

The Center Post

Volume 21 Issue 8

AUGUST 2012

**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...*

♦ **SOCK HOP Tickets
on Sale NOW! Pg. 2**

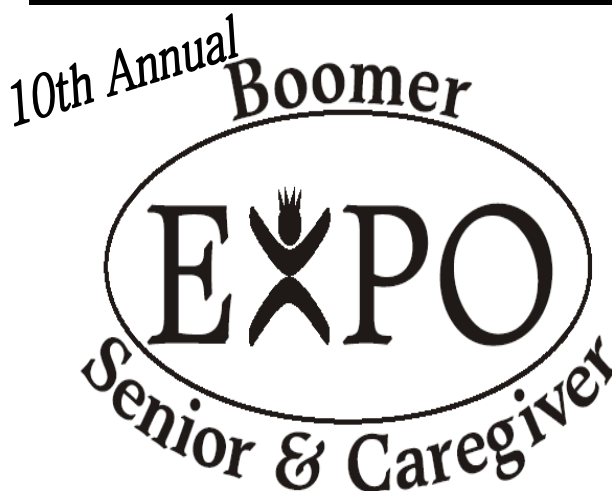
♦ **Nominate Someone
for the Governor's
Volunteer Service
Award! Pg. 3**

♦ **Elder Law Seminars,
Pg. 4**

♦ **Up & Coming Fall
2012, Pg. 6**

**Come Celebrate
"Living Well"** The Enrichment Center
of Lee County

P r e s e n t s



**Wednesday
August 29, 2012**

10:00 am - 2:30 pm

**Dennis A. Wicker Civic Center
1801 Nash St., Sanford, NC
Free Admission and Parking
See what's new for 2012!
~ All Adults Welcome ~**

- 100+ Vendors
- Educational Seminars
- Massages

- 15+ Health Screenings
- Bingo
- Lunch

- Hourly Prize Giveaways
- Manicures & Hair Cuts
- GRAND PRIZES

CENTRAL CAROLINA HOSPITAL



Lead Sponsors



AMMONS
CHIROPRACTIC
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UNC PHYSICIANS
NETWORK
UNC HEALTH CARE



Brighter Hearing - Better Living

The Sanford Herald

The Bayberry
Retirement Inn



Sanford Elks
Lodge #1679

Platinum Sponsors



FirstHealth
OF THE CAROLINAS



Liberty HomeCare
& Hospice Services
Independence. Compassion. Care.



The Enrichment Center of Lee County's "Helping Fund"

A fun event to
celebrate the
10th Annual
Boomer,
Senior &
Caregiver
Expo!

50's

&

60's



**SOH
CKP**

**Event Sponsor:
Miller-Boles Funeral Home**

Saturday, August 25, 2012

7:00 pm - 11:00 pm

Featuring: DJ Johnny Miller

\$25 Per Person/\$40 Couple

The Elk's Lodge #1679

910 Carthage St, Sanford, NC

For more information contact Tami Carter, 919-776-0501 Ext. 2212.

Shake

Rattle

Roll

BUY YOUR
TICKETS
TODAY! ALL
ADULTS
WELCOME!

Let's Travel in 2012

More detailed information is available at the front desk of The Enrichment Center or by calling 919-776-0501 ext. 2201.

Tuesday, October 16 The NC State Fair This is the day devoted to YOU! Special events are planned for the day.

Saturday/Sunday, December 8-9 A Candlelight Evening at Biltmore with Behind the Scenes Tour. Dinner buffet at Biltmore's Deerpark Restaurant. Enjoy a candlelight tour of the beautiful Biltmore House lit by firelight and candlelight. We will return the next morning for a behind the scenes tour, visit the winery, and the Antler Hill Village.

Tuesday, December 11 A Southern Christmas at The Rudy Theatre We travel back to a time where we all dreamed of a "White Christmas" and listened for "Silver Bells".

May 8-13, 2013 BAHAMAS - Nassau & Freeport aboard the Carnival Fantasy. Includes motorcoach transportation round trip to Charleston, SC, 5 nights aboard the Carnival Fantasy, which includes meals and entertainment aboard ship. Trip insurance is available and advised.

