

The Center Post

Volume 21 Issue 1

JANUARY 2012

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

FREE Workshop

Understanding Challenging Behaviors In Alzheimer's and Dementia

*Understanding what triggers behaviors and learning what the person
is attempting to communicate can reduce stress and frustration
for the caregiver and the recipient.*

Most days are good...



...others can be frustrating



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...**

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Lessons**, p. 2

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Birthday!**, p. 2

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Officer**, p. 5

Presented by:
Teepa Snow, MS, OTR/L
Dementia Care Specialist

Monday, January 30, 2012
1:00 p.m. - 4:00 p.m.
4:00 p.m. - 4:30 p.m. - Questions
Dennis A. Wicker Civic Center
1801 Nash Street, Sanford

***A person with dementia communicates
unmet needs through behaviors. In this
workshop we will learn to better
understand:***

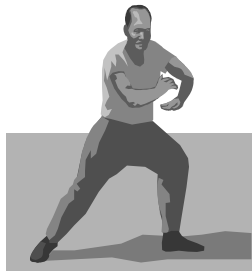
- ◆ How the damage occurring in the brain impacts the person's ability to function
 - ◆ The stages of dementia
 - ◆ The role confusion plays in behavior
- Repetitive questioning, angry and agitated behavior, sleep problems, paranoia and delusions, wandering, wanting to go home and problems with personal care will also be covered in the workshop.***

***This FREE workshop
is open
to the general public
and is sponsored by***

***The Enrichment Center
NC Certified Senior Center
of Excellence
1615 S. Third Street
Sanford, NC 27330***

Yada Yada Sisters—Tuesday, January 3rd meet at Bubba's to eat at 5:00 p.m. and then 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.*

Legal Aid Intake Day—1st Friday of the month, 10 a.m.—2 p.m. Appointments preferred but walk-ins will be accepted. To schedule an appointment call 1-800-672-5834. **Presented by Legal Aid of NC, Inc.**



Tai Chi Classes by the Arthritis Foundation—Mondays January 23—April 9, 10:45 a.m. with Instructor **Peggy Rowles**. Compelling evidence shows that Tai Chi prevents and treats an array of age-related health conditions. It stabilizes bone density, lowers blood pressure and cholesterol and improves Parkinson's patients' well-being. This program is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems. Open to all adults, space is limited. Call 919-776-0501 ext. 2201 to register.

Advanced Tai Chi classes by the Arthritis Foundation—Tuesdays January 10—March 27, 10:45 a.m. with Instructor **Peggy Rowles**. This program is designed by the **Arthritis Foundation** and requires that you have completed Tai Chi for Beginners by the **Arthritis Foundation**. Open to all adults, space is limited. Call 919-776-0501 ext. 2201 to register.

Veteran's Remembrance Group—Wednesday, January 11 at 2:00 p.m. with guest speaker **John Hergenroeder**. John is a World War II veteran who was in the 134th Division. He was wounded during the war and served most of his time in Italy. General public invited.



Ballroom Dance Lessons—FREE—Mondays February 6 - 27, 2012 at 6:45 p.m. Instructor **Judith McDonald**, President of **Outreach Programs US Dance** is providing this free opportunity for anyone that would like to learn how to glide across the floor with confidence! Class size limited. Call 919-776-0501 ext. 2201 to register.

Are you a Bridge player who is looking for a partner or a game? We are putting together a table or two and need players. Any level. All are welcome to come and join us! Call 919-718-6659 for more information.

Quilt Donation to The Enrichment Center November 2011

On Display at Front Lobby

"Fading Flower Living Soul"

Quilt Designed and Hand Sewn by Peggy Rowles
For The Alzheimer's Walk Benefit

Awarded To George & Theresa Miller 2007

Donated to The Enrichment Center
By The Millers

In Honor & Memory of Those Affected By
Alzheimer's Disease & Family Caregivers

~Thank you~



A Novel Approach Book Club

Tuesday, January 10 at 12:00 noon. We will discuss Travels with Charley by John Steinbeck. 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.

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, January 12 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 January:** 7th—Southern Exposure, 14th—NO DANCE, 21st—The Fabulous Troubadours, 28th—Bill Pollard Back Porch Country.

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?

FREE Informational Presentation
Tuesday, January 17, 2012
6:00 p.m.

Brought to you by SHIIP
(Seniors Health Insurance
Information Program)

A Division of the North Carolina
Department of Insurance

To register call 919-776-0501 ext. 2201.



D **A daily celebration**

n Join us for lunch at The Enrichment Center's
e Diners Club! A nutritious lunch is available
r Monday through Friday at 12:00 noon for Lee
s County residents 60 and better. Menu selections
include: spaghetti & meat sauce, pork chop, BBQ
chicken, baked chicken, fish sandwich, fruit,
dessert and beverage.

C If you are interested in having lunch with us call
I Carole Nicely at 776-0501 ext. 2205 for information
u and to register. Contact Carole if you have a change
b in your lunch reservation. The following 11:00 a.m.

