

The Center Post

Volume 21 Issue 3

MARCH 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

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Blood Pressure Checks are provided by **Community Home Care & Hospice** the 2nd Monday of the month 10:30 a.m.—11:30 a.m. in the Diners Club.



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

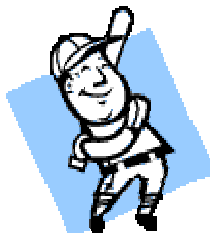
from the latest fabrics and colors. **Anyone in need of head coverings can call Carole at The Center, 776-0501 ext. 2205. Nifty Noggins Volunteers will meet Thursday, March 8 at 10:00 a.m.**

A Novel Approach Book Club

Tuesday, March 13 at 12:00 noon. We will discuss **The Paris Wife** by **Paula McLain**. 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.

Veteran's Remembrance Group—

Wednesday, March 14 at 2:00 p.m. with guest speaker **Mr. Leland McIntire. He served in Vietnam with the 173rd Airborne and is retired from the Army.** Jim wrote the books, Combat Chaplain and Combat Trauma. The general public is invited.



Spring Training Fitness Room Challenge!

March 5—April 15th. Earn prizes while getting in shape for the summer. You'll be placed on a team of nine. Hits are earned by working out for periods of 30 minutes. The team with the most runs wins! Sign-up at the front desk.

VETERANS of Lee County:

If you have not done so, please take a copy of your military discharge papers to the **Lee County Register of Deeds** office. This proof of service is very important in order to obtain benefits and services from the Veterans Administration. It can become especially important to surviving family members to obtain military honors and burial services. **If you have any questions, please call the Veterans Service Officer 919-776-0501 ext. 2209 or the Register of Deeds office 919-718-4585.**



Thursday, March 29, 10 a.m.—3 p.m. Lunch is provided. Cost: \$12 for AARP members, \$14 for non-members, payable at class. **AARP Instructor Phil Bruce** will cover in a classroom setting rules of the road, local driving problems, license renewal requirements and much more. Registration is required call 919-776-0501 ext. 2201.

Senior Games & Silver Arts of Lee County is coming soon!

Early Bird registration begins April 1. Come join in the fun of Olympic style athletic events and artistic competitions! This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored state-wide by the NC Division of Aging and Adult Services. Accepting Silver Arts through April 27. Opening Ceremonies are May 15th and events begin May 16th. **Contact Jimmy Solomon at 919-776-0501 ext. 2207 for complete details and a registration form!**

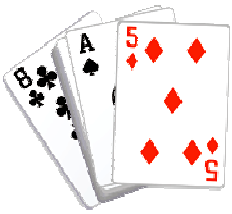
Attention Those with Celia Disease or Gluten Intolerance—

Try our NEW Support Group every 2nd Monday of the Month beginning April 9, 2012 at 6 p.m. at The Enrichment Center. We hope to bring those of us with Celia Disease or Gluten Intolerance together to share our experiences, knowledge, information, suppliers, recipes and support. Open to the general public and registration is not required.

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.**

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for March:** 3rd Southern Exposure, 10th Bill Pollard Back Porch Country, 17th The Fabulous Troubadours, 24th Bill Pollard Back Porch Country, 31st The Souvenirs Band.

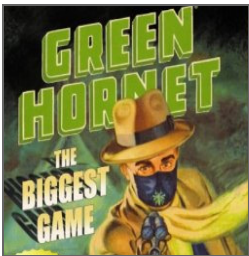
Yada Yada Sisters—Tuesday, March 6, 5 p.m. meet at The Enrichment Center. Bring your sandwich or food of choice. We will eat and then play cards. *Our sisterhood is a network with other females in an exciting and stimulating group. It's the perfect opportunity to receive support and encouragement from a sister.*



We Need YOU and so does The Helping Fund!