Expo Volunteers are needed! Wed., August 29, 2012 is the BIG DAY! Volunteers are needed to assist with set-up, clean up, food, vendor assistance, registration, and information. **Volunteers are allowed to enter the EXPO 1 hour before it opens to the public!** If you are available and would like to be involved in one of the area's largest events, contact Janice Holmes at 919-776-0501 x2206.

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 from a reliable source!
An informational presentation is planned for

Thursday, September 13, 2012 at 6:00 p.m.

This program is brought to you by SHIP,
Seniors Health Insurance Information Program,
a division of the NC Dept. of Insurance.

To register or for more information contact The Enrichment Center, 919-776-0501 Ext. 2201.
www.leecountync.gov/ec



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, fruit, dessert and beverage. **If you are interested in having lunch with us call Carole Nicely at 919-776-0501 ext. 2205 for information and to register. Contact Carole if you have a change in your lunch reservation.**

You are invited to the following 11:00 a.m. programs in August :

C 1st—Laurence Poindexter singing and playing guitar
I 3rd—"How to Talk with Your Doctor", Betsy McNeill
J 6th—Kim Brown singing
U 8th—"Deaf and Hearing Impaired", Kay Satterwhite
b 10th—Extra Bingo
15th—Refreshments with Miller Boles
17th—Gospel Music with Denise Howard

21st—Sassy Red Hatters at 10:30 a.m.
22nd—Floral Designs by Eddie
23rd—Let's Talk with Mayor Olive at 10:30 a.m.
24th—Extra Bingo
29th—Diners Club Closed—Expo Day!
31st—NO Bingo—Jubilee Choir Sings



Governor's Volunteer Service Award 2013



The Awards honor the true spirit of volunteerism by recognizing **individuals, groups and businesses** that make a significant contribution to their community through **volunteer service**. Any person, group or business from the public, non-profit and private sector may be nominated for an award.

Nomination forms are available at the Enrichment Center. Please return the completed forms to The Enrichment Center,
1615 S. Third Street, Sanford, NC 27330,
no later than Wednesday, October 31, 2012.
For more information, contact Janice Holmes,
Volunteer Services Coordinator, 919-776-0501 Ext. 2206.

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r****CAREGIVERS!**

You are invited to attend the kick off to our 10th Expo for a **Sock Hop at the Elk's Club on Saturday, August 25th from 7:00 p.m.- 11:00 p.m.** See all details page 2 of this newsletter.

You will not want to miss this FUN event!

Boomers, Seniors and Caregivers, you are cordially invited to attend our 10th annual Boomer, Senior and Caregiver Expo!

You will receive great tips on turning your golden years into the best years of your life! Join us for a day of seminars, health screenings and opportunities to make your life the very best it can be. Free and open to the public, you can:

- ◆ Learn how to make your investments work for you
- ◆ Discover great travel opportunities
- ◆ Search out ideal retirement choices
- ◆ Learn about health, recreation & fitness
- ◆ Take advantage of 15+ health screenings
- ◆ Visit educational seminars

Wednesday, August 29, 2012 10:00 a.m.- 2:30 p.m.

Dennis A. Wicker Civic Center, Sanford, NC

FREE Admission FREE Parking

Special Announcement:

The Alzheimer's and the Parkinson's Support Groups will not meet during the month of August. The groups will have a booth at the Boomer, Senior and Caregiver Expo. Please stop by and see us!

Sanford/Lee County Stroke Support Group—Thursday, August 9 at 1:00 p.m. at The Enrichment Center. **Facilitator: Joy Murphy.** Open to the general public—all adults invited.

Grief Support Group meets 2nd Thursday in Aug. at 1:00 p.m. In Sept. they will meet the 1st Thursday.

Caregiver Support Group (ANGELS) Angels Now Getting Empathy, Love & Support—Gail Valentine, **Facilitator.** You're not alone. Our support helps you see that your situation is not unique, that you are not alone in your feelings and experiences. Join us the 2nd & 4th Tuesday each month at 6 p.m. Open to the general public.

