

The Center Post

Volume 21 Issue 12

DECEMBER 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.

*To save on cost,
we will combine
the January
and February
2013
Center Post
Newsletters.*



*Merry
Christmas*

From
The Enrichment Center, Inc.
**We need your assistance
in replenishing
The Enrichment Center, Inc.
Helping Fund.**

Our Helping Fund assists lower income older adults in Lee County who are in a crisis situation with the basic necessities of life. We suspended assistance several months over the past year to save for the winter months. Heating costs are much more expensive. Please consider making a donation to The Enrichment Center, Inc. Helping Fund. Every \$1 assists an older adult in need!

*Thank you and Merry Christmas,
Margaret Murchison, President
The Enrichment Center, Inc.
Board of Directors*

Make checks payable to The Enrichment Center, Inc. Mail or drop off your contribution: 1615 S. Third Street, Sanford, NC 27330. Thank you for choosing The Enrichment Center as your way of making a difference in our community! The Enrichment Center is a 501(c)(3) charitable organization. Donations are tax deductible.

Yada Yada Sisters, Tuesday, December 4 at 5 pm. Come celebrate the Christmas season as we gather for a Christmas ham dinner. Our sisterhood is a network with other females. We offer you the perfect opportunity to receive support and encouragement from a sister.

Quilt Magic Craft Class Thursday, December 6 at 10:30 am with instructor **Susan McGovern**. Quilt Magic is like painting by numbers except that you use fabric instead of paint! It's fun and easy, no special tools needed and no sewing or gluing. Small kit \$8 and large kit \$18. Class size is limited, register today by calling 919-776-0501 ext. 2201.

Novel Approach Book Group, Tuesday, December 11 at 12 noon. The group will discuss The Art of Racing in the Rain by Garth Stein. The group is open to the general public.

Bible Study, 1st and 3rd Monday at 10:30 am with Facilitator **Joyce Billings**. Open to the general public. Registration not required.

Veterans Remembrance Group Wednesday, December 12 at 2 pm with **Guest Speaker George Newport**. Mr. Newport is a veteran who served in Vietnam, Lebanon, Grenada, Panama, the Gulf War and Afghanistan. Open to the general public.

NEW - Sequence, donated in memory of Ruth White, a 92-year-old loyal participant of the Diners Club. She loved this game and her family would like to share her passion. If you are interested in learning how to play or want to borrow a game for your group contact **Debbie Williams** at 919-776-0501 ext. 2203.

Saturday Night Dance—Live music and good fellowship at 7:00 pm. Admission is \$6.00 per person. **Bands for December: 1st Southern Exposure, 8th Bill Pollard Back Porch Country, 15th The Fabulous Troubadours, 22nd and 29th NO DANCE.**

Nifty Noggins volunteers will meet Thursday, December 13 at 10 am. 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.

Let's Travel

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

May 8-13, 2013 BAHAMAS - Nassau & Freeport aboard the Carnival Fantasy. Includes motor coach 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. **A FEW SPACES AVAILABLE. OPEN TO ALL ADULTS!**

LET'S TRAVEL IN 2013! We want your ideas and suggestions for trips in 2013. Surveys are available at the front desk. Please complete and return no later than January 31, 2013. Thank you!

REMINDER:

The Annual Enrollment period for Medicare Part D is now through December 7, 2012.

You may call SHIIP (Seniors Health Insurance Information Program) at 1-800-443-9354 or Medicare at 1-800-633-4227.

2013 Medicare Costs

Medicare Part A (Hospital Insurance) Hospital Stay

In 2013, you pay \$1,184 deductible per benefit period.

Skilled Nursing Facility Stay

In 2013, you pay \$0 for the first 20 days of each benefit period \$148 per day for days 21–100 of each benefit period.

Medicare Part B (Medical Insurance)

2013 Part B Monthly Premium \$104.90 (\$5 increase)

Part B Deductible - \$147 per year.

S.A.P. - Sanford Area Photographers Club meets the 3rd Thursday (Dec. 13) of each month at 6 pm. Facilitator **Jerry Batchelor** invites the general public to this group that shares ideas and methods with fellow photographers. All skill levels welcome!

Legal Aid Intake Day—First Friday of the month 10 am—2:00 pm. Types of cases accepted: housing evictions, foreclosures, domestic violence, unemployment and benefits denials. Appointments preferred but walk-ins welcome. Call 1-800-672-5834 to make an appointment. Presented by **Legal Aid of NC, Inc.**

Ballroom Dance Lessons, FREE, Mondays with Instructor **Judith McDonald, President of Outreach Programs US Dance.** Class size is limited and registration is required. Call 919-776-0501 Ext. 2201.

D
i
n
e
r
s

C
l
u
b



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.*

ATTENTION NEW PROCEDURES IN THE DINERS CLUB!

