

The Center Post

Volume 21 Issue 7

JULY 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

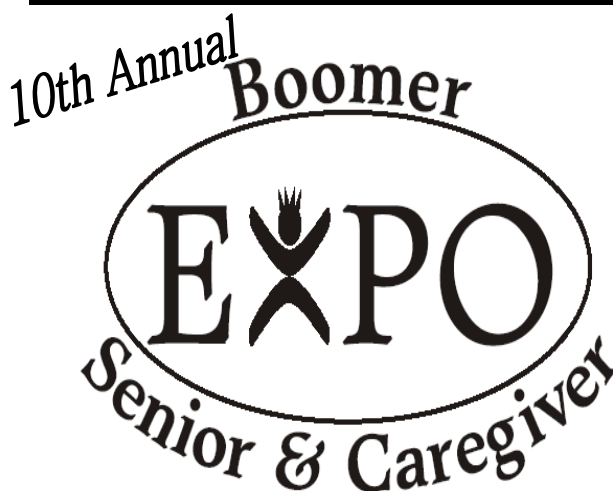
♦ **It's Showtime! The**
Ballie Players present
The Taming of the
Shrew Pg. 5

♦ **Day & Overnight**
Trips Pg. 3

♦ **Volunteers Needed**
for the Aug. 29 Expo!
Pg. 3

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**



**AMMONS
CHIROPRACTIC
CLINIC**

Lead Sponsors



Central Carolina Hospital

The Sanford Herald

Platinum Sponsors

The Bayberry
Retirement Inn



**Sanford Elks
Lodge**



FirstHealth
OF THE CAROLINAS



Liberty HomeCare
& Hospice Services
Independence. Compassion. Care.



FIRST BANK
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Your Local Directory
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The Enrichment Center of Lee County's "Helping Fund"

**50's
&
60's**



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

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

Tickets available
NOW at
The Enrichment
Center

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

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.

Volunteer Opportunities

Boomer, Senior & Caregiver Expo volunteers 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. *If you are available and would like to be involved in the Expo contact Janice Holmes at 919-776-0501 Ext. 2206.*



Janice Holmes, Lee County SHIP Coordinator, was recognized by Insurance Commissioner Goodwin as the Northeast Region SHIP Coordinator of the Year at the Annual recognition luncheon in Raleigh on Thursday, May 31. Way to go Janice!



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 July:

C 6th—Linda & Robert Phillips with Friends
I 11th—Cutting plants with Avron Upchurch
J 13th—NO Bingo. Jubilee Choir sings
U 17th—Sassy Red Hatters at 10:30 am
b 18th—Miller Boles with Refreshments
 20th—Chair volleyball
 25th—Laurence Poindexter singing and playing guitar
 26th—10:30 am Let's Talk with Mayor Olive
 27th—Stroke Awareness with Joy Murphy



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.



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.

corner



caregiver

"HELP" is Not a Dirty Word

How many times have you thought, "If only I had some help"? It's one of the top wishes that family caregivers list when sharing their stories with me.

Ironically, all too often, it's the family caregiver who stands in the way of getting that help.

Some of the most common reasons cited by family caregivers for not requesting or accepting the help they say they need are as follows:

- ♦ I'm embarrassed to ask for help
- ♦ I should be able to do it all myself
- ♦ My loved one won't accept assistance from anyone but me
- ♦ No one can help my loved one the way I can
- ♦ I have no one to ask for help

Most family caregivers feel this way and it's a valid feeling. It's part of the challenge of being a caregiver. Some people feel that admitting they need help means they have lost. In fact, the opposite is true. By not asking for or accepting help, they are setting themselves up to burn out and fail.

Be open to a new form of assistance that will allow you to ensure that the caregiving is sustainable.

Take care and remember The Enrichment Center's Family Caregiving Program is here to help you!

Judi, Caregiver Advisor, 919-776-0501 Ext. 2230

Alzheimer's Support Group—Thursday, July 12, 2:30 p.m. Facilitators **Judi Womack** and **Arnie Kreisberg** invite family caregivers as well as the general public to attend.

Sanford/Lee County Stroke Support Group—Thursday, July 12 at 1:00 p.m. at The Enrichment Center. **Facilitator: Joy Murphy**. Open to the general public—all adults invited.

Parkinson's Support Group—Wed., July 18, 10:30 a.m. with facilitators **Bob Brickhouse**, **Marge Kanning** and **Hal Siler**. An educational group for people with Parkinson's, Family Members, Caregivers, and Friends of people with Parkinson's.

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

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.**

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.

Our 9th Annual Regional Caregiver Education

Conference was held May 23 at the Dennis A. Wicker Civic Center with 187 attendees! We would like to thank our sponsors: Community Home Care & Hospice, The Sanford Herald, Quality Home Health Care, The Bayberry Retirement Inn, First Choice Home Care, Garner Law Firm, PLLC, Lee County Nursing & Rehabilitation Center, Central Carolina Hospital, WLHC-FM 103.1, Liberty Commons Nursing and Rehabilitation Center, Liberty Home Care & Hospice, Fox Hollow, The Laurels of Chatham, Sanford Health & Rehabilitation, Outreach NC and Connected Care. Special thanks also to volunteers, exhibitors, Alzheimers NC, Inc., The Enrichment Center of Lee County and Moore County Department of Aging.

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.

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

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

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

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



It's Showtime! The Ballie Players present, The Taming of the Shrew

Tuesday, July 3 at 2:00 p.m. A wonderful one-hour rendition of Shakespeare's most popular comedy. The setting is Padua, Italy in the 16th century. The Baptista has two daughters. The younger is mild mannered, a gentle beauty. The elder combative and surly...a very shrew. The elder must marry before the younger. Watch

this daunting task unfold in this hilarious comedy! **Presented by The Bayberry Retirement Inn and The Enrichment Center.** Admission is FREE. Registration is requested call 919-776-0501 Ext. 2201.

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.

Legal Aid Intake Day—First Friday of the month 10 a.m.—2:00 p.m. Appointments preferred but walk-ins welcome. Call 1-800-672-5834 to make an appointment.

Hand N Foot Card Game third Thursday 12:30 - 4:00 p.m. with Facilitator **Priscilla Tarleton**. The group welcomes any interested card players!

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for July: 7th NO DANCE, 14th Southern Exposure, 21st The Fabulous Troubadours, 28th Bill Pollard Back Porch Country.**

Veterans Remembrance Group will not meet July and August.

Celiac Disease/Gluten Intolerance will not meet July and August.

Nifty Noggins volunteers will not meet July and 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.

SAVE THE DATE: Thursday, Sept. 27 1:30 p.m. for Scams Targeting Seniors. 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.

Yada Yada Sisters—Tuesday, July 10 at 5 p.m. at The Enrichment Center. We will make BLT sandwiches 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.*

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



Provided by 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

PSA Screening for MEN

Provided by UNC Physician's Network
BONE DENSITY ~ BLOOD SUGAR

BLOOD PRESSURE ~ PULMONARY FUNCTION

Provided by Bright Audiology
HEARING SCREENING

Provided by Sanford Nautilus
BODY FAT

Provided by Kerr Drug
ASK THE PHARMACIST
BLOOD GLUCOSE AND BLOOD PRESSURE

Provided by Ammons Chiropractic Clinic
SPINAL AND POSTURE SCREENING

Provided by
Carolina Women's Fitness Center
HEIGHT AND WEIGHT

Provided by UNC Stroke Center
STROKE RISK ASSESSMENT

Provided by Carolina Eye
VISION SCREENING



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.

**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.

**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.

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 SHIIP,
 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