Diners Club Programs for January are open to the
general public:

- 4th—Laurence Poindexter singing & playing guitar
- 6th—Extra Bingo
- 11th—Tell Us Your Best Joke
- 11th—Veterans program at 2 p.m.
- 13th—Friday 13th Trivia
- 17th—Sassy Red Hatters at 10:30 a.m.
- 18th—Miller Boles
- 23rd—Chinese New Year/Year of the Dragon
- 25th—Personal and Home Safety



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.

Dash Public Transportation
A Service Provided by
COLTS
County of Lee
Transit System
Monday-Friday
7:00 a.m. - 5:00 p.m.

- | | |
|------------------------------|----------------------------|
| 1. Wal-Mart | 6. Stewart Manor |
| 2. Sanford Estates | 7. The Enrichment Center |
| 3. Makepeace Apartments | 8. Kendale Shopping Center |
| 4. Riverbirch Shopping Ctr. | |
| 5. Central Carolina Hospital | |

\$2.00 per trip. Priority given to age 60+ and disabled passengers.
Wheel Chair Lift-Equipped. For complete details, schedules
and vouchers call 919-776-0501 ext. 2228.

www.leecountync.gov/colts.aspx

Let's Travel

Call 776-0501 ext. 2201 to register!

Complete details are available at The Enrichment Center.

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

Wicked... Tickets are not on sale yet – this is an opportunity to
show your interest in attending this show. 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 2012.

**We need your suggestions...where would
YOU like to travel in 2012? Give me
destinations, dates and how much you
are willing to spend. Contact Janice
at 919-776-0501 ext. 2206.**

GAMES—All Adults Welcome Registration Not Required

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

Mexican Train Dominos with Instructor Norm Findley, 2nd and
3rd Thursdays at 6:00 p.m.

Canasta Fridays at 12:30 p.m. with Instructor Carolyn Arnold.

4th Wednesday Cards at 2:00 p.m. Bring cards and friends and
play the game of your choice.

**The revised Enrichment Center's Information &
Resource Directory is now available.**

To view or print, visit our website at
www.leecountync.gov/ec. The *Center Post*
monthly newsletter is also available.

corner



caregiver

Happy New Year to all of you!
I hope your holidays were peaceful and that 2012 brings many joys and blessings your way.

As we enter into a new year the usual custom is to make resolutions. Even with good intentions, we often don't follow through. Planning new ways of doing things can be a sign of hope and faith. However, it can be more helpful to make these plans reasonable, productive and enjoyable.

Here are a few ideas: write down your ideas; call or write a friend; give away things you don't use; improve your health with a good diet, exercise and sufficient sleep.

Keep plans simple to eliminate stress and frustration. Life is too short to crowd it with anxiety. Remember that "this too will pass." Happy New Year! ~Judi

Alzheimer's Support Group—Facilitators: Judi Womack and Arnie Kreisberg. We are growing and we encourage anyone that is or has been touched by this overwhelming disease join us the 1st Thursday of each month at 2:30 p.m. We have speakers and learn from one another. You are not alone. This support group provides a forum for families and friends of individuals with dementia, strokes and other related conditions to share experiences and information, discuss mutual problems and learn coping skills. The group is open to the general public.

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 is a family caregiver support group who bond together Tuesdays at 6:00 p.m. They share experiences and information, discuss mutual problems and learn coping skills. Open to the general public - all adults invited.

NEW—Sanford/Lee County Stroke Support Group—Need Help? Need Hope? Education and support is on the horizon. Joy Phillips Murphy, Facilitator. Thursday, January 12 at 1:00 p.m. This group will offer networking, education and motivation to stroke survivors and their family caregivers. Please join us! We hope each person will leave with a sense of, "My life has strong possibilities."

Powerful Tools for Family Caregivers

Caregiving usually arrives without warning. Whether you are currently a family caregiver, assist part time or want to be prepared when or if the need arises, this series will provide you with a wealth of self-care tools!

All Adults Welcome—General Public Invited

Wednesdays January 11, 18, 25 & February 1, 8, 15

6:00 p.m. FREE

St. Luke United Methodist Church

2916 Wicker Street, Sanford

Caregiving today includes learning the skills necessary to provide care, accepting the fact that you cannot do it alone, and being aware of the need to take care of yourself while you are a caregiver.

Powerful Tools for Family Caregivers helps you develop a wealth of self-care tools to reduce personal stress; change negative self-talk; communicate your needs to family members, health care and service providers; manage difficult feelings; make tough caregiving decision when a family member can no longer live alone, drive safely or manage his/her finances.

You will receive a free 300-page book, The Caregiver Helpbook, developed specifically for the class. For more information and to register call Judi at 919-776-0501 ext. 2230.