Play cards and games of your choice on Tuesday, April 24, 2 p.m.—5 p.m. and/or 7 p.m.—9 p.m. \$4 per person, per game. All proceeds benefit The Enrichment Center's

Helping Fund. Every dollar assists low income older adults in Lee County who are in a crisis situation with fuel, electricity and other necessities of life. Enjoy refreshments, games, prizes and most of all know that we have helped older adults who are in need in Lee County. Co-Sponsored by Miller-Boles Funeral Home. Please register by calling 919-776-0501 ext. 2201.



CD and Cassette Programs Available

Are you interested in listening to CD and cassette programs? We have several from which to choose and they include: **The Twilight Zone Radio Dramas, Green Hornet, Johnny Dollar, The Best of Old Time Radio.** Contact Debbie Williams

919-776-0501 ext. 2203.

10th Anniversary

Boomer, Senior & Caregiver Expo!
Wednesday, August 29, 2012

If you need information for registration or sponsorship call Judi Womack
919-776-0501 ext. 2230.

If you are interested in volunteering call Janice Holmes, 919-776-0501 ext. 2206.



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 **Carole Nicely at 776-0501 ext. 2205 for information and to register. Contact Carole if you have a change in your lunch reservation.** The following 11:00 a.m.

S Diners Club Programs for **March** are open to the general public:

C 2nd—Denise Howard singing Gospel

7th—Laurence Poindexter singing & playing guitar

9th—Wear Your Team Spirit Day!

14th—The Doozies performing at 10:30 a.m.

20th—Sassy Red Hatters

21st—Tai Chi with Peggy Rowles

28th—Refreshments sponsored by Miller Boles

29th—Pot Luck at 6:00 p.m.

30th—NO Bingo

30th—Corn Hole game with Jimmy Solomon, Senior Games & Silver Arts Coordinator



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.

REMINDER About Using the Fitness Room

Every person using the fitness room must go through a one time free fitness orientation and complete the personal paperwork and waiver. Each daily visit is \$1.00, which is paid at the front desk. Orientation appointments can be made at the front desk. If you have questions or concerns direct them to our fitness instructors Kathy McLeod-Edwards ext. 2211 and Jeanette Redman ext. 2208.

Meet the Candidates—Wednesday, April 11, 2012, 10:30 a.m. in the Diners Club at The Enrichment Center. Meet, greet and ask questions of candidates who are running for local office. More information to follow in the April 2012 Center Post .

Rex UNC Healthcare Mobile Mammography is coming to The Enrichment Center! Friday, April 13, 2012 10 a.m.—3 p.m. FREE mammograms for ladies 35 and older. For complete guidelines and to make an appointment call the Lee County Health Dept. at 919-718-4640 ext. 5317.

20th Anniversary Celebration

The Enrichment Center

1992 ~ 2012

Mark Your Calendars and Join Us
As We Celebrate Our 20th Anniversary in May!



May is Older Americans Month
Never Too Old To Play.....



Tuesday, May 1 OPEN HOUSE Join us for tours and refreshments as we celebrate our 20-year anniversary 10am-4pm

Wednesday, May 2 Gay 90's Luncheon Our 90 year olds and better have their own special day

Thursday, May 3 *Wicked* at the Durham Performing Arts Center

Friday, May 4 Helping Fund Golf Tournament Come play for a **GREAT** cause!

Monday, May 7– Friday, May 11 Pigeon Forge, Tennessee Fun in the Great Smokey Mountains!

Tuesday, May 15 Senior Games and Silver Arts Opening Ceremony, Dinner and Follies

Tuesday, May 15– Friday, May 25 Senior Games Competition and Events

Thursday, May 17 Happy 65th Birthday– Welcome to Medicare...now what?

