

The Center Post

Volume 21 Issue 6

JUNE 2012

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



WHAT'S IN YOUR LUNCH BOX?

Thursday, June 21, 2012
6 pm - 8 pm

*Lite Meal Provided by:
Community Home Care & Hospice*

We are all so busy and rushed today. Have you stopped long enough to notice what you are eating for lunch and other meals? Is it *hurting* or *helping* you? Let's take a look and discover what small changes we can make in our lunch boxes that will contribute to better health for women.

Speakers:

Phillip Lloyd, PA-C
Brick City Primary Care
*Healthy Eating &
Weight Management*

Dr. Lukas Jantac
Sanford Cardiology & Pulmonary
*Heart Disease & Women
...are you a contributor?*

Dr. William Hall
Diabetes - Who Me?

Dr. Keith Merritt
Advanced Care for Women
*Bone Density, Calcium
& Vitamin D ...do I really need these?*

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

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

*Special thanks to the
Yada Yada Sisters
for providing door prizes
at the April 24th Card Party.
We appreciate it very much!*

Veterans Remembrance Group—Wednesday, June 13 at 2:00 p.m. with guest speaker **Lowell Hamel**. He is a veteran of Vietnam, retired from the Army and has been Airborne all of his career. Registration is not required and the group is open to the general public.

Flag Day - the anniversary of the Flag Resolution of 1777, and an annual day traditionally set aside to celebrate the flag established by the Proclamation of President Woodrow Wilson on May 30, 1916. On August 3, 1949, President Truman signed an Act of Congress designating June 14th of each year as National Flag Day.



**On Thursday, June 14, 2012
please join the
Sanford Elk's Lodge #1679,
910 Carthage St., 7 to 8 a.m.
for breakfast, program and flag raising
ceremony. At 6 p.m. there will be a flag
retirement ceremony conducted by
American Legion Post 387 &
Lee County Veterans Council
at the Post on Legion Road, Sanford.
Open to the general public.**

"I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself." Franklin K. Lane, Secretary of the Interior speaking of our National Flag.

**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...**

- ♦ **Biltmore Tour
Dec. 8-9, 2012,
p. 2**
- ♦ **Save the Date for
the 10th Annual
Boomer, Senior
& Caregiver
Expo and Sock
Hop!, p. 3, 4**

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, June 12 Durham Bulls and Bullocks BBQ The Bulls take on the Toledo Mud Hens. Following the game, we will go to **Bullocks** for a tasty barbeque dinner.

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 Join us for an exciting weekend trip to the beautiful Biltmore Estate in Asheville, NC. We will enjoy a wonderful 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. **Cost per person \$309 (double), \$299 (triple), \$289 (quad) and \$385 (single).** Price includes one night's lodging, one buffet dinner, a Candlelight ticket to Biltmore Estate plus a daytime visit, Behind the Scenes tour and transportation aboard deluxe motorcoach. Deposit required at time of registration.

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".

Announcing the BIG TRIP for May 2013...

Holiday Tours and The Enrichment Center Presents the

BAHAMAS - Nassau & Freeport aboard the Carnival Fantasy May 8—13, 2013.

Inside Cabin: \$668 Outside Cabin: \$708 (per person, double occupancy). Includes motorcoach transportation round trip to Charleston, SC, 5 nights aboard the Carnival Fantasy, which includes meals and entertainment aboard ship. \$200 deposit per person is required to reserve space. Balance due by Feb. 21, 2013. Cancellation penalties begin at \$200 per person after 2/21/13. Trip insurance is available and advised.

Celiac Disease or Gluten Intolerance—Support Group every 2nd Monday of the Month at 6 p.m. at The Enrichment Center. The next meeting will be June 11. Share experiences, knowledge, information, suppliers, recipes and support. Open to the general public, registration is not required.

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for June: 2nd Southern Exposure, 9th Bill Pollard Back Porch Country, 16th Raymond Bradley Band, 23rd Bill Pollard Back Porch Country, 30th The Souvenirs Band.**

Ballroom Dance will resume beginner classes August 20. Call 919-776-0501 ext. 2201 to register.