The Grancare Christmas Party was enjoyed by 25 children and 28 adults. Everyone enjoyed a turkey meal with all of the trimmings, fellowship and entertainment. We made Christmas ornaments and of course Santa was there, which made for a very exciting evening. Our grandparents and other relatives raising grandchildren will begin our new year on Thursday, January 12 for lunch and 2012 planning. **Grancare is open to anyone. If you would like more information call Judi at 919-776-0501 ext. 2230.**

NEW—MS Self-Help Group—Monday, January 9 at 6:00 p.m. at The Enrichment Center. This is a self-help group for people living with multiple sclerosis and their families in the Sanford area. For further details please contact Facilitator **Rosemary McLeod** at 919-499-4230.

Books at a Steal

Gently Used Book Store

106 S. Steele Street

919-776-0642

Store Hours:

Tues. - Fri. 10 a.m. - 5 p.m.

Sat. 10 a.m. - 4 p.m.

Two non-profits, **Coalition for Families in Lee County** and **Lee County Partnership for Children**, focused on family support and preparing young children for success, are providing Lee County with a 'gently-used' bookstore. The store offers an affordable opportunity for purchasing books and promotes literacy, family support and success for children.



The Lee County Veterans Service Officer (VSO) assists eligible veterans and their families, deceased veteran's dependents and survivors in applying for benefits from the U.S. Department of Veterans Affairs (VA) and the N.C. Division of Veterans Affairs. Members of the Reserves, National Guard and active duty service members are also welcomed to call the county VSO for assistance with any matters involving the VA. While Lee County is not the authorizing organization for these benefits, the County Veterans Service Officer can assist the veteran greatly in the following areas:

- Assessing and confirming eligibility
- Completing the documentation required by the VA and NCDVA
- Explaining complex issues and forms
- Referring veterans and service members to other agencies that may be of assistance

Get Assistance With Your VA Benefits
Monday—Friday 8:30 a.m.—12:30 p.m.

John O. Sandroek
Lee Co. Veterans Service Officer
919-776-0501 Ext. 2209

North Carolina Symphony
Returns to Lee County
Thursday, Feb. 2, 2012 8:00 p.m.

Dennis A. Wicker Civic Center

Tickets Available at The Enrichment Center

The program "Chopin & Tchaikovsky", conducted by Resident Conductor William Henry Curry, will begin at 8:00p.m. and feature Chopin's 'Andante spianato and Grande Polonaise No. 58 for Piano and Orchestra, with John Noel, piano soloist. Kodaly's *Dances of Galanta* and Tchaikovsky's 'Symphony No. 5 in E minor, Opus 64" will complete the program.

Tickets may now be purchased locally at The Enrichment Center (1615 S. Third Street), Temple Theatre Box Office (120 Carthage St.), Capital Bank (130 N. Steele St.) and Capital Bank (2917 S. Horner Blvd.). Adult admission is \$23, Senior is \$21 and Student (any age, with ID) is \$6. Credit card purchases may be made online at www.ncsymphony.org or by calling toll free at 1-877-627-6724. Donations are welcome.

Enrichment Center **and Lee County Government Volunteers...**

You play a key part in our community! Did you know that volunteering for Lee County Government means you're automatically eligible for LGFCU (Local Government Federal Credit Union) membership? And joining your Credit Union brings you countless smart advantages, which all add to more savings for you. Begin your membership with a \$25 deposit in a Share (savings) Account. **Find out all the ways you can save (and earn):** www.lgfcu.org/join, or call 919-774-8851. **Located inside SECU (State Employees Credit Union) 1002 Spring Lane, Sanford. Branch hours: Monday through Friday, 8:30 a.m.—5:30 p.m.**

Important References

- ♦ Free Credit Report:
www.annualcreditreport.com
- ♦ National Do-Not-Call Registry #:
1-888-382-1222
- ♦ Opt Out of Preapproved Offers:
1-888-567-8688 or
www.optoutprescreen.com





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.

The Enrichment Center will be **CLOSED:**
Monday, January 2
& Monday January 16, 2012 .

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



You are invited to...
*An Enchanted and
Romantic Evening*

Where: **The Enrichment Center**
When: **Thursday, February 9, 2012**
at 6:00 p.m.

Cost: **\$7.00 Per Person**

Entertainment: **Kathy Gelb, Jazz Vocalist**
With Court Stewart on Piano

Bring your valentine and escape to an evening of listening to
familiar love songs that will take you down memory lane.

Give your valentine a SPECIAL gift they will
always remember. Celebrate the evening with
us!

Menu: **Cranberry Chicken, Green Beans**
Almondine, Cheesy Rice,
Bread and Dessert.

Catered by: **Judi Womack and EC Staff**



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

**Do you have concerns
about falling?**

**Many older adults experience concerns about
falling and restrict their activities. A MATTER OF
BALANCE is an award-winning program
designed to manage falls and
increase activity levels.**

This program emphasizes practical strategies to manage falls.
Who should attend? Anyone concerned about falls; anyone
interested in improving balance, flexibility and strength; anyone
who has fallen in the past; anyone who has restricted activities
because of falling concerns.

Thursdays 2:00 p.m. - 4:00 p.m.

February 2 - March 22, 2012

Program Fee: \$5.00 Class Size Limited
To hold your spot sign up and pay today
at The Enrichment Center.