

The Center Post

Volume 21 Issue 5

May 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.**

**May is Older
Americans
Month**

**We are...
“Never Too Old
To Play!”**

**Look inside for
special activities
and events in
May!**

9th Annual Regional Caregiver Educational Conference

Presented by



And

**The Enrichment Center of Lee County
& Moore County Department of Aging**

A one-day conference to address current trends in Alzheimer's care for family, community, professional caregivers and people interested in knowing more about this disease.

Wednesday, May 23, 2012

Dennis A. Wicker Civic Center - 1801 Nash Street - Sanford

8:00 a.m. - 3:30 p.m. *Continuing Education Contact Hrs. 4.5*

Registration 8:00 a.m. ▪ Program Starts 9:00 a.m. ▪ Lunch Provided

Registration Required.

Call Judi Womack, Family Caregiver Advisor 919-776-0501 ext. 2230.

Respite Care Available Upon Request.

Special Guest Speakers:

Melanie Bunn, MS, RN, GNP, Dementia Training Specialist

Dan Kaufer, MD, Associate Professor, Dept. of Neurology; Director, Memory and Cognitive Disorders Program, UNC-Chapel Hill



May 2012 The Enrichment Center's
20th Anniversary Celebration
1992 ~ 2012



Senior Games and Silver Arts is a holistic approach to body, mind and spirit staying fit, while enjoying the company of friends, family, spectators and volunteers.

Athletic:

Corn Hole ~ Bocce
Horseshoes ~ Bowling
Golf & Much More

Silver Arts:

Heritage ~ Literary
Performing ~ Visual

Opening Ceremonies and Performing Arts Tuesday, May 15, 2012 at 5:30 p.m. Dinner served. Guest tickets are \$3.00. All Senior Games and Silver Arts participants are invited. Door prizes for participants. Call Jimmy, 919-776-0501 ext. 2207, to RSVP.

Sponsored Locally By:



The Enrichment Center's 20th Anniversary 1992 ~ 2012

Tuesday, May 1, 2012

Open House

10 a.m. - 4:00 p.m.

Tours ~ Refreshments

Door Prizes

More than 20 years ago older adults in Lee County had a vision for a place to meet, have lunch, fellowship, access information and participate in exercise and wellness programs.

This vision came about from a desire to remain active, independent and healthy so that they could remain in their own homes as long as possible. Bring friends and join us for our **20th Anniversary Celebration!**



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 May:

- C** 1st—OPEN HOUSE & Anniversary Celebration
- 2nd—Gay 90's—NO DINERS CLUB—NO BINGO
- I** 4th—Cinco de Mayo, May thanks to San Felipe!
- 8th—Remember to VOTE in the Primary Election
- U** 9th—Laurence Poindexter sings & plays guitar
- b** 11th—Mother's Day Program
- 15th—Sassy Red Hatters
- 16th—Miller Boles with Refreshments
- 18th—10:30 am Allison Goodwin—Wills, Powers of Attorney (NO Bingo)
- 23rd—Games
- 25th—Dr. Robert Patterson "Family Doc", Nutrition & Vitamin Therapy
- 30th—Senior Fitness Day!



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.

Yada Yada Sisters—Tuesday, May 1 at 5 p.m. at The Enrichment Center. Bring your favorite 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.*

Our Annual Gay 90's Luncheon will be held on Wednesday, May 2 at 12:00 noon. This luncheon is hosted each year to honor Lee County residents who are 90 and older. If you or someone you know wishes to attend please contact **Debbie Williams** at 919-776-0501 ext. 2203.

A Novel Approach Book Club—Tuesday, May 8 at 12:00 noon. We will discuss The Widow's War by **Sally Gunning**. Registration is not necessary and the group is open to the general public.

20th Anniversary Celebration

1992 ~ 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10 am - 4 pm Open House Anniversary Celebration	2 12 Noon Gay 90's Luncheon 90 year olds and better	3 Wicked at the Durham Perf. Arts Center	4 Helping Fund Golf Tournament Quail Ridge	5
6	7 Depart to Pigeon Forge, TN	8 Primary Election Day <u>VOTE!</u>	9	10	11 Return from Pigeon Forge, TN Mother's Day Program in Diners Club	12
13 Happy Mother's Day	14	15 Senior Games & Silver Arts Opening Ceremonies Dinner & Folies <u>Events thru 25th</u>	16 Senior Games & Silver Arts Events	17 Happy 65th Birthday Welcome to Medicare - Now What? Senior Games & Silver Arts	18 9 am - 1 pm Vision Screening Senior Games & Silver Arts	19
20	21 Senior Games & Silver Arts Events	22 Senior Games & Silver Arts Events	23 Caregiver Conference At Dennis A. Wicker Civic Center Senior Games & Silver Arts	24 Senior Games & Silver Arts Events	25 Senior Games & Silver Arts Events	26 NO DANCE
27	28 EC CLOSED Memorial Day 11 a.m. Lee Co. Veterans Council Memorial Event Broadway, NC	29 All Hands on Deck at the Barn Dinner Theatre	30 Senior Fitness Day Special Activities	31		

PRIMARY ELECTION

Lee County Early Voting One-Stop Sites:

McSwain Agricultural Center, 2420 Tramway Rd.

Lee Co. Board of Elections, 225 S. Steele St.