A daily celebration

Join us for lunch at The Enrichment Center's Diners Club! A nutritious lunch is available

D 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. **E** If you are interested in having lunch with us call **R** Carole Nicely at 919-776-0501 ext. 2205 for **S** information and to register. **have a change in your lunch reservation.**

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

C 1st—Poems by Martha Thorne
4th—10:00 Lee Christian School Sings
J 6th—Laurence Poindexter singing and playing guitar
U 8th—Poems by Martha Thorne
13th—Gospel singing with Marcus Parker
b 15th—Father's Day program
19th—Sassy Red Hatters
20th—Miller Boles & Refreshments
22nd—Poems by Martha Thorne
27th—Games
28th—10:30 Let's Talk with Mayor Olive
29th—Poems by Martha Thorne



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.

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.

A Novel Approach Book Club—The group will not meet over the summer and will resume Tuesday, September 11 at 12:00 noon and discuss Cutting for Stone by Abraham Verghese. Open to the general public.

SAVE THE DATE: Tuesday, July 3 at 2:00 p.m. the **Bayberry's Ballie Players** will return performing "Taming of the Shrew." Call 919-776-0501 ext. 2201.

Do you enjoy line dancing? We are in need of a volunteer to teach beginner's line dance. Please contact **Debbie Williams** at 919-776-0501, ext. 2203.

corner

caregiver



ARE YOU AFRAID YOUR LOVED ONE WILL FALL OR HAVE FALLEN?

Dear Family Caregivers,
According to the Centers for Disease Control, one in three older adults fall each year in the United States. As family caregivers, we know in an instant these falls can change the life, health and independence of a person or their caregiver. Listed below are some suggestions on how to make your home safe:

- ◆ Look for items that could cause a fall, such as area rugs that slide.
- ◆ Use nightlights to make a well-lit pathway from the bedroom to the bathroom.
- ◆ Remove clutter by moving infrequently used items to storage. Get rid of excess items.
- ◆ Make sure handrails are properly installed on all stairways and ramps.
- ◆ Organize work areas so that frequently used items are within reach; not lower than the knees or higher than the shoulders.

Take Care, Judi, Caregiver Advisor

Alzheimer's Support Group—Thursday, June 7, 2:30 p.m. Roundtable discussion. Facilitators **Judi Womack and Arnie Kreisberg** invite family caregivers as well as the general public to attend. Registration is not required.

Sanford/Lee County Stroke Support Group—Thursday, June 14 at 1:00 p.m. at The Enrichment Center. **Facilitator: Joy Murphy.** Guest speaker: **Dr. Karla Thompson, PhD, Dept. Physical Medicine & Rehabilitation, UNC Chapel Hill.** Open to the general public—all adults invited.

Parkinson's Support Group— Wed., June 20, 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. The group seeks understanding about the challenges of living with Parkinson's Disease.

SAVE THE DATE: 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 for more details, 919-776-0501 ext. 2230.

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.

Are You a Family Caregiver ? Taking care of our loved ones is important to us but we need to be sure we are also taking care of ourselves. A two hour break once a week can help us to be even a better caregiver. We encourage you to **bring your loved one to the Enrichment center every Tuesday from 1:00 p.m. -3:00 p.m.** Our goal is to provide respite for family caregivers, socialization and stimulation for participants. **If you would like to know more about this program, please feel free to call our Family Caregiver Advisor, Judi at 919-776-0501 Ext. 2230.**

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.



10th Anniversary of the Boomer, Senior and Caregiver Expo!
Wednesday
August 29
Dennis A. Wicker
Civic Center

Lead Sponsors:

Ammons Chiropractic Clinic, Bright Audiology, UNC Physicians Network & Central Carolina Hospital

Platinum Sponsors:

The Enrichment Center of Lee County, First Bank, Peak Resources/Pinelake, Pinehurst Surgical, Carolina Women's Fitness/Olympic Fitness, Bayberry Retirement Inn, FirstHealth of the Carolinas, Liberty Healthcare & Hospice, WLHC-FM Life 103.1, Liberty Medical, Elk's Lodge #1679, The Sanford Herald, WWGP/WFJA & Outreach NC/Connected Care

Gold Sponsors:

Liberty Commons, First Choice Home Care, Inc., Law Office of Sara Harrington, Community Hospice, Cambridge Hills Assisted Living, Community Family Medicine, Miller Boles Funeral Home, AARP of North Carolina, Boom! Magazine & Forget-Me-Not Home Memory Care

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

50's

&

60's



A kick off for our
10th Annual
Boomer, Senior
& Caregiver
Expo to be held
Wed., August
29, 2012
at the Dennis A.
Wicker
Civic Center.