SUMMER is a time for RESPITE! If you are a family caregiver and have a loved one that would enjoy the fellowship of others, games, crafts, small gardening, bingo and much more, we invite you to bring them to our Caregiver Time Out program. We meet at The Enrichment Center every Tuesday 1:00 p.m. - 3:00 p.m. Caregiver Time Out will give the caregiver time for themselves. The caregiver knows the first rule is to be willing to reach out for help and this is a wonderful way for you to do so. Call Judi at 919-776-0501 Ext. 2230.

GIVE YOURSELF A BREAK!
**Powerful Tools
for Caregivers Classes**

The Powerful Tools for Caregivers program will provide you with tools and strategies to better handle the unique caregiver challenges you face. The tools learned in the six-week series benefit caregivers by helping reduce stress, improve caregiving confidence, establish balance, communicate needs, make tough decisions and locate helpful resources.

DATES: Tuesdays, October 2, 9, 16, 23 and 30

TIME: 10:00 a.m.– 11:30 a.m.

LOCATION: The Enrichment Center – Classroom A

Classes are Free and led by a trained facilitator.

For more information contact: Judi

jwomack@leecountync.gov

Or 919-776-0501 Ext. 2230

**Three Great Ways for Elders and Their
Families to Protect What They Have
and To Get Estate Planning on Track**

Three **FREE** seminars brought to you by
The Enrichment Center of Lee County & NC Board Certified
Specialist in Elder Law, Bob Mason

Session 1 Tuesday, Sept. 11, 2:00 p.m.
How to Avoid an Elder Law Train Wreck

Essentials of wills and trusts, powers of attorney, health care advance directives, insurance, second marriages, planning for a child with disabilities and laying ground work for long term care planning.

Session 2 Tuesday, Sept. 18, 2:00 p.m.
How to Pay for Nursing Home Care Without
Losing Your Shirt Get straight facts from an expert.

Session 3 Tuesday, Sept. 25, 2:00 p.m.
Make Sure Your VA Benefits Aren't AWOL

Learn about VA Aid & Attendance.

Registration is encouraged! Call 919-776-0501 Ext. 2230.

Join us for our Alzheimer's Walk, Saturday, October 20, 2012. Registration 9:00 a.m. Walk 10:00 a.m. Kiwanis Family Park, 1800 Wicker Street, Sanford, NC. **Call Judi to volunteer, sponsor and participate 919-776-0501 ext. 2230. Together, we will make a difference and raise awareness.**

10th Anniversary of the Boomer, Senior & Caregiver Expo!

Wednesday, August 29, 2012
Dennis A. Wicker Civic Center

**Full Program and Details in The Sanford Herald
Saturday, August 25, 2012.**

Thank You Gold Sponsors:

First Choice Home Care, Inc.
Law Offices of Sara Harrington
Community Home Care & Hospice
Cambridge Hills Assisted Living
Community Family Medicine
Miller-Boles Funeral Home
AARP of NC • BOOM! Magazine
Forget-Me-Not Home Memory Care
Liberty Commons • Kerr Health, LLC
Total Life Care • Siler City Care & Rehab
Laurels of Chatham
NC Senior Medicare Patrol
Thompson Chiropractic Center

Thank you Silver Sponsors:

Re-Bath of the Triangle
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Central Electric Membership
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Comfort Keepers
Curves
Quality Home Health Care
Duke Cardiology of Sanford
Scotia Village Retirement Community
Coventry House Inn
Humana MarketPOINT, Inc.
Adcock Real Estate
Local Government Federal Credit Union
Sanford Health and Rehabilitation
Spring Arbor Assisted Living
Comfort First Heating & Cooling
BSD, Inc.
Village Caregivers
Mutual of Omaha
Mary Kay Cosmetics with Becky Poole
St. Jude Medical

**FREE
HEALTH SCREENINGS
at the
Boomer, Senior
& Caregiver Expo
Wed., Aug. 29, 2012**



Central Carolina Hospital CHOLESTEROL

Lipid Panels include glucose, total cholesterol HDL/LDL levels and triglycerides. Best results with fasting. Results mailed to the participants.

