

The Center Post

Volume 20 Issue 9

SEPTEMBER 2011

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

September is Senior Center Month



Celebrate with us and stop by for a tour! The Enrichment Center is an amazing place and we are here for you, the residents of Lee County.

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.

Attention:

**Telephone
Extensions
at The
Enrichment
Center have
changed.**

**Add a 2 in front of
the extension.**

**Example: front
desk 201 is now
2201.**

Alzheimer's Walk

Saturday, October 1, 2011 Depot Park

In conjunction with Downtown Jubi-Lee

Registration 9:00 a.m. Walk 10:00 a.m.

Come out & walk "in honor of" or "in memory of" a loved one.



alznc™

Alzheimers North Carolina, Inc.

*Here for you...
today and tomorrow*

Lead Sponsor:



Have you ever imagined what it would be like not to be able to remember your son or daughter, your husband, your mother or father or even who you are? This is what happens to victims of Alzheimer's disease. Many of our families right here in Sanford, Lee County are taking care of their parents, spouse or other relative with Alzheimer's disease or some type of Dementia. Did you know about 5.4 million Americans suffer from this disease; however, fewer than 1.5 million are diagnosed. Every 72 seconds, someone develops Alzheimer's. This disease is expected to grow to approximately 14 million by 2050.

We need your help! We are searching for individuals, civic organizations, agencies, corporations, religious groups, sports teams or anyone willing to make a difference in the lives of the victims and family members who have been devastated by this disease.

For more information, call 919-776-0501, Ext. 2230.

Welcome to The Enrichment Center

"The Gem of Lee County"

September is Senior Center Month and we invite you to come and celebrate with us! The Enrichment Center is an amazing place and our staff are the best! We are here for you, the residents of Lee County. We want to educate you, support you and continue to provide opportunities for you to self-manage month filled with lots of special include a special tribute to 911, National Women's Fitness Day. There available at the center regarding health insurance counseling, computers and service to the boomers, seniors, caregivers and veterans of Lee County. I welcome you to stop by for a tour of our building anytime in the month of September. We want you to join us in our celebration of this wonderful center and the dedicated staff that are here to make sure that you are getting everything that you deserve as you are learning to control and manage your own life. Come and see what we have to offer! We are located at 1615 S. Third St., Sanford. Our telephone number is (919) 776-0501. Hours of operation are Monday through Thursday 8am-8pm. and Friday 8am-5pm. *Debbie Williams, Senior Center Program Director*



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. Call 776-0501 ext. 2201 to register.

Advanced Tai Chi Classes by the Arthritis Foundation with **Instructor Peggy Rowles**. 12 classes for \$50, payable at first class. DVD/CD available at the end of class. Past students are welcome to attend. Open to all adults—class size limited. Call 776-0501 ext. 2201.

Veteran's Remembrance Group—Wednesday, September 14 at 2:00 p.m. with **Clay Wilson**. Clay went over seas with the 8th Air Force in August of 1942. These early missions did not have fighter escorts. On one mission 7 of his crew were killed. Some of his missions were to eliminate submarines that were attacking supply ships. His service to our country is a prime example of *The Greatest Generation*. Registration is encouraged call 776-0501 ext. 2201.

A Novel Approach Book Club—Will meet Tuesday, September 13 at 12:00 noon and discuss Sarah's Key by Taitiana Derosnay. The book for the October 11 meeting is Hotel on the Corner of Bitter and Sweet by Sharon Raschke. Registration is not necessary and the group is open to the general public.



Feel Better
Take Charge

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. Call 919-776-0501 ext. 2201 to register.**



A daily celebration

Diners Club! 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.

C 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 **September** are open to the general public:

- 1st—Diners Club Games
- 2nd—Diners Club Games
- 7th—History of 911
- 9th—Grandparents Day ice cream donated from Dairy Queen
- 14th—Miller Boles
- 16th—Extra Bingo
- 20th—Paying the Expenses at The Center, Melanie Rodgers
- 20th—Sassy Red Hatters
- 21st—Fall Prevention with Jeanette Redman
- 26th—Paying the Expenses at The Center, Melanie Rodgers
- 28th—National Woman's Fitness Day
- 30th—Gary Buffkin to sing

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.

We are in need of home delivered meal volunteers. Contact Laurie for complete details. Routes take about an hour.

Yada Yada Sisters—Tuesday, September 6 meet at Crossroads Grill at 5:00 p.m. After our meal we will play cards at The Enrichment Center. *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.

FREE PSA Screening Saturday, September 17, 8 a.m.—10:00 a.m. by **Central Carolina Hospital at The Enrichment Center.** Free PSA screenings to men 50+ and to younger men who have high risk factors. No appointment required.