Wednesday, May 23 Caregiver Conference at the Civic Center...Caregiving information and resources

Tuesday, May 29 *All Hands on Deck* at the Barn Dinner Theatre Delicious food and a show

Wednesday, May 30 Senior Fitness Day Special activities are planned

The Enrichment Center

Certified Senior Center of Excellence

Serving Boomers, Seniors, Family Caregivers, Veterans and Volunteers of Lee County

1615 S. Third St. Sanford, NC 919-776-0501

Volunteers Needed

"Don't look out only for your own interests, but take an interest in others, too." (The Apostle Paul)

Home Delivered Meals - The Enrichment Center's Home Delivered Meal program is in need of volunteers to assist with our Tramway route on Fridays. Routes take about an hour. Volunteers are also needed on a fill-in basis. Contact Janice Holmes, Volunteer Services Coordinator, 919-776-0501 ext. 2206.

10th Annual Boomer, Senior & Caregiver Expo - The Enrichment Center is looking for at least 70 volunteers to assist with our Expo to be held August 29, 2012. This is our largest event and our wonderful volunteers help to make it a success. Check your calendars and give Janice Holmes a call, 919-776-0501 ext. 2206.

Enrichment Center Volunteers: Save the Date!

The Annual Enrichment Center Volunteer Appreciation Dinner will be Tuesday, April 3, 2012. In an effort to update our information (address, phone number) please complete a 2012 volunteer registration form. See Janice for more information. Thank you!

Did you know Medicare is ready to help you quit smoking? About one out of every six cancer deaths in the U.S. comes from lung cancer. Each year, nearly 200,000 Americans are told they have lung cancer and more than 90,000 people die from this disease. Smoking causes 80 to 90 percent of lung cancer cases, so many of these lung cancer deaths can be prevented.

If you haven't been diagnosed with an illness caused or complicated by tobacco use, you can get 8 face-to-face smoking cessation counseling sessions during a 12-month period. You pay nothing for these counseling sessions, as long as you get them from a qualified doctor or another Medicare provider. Talk with your doctor about Medicare-covered smoking cessation programs near you.

Let's Travel in 2012

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

Saturday, March 31 Vietnam Veterans Homecoming Celebration Join us as we travel to the Charlotte Motor Speedway to welcome home our Vietnam Veterans.

Thursday, May 3 Wicked at The Durham Performing Arts Center. Long before that girl from Kansas arrived in Munchkinland, two girls meet in the land of Oz...

Monday, May 7-Friday, May 11 Pigeon Forge and Smoky Mountains Show Trip This 5 day/4 night trip includes 4 evening shows, 2 morning shows, 8 meals, and 4 nights lodging in the Smoky Mountains.

Tuesday, May 29 All Hands on Deck is a new comedy musical revue featuring classic Big Band hits at **The Barn Dinner Theatre** in Greensboro.

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.

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".

Girls Day Out!

The Southern Women's Show

Friday, April 27, 2012

...more than 400 exhibits
in ONE place!



This year's show will feature **The Royal Dresses of Diana, the People's Princess**. The exhibit follows her journey: childhood, engagement and wedding, devoted mother, charity work, and her untimely death.

\$20 per person—includes ticket and transportation. The Enrichment Center is a NC Certified Senior Center of Excellence. A portion of your reservation has been paid by Senior Center General Purpose Grant Funds, a grant allocated to Centers of Excellence. Payment in full required at the time of registration.

Corner

Caregiver



Caregiver Tax Breaks

It's that time of the year again when we all file our tax returns. Did you know if you provide care for an older adult, you may be entitled to tax breaks? To qualify, you must pay a significant portion of the bills on the care recipient's behalf.

According to a report by the National Alliance for Caregiving and AARP, 43.5 million Americans look after someone age 50 or older, up 28% from 2004. On an average, each caregiver spends about \$5,500 a year providing that care. Some people, for example, may be able to claim a care recipient as a dependent on their tax returns. With such an exemption, you can reduce your taxable income.

If you are paying for some or all of a care recipient's medical or dental expenses, you may be eligible for yet another tax break:

I urge each family caregiver to check out what your deductions might be through an accountant or tax preparer.