BODY MASS, ASK THE DIETICIAN, BONE DENSITY MEASUREMENT, PULMONARY FUNCTION TEST ASSESSMENT, ASK THE PHYSICAL THERAPIST, PSA Screening for MEN, NUTRITION - ASK THE DIETICIAN, ASK THE PHARMACIST

UNC Physician's Network

BONE DENSITY, BLOOD SUGAR, BLOOD PRESSURE, PULMONARY FUNCTION

Bright Audiology HEARING SCREENING

Sanford Nautilus BODY FAT

**Kerr Drug
ASK THE PHARMACIST, BLOOD GLUCOSE & BLOOD PRESSURE**

Ammons Chiropractic Clinic SPINAL AND POSTURE SCREENING

Carolina Women's Fitness Center HEIGHT AND WEIGHT

UNC Stroke Center STROKE RISK ASSESSMENT

Carolina Eye VISION SCREENING

NC Cooperative Extension HAND WASHING DEMONSTRATION

Duke University Medical Center MEMORY

Chris Nance, Podiatrist - Quality Home HealthCare FEET DISCUSSIONS

Linda Moore & Katie Thomas of The Family Doc Counseling Center DEPRESSION ASSESSMENT Sign Up for Flu Shots THE ENRICHMENT CENTER



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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27330
Permit No. 198



Be sure to tune in to The Enrichment Center Radio
Newsletter Monday through Saturday,
11:35 a.m. on Life 103.1 WLHC-FM.

**Reminder: October 15-December 7 is the
annual enrollment period for Medicare Part D.**

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

Nifty Noggins volunteers will not meet in August. Nifty Noggins are head coverings for cancer patients. Anyone interested may still come by and pick up head coverings. Contact **Carole** at 919-776-0501 ext. 2205.

**FREE Blood Pressure checks are provided by
Community Home Care & Hospice** the 2nd Monday each month at The Enrichment Center 10:30 a.m.—11:30 a.m.

Yada Yada Sisters—Tuesday, August 7 at 5 p.m. at The Enrichment Center. Bring your favorite sandwich and play cards at The 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.*

Ballroom Dance Lessons, FREE, Mondays August 20 — October 1 at 6:45 p.m. No class Sept. 3. Instructor **Judith McDonald, President of Outreach Programs US Dance** is providing this free opportunity. Class size is limited and registration is required. Call 919-776-0501 Ext. 2201.

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for August: 4th Southern Exposure, 11th Bill Pollard Back Porch Country, 18th Raymond Bradley Band, 25th Bill Pollard Back Porch Country.**

MARK YOUR CALENDAR & REGISTER:

Protect Yourself Against Scams, Thurs., Sept.

27 1:30 p.m. Presented by The Better Business Bureau. Just when you think you've heard it all about scams, the next one comes along taking its victims. Don't be a victim of a SCAM. Call 919-776-0501 Ext. 2201 to register.

Fall Festival, Sat., Oct. 27, 8 a.m. - 2 p.m. Join us for our annual fall festival and purchase crafts, baked & canned goods, jewelry, woodworking, and much more! Crafters, reserve your tables today. First come, first serve basis. Crafters 54 and younger \$35 per table. Crafters 55 and older \$15 per table.

Novel Approach Book Group, Tues., Sept. 11,

12 noon. The group will discuss Cutting for Stone by Abraham Verghese. The group is open to the general public, all adults are welcome.

Beginner & Intermediate Tai Chi classes with instructor Peggy Rowles will begin mid-Sept. Call today to get on the rosters. Contact **Debbie Williams** at 919-776-0501 ext. 2203.

Flu Shots will be given by **Brick City Primary Care** on Friday, Sept. 14, 9 a.m. - 2 p.m. & 1 - 4 p.m. and Fri., Sept. 21, 1 - 4 p.m.