care & Hospice, Liberty Commons of Lee, John Beverly Printing, Inc., Martin Screen Printing

Bronze: Community Family Medicine, Central Carolina Hospital, Bayberry Retirement Inn, Sanford Health and Rehab, Central Electric Membership, Ammons Chiropractic Clinic

Alzheimer's Walk Supporters: Quality Home Healthcare, Inc., R&N Motor Company, Family Medical Supply, Four Oaks Bank, Floral Designs by Eddie



Broadway is coming to the Durham Performing Arts Center!

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.

919-776-0501 ext. 2201

Lead Sponsor:



alznc™

Alzheimer's North Carolina, Inc.

Here for you...today and tomorrow

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, November 10 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 November: 5th—Southern Exposure, 12th NO DANCE, 19th—Bill Pollard Back Porch Country, 26th—NO DANCE.



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—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.

The Medicare Part D ANNUAL ENROLLMENT PERIOD began October 15 and continues through December 7!

You will not be able to make any changes to your Medicare Prescription Drug Plan after this date.

Individual assistance is available by calling Janice at 919-776-0501 ext. 2206. You may also contact Medicare at 1-800-633-4227 24 hours per day or SHIIP at 1-800-443-9354 between the hours of 8:00 am and 5:00 pm.

Mexican Train Dominos—with Instructor Norm Findley. 2nd & 3rd Thursday 6 p.m.—8 p.m. Learn to play this fun game. Please note time change. Registration not required. Call 919-776-0501 ext. 2201 if you have questions.

Diabetes Health Fair

Saturday, Nov. 12

9 a.m.— 12 Noon

FirstHealth Specialty Centers Building
35 Memorial Drive, Pinehurst
People of all ages living with diabetes and their families are invited to this free event.
Registration not required.
For more information call 800-213-3284.



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.

Nominate a Care Hero During National Family Caregiver Month

November is National Family Caregiver Month. Being a caregiver is one of the hardest jobs in the world. Whether you are a parent to a child, a spouse to a spouse or have an elderly person in your life, you are a hero.

In celebration of all family caregivers, nominate an individual who has actively demonstrated an outstanding commitment and dedication in caregiving and has made tremendous and meaningful impact in the lives of their care recipient.

Nomination forms are available at The Enrichment Center and are being taken until Tuesday, November 1, 2011. Contact Judi Womack at 919-776-0501 Ext. 2230.

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Happy National Family Caregiver Month! November is a time that we recognize and support family caregivers, build awareness about our situations and speak up for our rights. Being a caregiver is one of the hardest jobs in the world. We all want to be the very best caregiver we can be to our loved one. It is a difficult challenge at times and very rewarding at other times.

We will start our celebration with **Candlelight Reflections on Thursday, November 3, 6:30 p.m.-7:30 p.m. at The Enrichment Center.** This is a beautiful and moving experience for all caregivers. Candlelight Reflections honors those with Alzheimer's disease and related disorders. It is a way of coming together with family, friends and supporters. Candlelight Reflections honors **All** families and friends taking on the role of caregiving. Candles will be lit across North Carolina at 7:00 p.m.

We will continue our celebration with our **9th Annual Family Caregiver Award Luncheon on Thursday, November 17th at Carolina Trace Country Club at 12:00 noon.**

I wish all of you a Happy Thanksgiving and bless each of you for being the best caregiver you can be.

~Judi, Caregiver Advisor, The Enrichment Center

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.

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.**

Grancare: Grandparents and other relatives raising grandchildren will not meet in November. You are invited to attend the 9th Annual Family Caregiver Luncheon on Thursday, November 17 at the Carolina Trace Country club. Call 919-776-0501 ext. 2230 for reservations. **Save the date:** Christmas party and dinner Thursday, December 1.



*Liberty Commons of Lee,
Liberty Home Care and Hospice
and The Enrichment Center
cordially invite you to our*

*9th Annual Family Caregiver
Award Luncheon
in honor*

of National Family Caregiver Month

*Thursday, November 17, 2011
12:00 Noon*

*Carolina Trace Country Club
2100 Country Club Drive
Sanford, NC 27332*

*Join us for lunch, entertainment,
door prizes & fellowship as we
recognize the
2011 Family Caregiver recipient.*

*Registration requested
by November 14th,
call 919-776-0501 Ext. 2230.*





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**:
 Friday, Nov. 11 Veterans Day &
 Thursday/Friday Nov. 24 and 25 Thanksgiving

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. Please refer to the flyer inserted in this issue for full details. 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**

*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.*