Flu Shots, Friday, September 23, 1 p.m.—4 p.m. at The Enrichment Center in partnership with **Brick City Primary Care.** Call 776-0501 ext. 2201 to register.

Let's Travel

Call 776-0501 ext. 2201 to register!

Complete details are available at The Enrichment Center.

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.

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 and 4 dinners and breakfasts. See flyer for more details. Single: \$530 Double \$410 Triple \$390

Make A Difference Day 2011

A National Day of Doing Good

HUNGER doesn't care how old you are.

Every day, more than 6 million older adults face the threat of hunger, forced to skip meals or subsist on inexpensive, poor quality food with little nutritional value. It's hard to recognize someone who hasn't eaten for a day, especially if that person, like a great many of seniors, is too proud or too embarrassed to tell anyone. Hunger FACTS: North Carolina is ranked 9th in the United States for senior risk of hunger; 7.3% of seniors are at risk of hunger; 22.1% of residents reported not having enough money to buy food in the last year. **As part of the national Make a Difference Day Project for 2011, we will be collecting non-perishable food items the month of October that will be distributed to older adults in Lee County. If you need further details, call Janice Holmes, Volunteer Coordinator, 776-0501 ext. 2206.**



THANK YOU!

2011 Boomer, Senior & Caregiver Expo a Spectacular Success!

With approximately 2,400

attendees, we are pleased to report this year's 9th Annual Boomer, Senior and Caregiver Expo was the biggest and best yet! It was just what our 103 exhibitors wanted to see. We are pleased to be the hosts of this wonderful event. We want to **thank everyone** who had a hand in making it such a great success. We are very grateful to our sponsors, exhibitors, volunteers, The Expo Committee, our presenters, lunch grilled and served by the Sheriff's department and sponsored by Miller Boles Funeral Home and the staff of the Enrichment Center of Lee County. If you were not at this show but wish to be notified of our next one, please contact Judi at 776-0501 Ext. 2230. The Expo Committee looks forward to planning the 10th Anniversary Boomer, Senior and Caregiver Expo in August 2012. *Thank you, Judi Womack, Expo Coordinator*

Lead Sponsors:

Bright Audiology, Pinehurst Surgical and Central Carolina Hospital.

Platinum Sponsors: The Bayberry Retirement Inn, The Sanford Herald, First Choice Home Care, Inc., WWGP AM1050/WFJA 105.5, Liberty Commons, WLHC 103.1, Connected Care, First Bank, Kerr Health, First Health of the Carolinas, Miller Boles Funeral Home, Carolina Women's Fitness Center, Liberty HomeCare & Hospice Services.

Gold Sponsors: 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., Four Oaks Bank, Somalase Skin & Laser Institute/Services by DVCS.

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, It Works Marketing, Pinehurst Radiology Associates, Massage and BodyWork Studio, Crescent State Bank, Adcock Real Estate, Local Government Federal Credit Union, Southern Pines Retirement, Law Offices of Sara Harrington, United Assist Medical Supply, Inc.

Achieving Financial Security Workshop

Tuesday, September 27, 2011

With Thomas Rosser, Jr. LUTCF
Consolidated Planning, Inc.

Open to All Adults—General Public Invited
6:00—8:30 p.m. Lite refreshments available.

Program begins promptly at 6:00 p.m.

NO Cost—workbook provided.

Do you know what MONEY TYPE you are...A spender, speculator, saver or investor? This workshop is designed to help you enjoy greater financial security. You will learn some exciting insights into your own financial habits attitudes, and beliefs; and set goals to strengthen them. What might be keeping you from enjoying greater financial security? Join us and make your goals a reality! No sales or services sold during this program. **Registration is required call 776-0501 ext. 2201.**

The Enrichment Center Captain's Choice Mixed

Group—Teams are formed by drawing cards and all skill levels are welcome. **8:30 a.m. Tee Time each Wednesday at Quail Ridge. \$15.00 with Cart.** Interested golfers should contact The Enrichment Center, 919-776-0501 ext. 2201. *A Golf Adventure Brought to You By The Enrichment Center!*

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, September 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 September: 3rd—NO DANCE, 10th—Bill Pollard Back Porch Country, 17th—Southern Exposure, 24th—Bill Pollard Back Porch Country.**

FREE Mammograms—Rex UNC Healthcare Mobile Mammography is coming to The Enrichment Center Friday, October 14. Ladies 35 and older are encouraged to register. Call the Lee County Health Department at 919-718-4640 ext. 5317.

Fall Festival

Saturday, October 29, 2011

8 a.m.—2 p.m.

Vendors...Call 776-0501 ext. 2201
to reserve your tables!

corner

caregiver



Stroke Support Group

Third Monday of the month at 11 a.m. Sponsored by **Liberty Commons**. Facilitators: **Malene Blair and Johanne Estes**. This group can provide you support, help you problem solve, learn about stroke and recovery issues, help you find local resources, provide speakers and educational materials. Open to all adults.