Event Sponsor:
Miller-Boles Funeral Home

Saturday, August 25, 2012

7:00 pm - 11:00 pm

\$25 Per Person/\$40 Couple

The Elk's Lodge

910 Carthage St, Sanford, NC

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

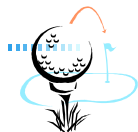
Shake

Rattle

Roll

JUMP 23, INC.

Presenting Sponsor of the
2012 Enrichment Center, Inc. Golf Tournament
May 4, 2012 ~ Quail Ridge Golf Course



Thank you!

Thank you!

GOLD SPONSOR \$600

Brick City Primary Care, PLLC
(Dana Garrett, MD - Phillip Lloyd, PA-C)
72 Degrees Heating & Air Conditioning
Central Electric Membership Corporation

SILVER SPONSOR \$300

Greene & Associates	Sanford Transmissions
Sanford Cardiology	Morgan Stanley
Pentair Water, Pool & Spa	Smith Barney
Wilkinson Cadillac Chevrolet Buick GMC	

BRONZE SPONSOR \$150

Fidelity Bank	Dollar Rent A Car
LNR Precision, Inc.	Dr. Kelly Faulk, DDS
First Bank	

PATRONS \$100

Dr. David Fisher, DDS	WWGP 1050	WFJA Classic Hits & Oldies
Dr. Greg Blakely	Bob & Pat Will	Mr. & Mrs. John Lyczkowski
Perry Brothers Tire Service	All Digital Printing	Tramway Stone & Mulch
Atlantic Truck & Tire, LLC	Hunter Oil & Propane	Sanford Contractors, Inc.
A Few Nice Things	Bay Breeze Seafood	Wilson & Reives, Attorneys
Toyota of Sanford	Lynn H. Smith	Mr. & Mrs. Bill Towson

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Added Accents	Garden of Eden Specialty Soaps	Siler City Country Club
Common Thread	Capital Bank	The Fire Place
Floral Designs by Eddie	Carolina Lakes Golf Club	Sanford Antique Mall
	Carolina Trace Country Club	



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.

*On behalf of the Enrichment Center Staff and older adults
 of Lee County we would like to say "Thank You"
 for your participation
 in The Enrichment Center of Lee County's*

**5th Annual "Helping Fund"
 Golf Tournament.**

*It is through your generosity and support that
 many older adults in Lee County will have warmth,
 food and necessary medications.*

*The Enrichment Center's "Helping Fund" assists over 300
 indigent older adults maintain the basic necessities of life
 each year. The "Helping Fund" is financed solely by
 community support and 100% of your tax-deductible
 donation stays in Lee County to help our most frail citizens.*

*Contributions made in honor or memory of individuals or
 groups are accepted. Please make checks payable to The
 Enrichment Center, Inc. Include acknowledgement name
 and address information with your contribution.*

**2012 Golf Tournament Winners
 Congratulations and THANK YOU
 for your participation!**

**1st in 1st Flight: Walt Hersman, Dick Brown,
 Roger Brown, Bud Burgess**

**2nd in 1st Flight: Bob Nelson, Craig Lister, John
 Misiaszek, Jarrad Stein**

**3rd in 1st Flight: Bud Greene, John Altenburger,
 Jack Steer, Brian Soderquist**

**1st in 2nd Flight: Aaron Eubanks II, Aaron
 Eubanks, David Mcree**

**2nd in 2nd Flight: Larry Mintz, Vince Roy, Ralph
 Martin, Ed Terry**

**3rd in 2nd Flight: Ken White, Bob Felicio, David
 Burnett, Hector Baez**

Closest to Pins: #3 John Misiaszek