Please be responsible and help us by following these new procedures. Your cooperation is needed to make our noon time lunch program run as efficiently as possible.

Thank you!

CALLING IN FOR LUNCH

You MUST call in for your lunch meal by 11 am the day before for ALL participants. If you call after 11 am it is too late!

TO CANCEL A MEAL FOR COLTS RIDERS

If you need to cancel a meal and a ride call COLTS DISPATCH at 919-776-7201 as soon as possible. After hours and weekends you may leave a message on COLTS' voicemail.

TO CANCEL A MEAL IF YOU ARE NOT A COLTS RIDER

If you need to cancel a meal please CALL CAROLE NICELY at 919-776-0501 ext. 2205 as soon as possible. Leave a message on Carole's voicemail if she does not answer.

WALK-INS

Please wait until others have received their meal. If the table you are sitting at is called to be served, wait until all others—those who had signed up first—have been served.



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.

The **Bingo Club** will meet Wednesday, December 5 at 2 pm.

corner

caregiver



Dear Family Caregivers,

For many families, the holidays are a festive time. But for those caring for a family member, festive times might be with anxiety, stress and new challenges that many do not face. I would like to offer just a few tips that may help you the caregiver not just survive but thrive during the holidays! Special Tips for Caregivers during the Holidays

1. **Set Reasonable expectations-** Can you really decorate like Martha Stewart or cook like Rachel Ray during the holidays, you've also got to be a nurse, confidant, driver and master organizer? Be realistic about what you can accomplish and keep your focus on providing the best care possible to your loved one and staying connected to your family and friends. Let perfection go.
2. **Take care of your spiritual self-** Regardless of your beliefs or your definition of spirituality; take the time to renew your inner spiritual resources. The holidays can be hectic, but they also can be a time of reflection and centering. Taking care of yourself now means you will have more to offer your family in the months ahead.
3. **Find humor everywhere you go.** "Laughter Is the Best Medicine!" Laughter is a great tension-releaser, pain-reducer, breathing-improver, and general elevator of moods. Make sure you find your own laughter to keep smiling in your own life. Your energy for others during the holiday season will only happen when you energize and empower your own life force today!

MERRY CHRISTMAS

TO YOU AND YOUR FAMILY, ~*Judi*



**FREE WORKSHOP
GENERAL PUBLIC INVITED
Reaching Beyond
the Limitations of Dementia
With Teepa Snow, MS, OTR/L
Dementia Care Specialist**

Tuesday, January 22, 2013 1:00 pm - 4:30 pm
Dennis A. Wicker Civic Center, 1801 Nash Street, Sanford
To register call 919-776-0501 ext. 2230.

10th Annual Family Caregiver Award (November 2012)

"The Family Caregiver Award recognizes an individual or family who embodies the courage to face the challenges of caregiving, the compassion to ensure dignity for their loved one and the wisdom to reach out for support."



The 10th Annual Family Caregiver of the year was awarded to **Reid Harris in recognition of his labor of love and endless dedication to caring for his wife and being an example to other family caregivers in our community. PHOTO:** Presented by Judi Womack, Caregiver Consultant with the Enrichment Center of Lee County and the nominator, Betsy McNeil, RN Community Home Care & Hospice.

The 2012 Sanford/Lee County Alzheimer's Walk

to raise awareness and funds was held October 20, 2012 at Kiwanis Family Park with hundreds of people participating in the walk. The following received awards:

**Individual raising the most money:
Peggy Rowles**



Team raising the most money: Wingroves Warriors



Largest Team: J. Glenn Edwards

Approximately \$15,000 was received to go toward the support, care and research efforts of Alzheimers North Carolina, Inc. and stays in North Carolina. Again we appreciate everyone's participation in raising funds and awareness of Alzheimer's disease.



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.**

Non-Profit Org.
 U.S. Postage
 PAID
 Sanford, NC
 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.**

**The Enrichment Center will be CLOSED:
 December 24, 25 and 26, 2012 for Christmas.
 January 1, 2013 for New Year's.**

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

Inclement Weather

If Lee County Officers are **delayed** or **closed**, then automatically Senior Services, COLTS and Veterans Service is included. If Lee County Schools are **closed**, The Enrichment Center's Diner's Club and Home Delivered Meals will be **closed**. If Lee County Government Offices are **closed**, so is The Enrichment Center and all programming for that day. Closings will be announced on WRAL TV 5, WFJA 105.5 FM, WWGP, WLHC-FM Life 103.1 and WXXL 1290 AM.

Help Older Adults in Lee County by Making a Monetary Contribution to The Enrichment Center, Inc. Helping Fund

In 2012 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(c)(3) charitable organization. Donations are tax deductible.*