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.**

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.



We would like to recognize the **Parkinson's Support Group** for having the highest number of participants attending any support group here at the Enrichment Center. A special thank you goes to **Bob Brickhouse**, the Facilitator. The Parkinson's Support Group meets the 3rd Wednesday at 10:30 a.m. and is for persons with Parkinson's disease, their family members, caregivers and friends.

Save the Date: Thursday, November 3, 6:30 p.m.- 7:30 p.m. The Enrichment Center, 1615 S. Third Street, Sanford, NC. Candlelight Reflections will honor and remember all those affected by Alzheimer's Disease and related conditions as well as all family caregivers. **Call 776-0501 ext. 2230 for complete details.**

Happy 65th Birthday! Medicare is next...now what??? Tuesday, September 20 at 6:00 p.m. an informational presentation will be provided to explain Medicare costs, choices and options. This program is brought to you by SHIIP (Seniors Health Insurance Information Program). Please call 919-776-0501 ext. 2201 to register or for more information.

You are invited to the Purple Party, September 22nd at the Enrichment Center in the game room at 12:00 noon sponsored by Network on Aging. Please



come and show your support for all our families in Lee County dealing with this terrible disease. Heavy hors d'oeuvres and door prizes will be awarded to participants. Highest contributor will receive the grand door prize. Call 776-0501 ext. 2230 to register.

CAREGIVER OF THE YEAR AWARD:

The Enrichment Center of Lee County, Liberty Home Care & Hospice and Liberty Commons sponsors of the Annual Caregiver of the Year Award, proudly announces a call for nominations for its 8th annual Family Caregiver of the Year Award. This award recognizes and honors the efforts of persons who care for an aging loved one. The Caregiver Advisory Board chooses the winner. Anyone caring for an aging relative, friend or neighbor is eligible for the award. Nominations are accepted from September 1 through November 1. Family caregivers can be nominated by other caregivers, health care professionals, family, friends, even themselves. **To nominate a family caregiver, simply fill out the Nomination Form and submit to The Enrichment Center of Lee County, 1615 S. Third St. Sanford, NC 27330 Attn: Judi Womack, Caregiver Advisor.** Forms are available at The Enrichment Center. Call 776-0501 ext. 2230 if you need further information.

Grancare

Thursday, September 8 at 12:00 Noon with **Special Guest Speaker Janice Holmes, SHIIP Coordinator, "How Medicare Part D May Affect You"**. Grancare is for grandparents and others relatives who are parenting again. We meet the 2nd Thursday of the month and a light lunch is served. Register by calling 776-0501 ext. 2230.

Alzheimer's Support Group Thursday, September 1 at 2:30 p.m. with guest speaker, **Charles Assaotchi, United Medical Supply**. Facilitators are **Judi Womack and Arnie Kreisberg**. 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.

Feeling stretched caring for a loved one?

Powerful Tools for Caregivers is a class designed to provide you the family caregiver—with the skills you need to take care of yourself. **Tuesdays, October 3, 10, 17, 24 & 31. 2:00 p.m. - 4:30 p.m. No charge for Lee County Family Caregiver (contributions accepted)** For information or to register call 776-0501, Ext. 2230. Made possible by the National Family Caregiver Grant.



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.

**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.



“A Taste To Remember”

Sunday, September 11, 2011
 Carolina Trace Country Club
 2:00 pm ~ 5:00 pm

Come out & sample food from local restaurants,
 enjoy entertainment, bid on silent auction items,
 win prizes & remember the victims of 9-11.

Sponsored by:



Liberty Commons
 Nursing & Rehabilitation Center
 of Lee County

All proceeds go to The Enrichment Center's
 Helping Fund. This fund helps Lee County older
 adults in emergency situations
 with utility & fuel bills.

RSVP Johanne Estes
 by Friday Sept. 2, 2011 at 919-770-0296.

Medicare Part D Open Enrollment Clinic Wednesday, October 19, 2011

Trained SHIIP Volunteers will be available to assist
 with your Medicare Prescription Drug Plan
 questions and plan changes. The clinic will be
 available from 9am-11:30am and 1pm-4pm.
 Medicare beneficiaries will be seen on a first come-
 first served basis.

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

“Fannin the Heat Away”

William McNeill, Road Scholar
 Presents His Collection of Handheld Fans
 And Tells Their Stories

**Tuesday, September 27 at 7 p.m.
 At The Lee County Library Auditorium**

Sponsored by the Lee County Genealogical & Historical Society
 This project is made possible by a grant from the
 N.C. Humanities Council.