Happy Tax Filing! Judi

Alzheimer's Support Group—Thursday, March 1, 2:30 p.m. Topic: "Alzheimer's and Safety". 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, March 8 at 1:00 p.m. with Facilitator **Joy Murphy**. **Jason Osborne, MPT at Performance Rehabilitation** will speak about, "Physical Therapy's Role with a Post Stroke Patient." This group offers networking, education and motivation to stroke survivors and their family caregivers. Open to the general public—all adults invited.

Parkinson's Support Group—For Persons With Parkinson's Disease, their family Members, caregivers and friends. Wednesday, March 21, 10:30 a.m. Facilitators **Bob Brickhouse and Marge Kanning** invite all adults to attend. Registration not required.

SAVE THE DATE—Caregiver Education Conference, Wednesday, May 23, 2012 at the Dennis A. Wicker Civic Center. Topics will be announced in the April 2012 Center Post.

Grancare Luncheon—Thursday, March 8 at 12:00 noon with Guest Speaker **Heather Little, Communities in Schools** and **Dr. Andy Bryan, Assoc. Superintendent, Lee Co. Schools**. Our topic is mentoring. Grancare is a support group for grandparents and other relatives raising their grandchildren. For lunch reservations call 919-776-0501 ext. 2230.

SAVE THE DATE Grandparents and Other Relatives Raising Grandchildren...Saturday, March 31, trip to NC Zoo in Asheboro, NC. Meet at St. Luke United Methodist Church parking lot at 9:00 a.m. Join us at our March 8th meeting for more details!



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. Join us in March for ACC Team Spirit Day, a St. Patrick's Day party and other spring celebrations. 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 the 2nd and 4th 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.

Frontotemporal Dementia (FTD)

FREE Family Caregiver Workshop
 Sunday, March 4, 2012 3:00 p.m.—5:00 p.m.
 Wynwood of Chapel Hill Assisted Living
 2220 Farmington Drive, Chapel Hill, NC 27517
 To register contact Alzheimers NC, Inc., 1-800-228-8738.

Medicare Note:

If your Medicare card is lost, stolen, damaged or just plain worn out, you can receive a new one in a few simple steps. You can contact Social Security at 1-800-633-4227 or the Seniors Health Insurance Information Program (SHIIP) can assist you. Call Janice, SHIIP Coordinator, at 919-776-0501 ext. 2206 to schedule an appointment.



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.**

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



**Classes will meet
 each Thursday
 April 19 – May 24
 2:00—4:30 pm
 The
 Enrichment Center**

**Class size limited
 call 919-776-0501
 ext. 2201 to register.**

FREE workshop to help you take control of your diabetes!

**An Evidence Based
 class developed
 by Stanford University
 to help you:**

- Manage symptoms including fatigue and depression
- Use relaxation techniques
- Eat healthy
- Improve your communication skills
- Use Medication effectively
- Monitor your blood sugars
- Solve problems and set goals
- Increase your self-confidence



2011 Enrichment Center Golf Tournament

**Friday, May 4, 2012
 Quail Ridge Golf Course, Sanford, NC
 \$60 Per Person—Includes Green Fees, Cart,
 Lunch and Two Mulligans**

**1:00 pm Shotgun Start
 Check In 11:45 am—12:45 pm
 Lunch Will Be Served Prior to Play
 PRIZES awarded to the top three teams in each flight.**

**Call 919-776-0501 ext. 2201
 or come by The Enrichment Center
 to register or sponsor this event!**

Proceeds and donations from the tournament will benefit The Enrichment Center Helping Fund. This benevolent fund assists Lee County older adults who are in a crisis situation with utilities and medication. In 2011, the Helping Fund was able to assist over 280 older adults through the generous contributions provided by Lee County citizens and corporations. **In 2012 we have already seen a marked increase in requests. Every dollar you donate assists an older adult in need.**