Hours: 8 am - 5 pm Monday thru Friday

8 am - 1 pm Saturday, May 5, 2012

Saturday May 5, 2012 One Stop Voting Ends

If you need assistance in verifying your voter information and would like a copy of your sample ballot, we will be glad to assist you. Call or ask for Melanie Rodgers, 919-776-0501 ext. 2214.

Attention Those with 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 May 14. We hope to bring those of us with Celiac Disease or Gluten Intolerance together to share our experiences, knowledge, information, suppliers, recipes and support. Open to the general public, registration is not required.

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.

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for May:** 5th The Fabulous Troubadours, 12th Bill Pollard Back Porch Country, 19th Southern Exposure, 26th NO DANCE.

Veterans Remembrance Group—Wednesday, May 9 at 2:00 p.m. Guest speaker: **Wandra Raynor**. She is the widow of a Vietnam soldier who was killed in Vietnam in 1966. His body was never recovered and he was listed as MIA (Missing In Action) for 46 years. Ms. Raynor and her daughter traveled to Vietnam, went to the crash site, and found his remains. She is in the process of proving his remains with DNA evidence and getting the status of her husband changed from MIA to KIA (Killed In Action), and subsequently obtaining a grave site for him at Arlington National Cemetery. She is writing a book that details her efforts. Registration is not required and the group is open to the general public.

Ladies—SAVE THE DATE: Thursday, June 21 at 6:00 p.m. for "What's in Your Lunch Box?" Discussions will include: healthy eating and weight management; heart disease and women (are you a contributor?); diabetes—Who Me?; bone density/calcium/vitamin D (do I really need these?). NO charge. Door prizes and lite meal served. Call 919-776-0501 ext. 2201 to register.

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, 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".

Volunteer Opportunities

Lee County Special Olympics organizers are seeking volunteers to help at the local spring games. Games will be held at Lee County High School on Friday, May 4, 2012. For more information contact Gay McDonald at 919-774-7111.

Boomer, Senior & Caregiver Expo volunteers needed! Wednesday, 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.



Lee County Veterans Council Memorial Day Observed

Monday, May 28, 2012 at 11 a.m.
NC Veterans Memorial Park
Broadway, NC
Everyone is Invited!

Host: American Legion Post 347, Sanford, NC
With Keynote Speaker Congresswoman Renee Elmers

Period Uniforms & Displays
Army JROTC Western Harnett High School

Memorial Day is a United States federal holiday observed on the last Monday of May. Formerly known as Decoration Day, it commemorates U.S. soldiers who died while in the military service. First enacted to honor Union and Confederate soldiers following the American Civil War, it was extended after World War I to honor Americans who have died in all wars.

corner

caregiver



Guilt: Dealing with the Monkey on Your Back

Guilt is one of the most common emotions that family caregivers experience. At one time or another it may feel like a constant companion like the proverbial "monkey on your back." Guilt can trigger a constant internal dialogue, making you question what you should and should not do; questioning every step you take in your caregiving journey.

Here are a few comments that might emerge from guilt from family caregivers: *"Have I done enough?" "I resent my (brother) (sister) (spouse) because they don't help." "My mother wants me to spend more time with her at the assisted living. But I have a job and husband. I always feel guilty, although living there is the best thing for her." "What about my life and my needs?"*

Denying feelings of guilt won't make them go away. In fact, ignoring the guilt may lead to depression, angry outbursts, problems with sleep, overeating, and strained relationships with family, friends and co-workers. **Practical Ways to cope with guilt:**

- Acknowledge that you feel guilty.
- Make a list of all the things that make you feel guilty and then write down answers to the questions below.
- What is causing you to feel guilty?
- What control do you have over the situation?
- What are you willing to let go of that will help you feel less guilty?
- Forgive yourself for feeling guilty. It is a normal human emotion.

Remember, In caregiving, things do happen and our responses are normal, to be expected. It's just part of life and some things we simply must accept and live with and forgive ourselves.

Judi, Caregiver Advisor

Alzheimer's Support Group—Thursday, May 3, 2:30 p.m. **Topic:** "Forget-Me-Not" with Jill K. Beavin, RN, BSN. 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, May 10 at 1:00 p.m. at Steele Street Café, 120 S. Steele Street with **Facilitator Joy Murphy**. Guest speaker: **Dr. David Huang**, Chief UNC Comprehensive Stroke Center. Sponsored by Liberty Commons of Lee & Liberty Home Care & Hospice. Open to the general public—all adults invited.

Grancare Bowling Party for Grandparents & Grandchildren - Thursday, May 17 at 5:30 p.m. Meet at Kendale Bowling Lanes. **NOTE: We will NOT meet May 10th.** Grancare is a support group for grandparents and other relatives raising their grandchildren. For lunch reservations call 919-776-0501 ext. 2230.

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. 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.



Join us in the Celebration of our 10th Anniversary of the Boomer, Senior and Caregiver Expo!

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

Lead Sponsors:



Platinum Sponsor:



Low Vision Support Group will meet Wednesday, May 9 at 1:00 p.m. **Melanie Rodgers** will speak about the importance of Advance Directives: Living Will & Healthcare Power of Attorney. Registration is not required and the general public is invited.

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, May 10 at 10:00 a.m.**



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.**

National Senior Fitness Day



Never Too Old To Play!

**Wednesday, May 30, 2012
 ~ Prizes ~**

FREE fitness classes throughout the day:

Fitness Room Challenge 8:30 a.m. 12:30 p.m.

Yoga 9:00 a.m. ~ Aerobics 9:45 a.m. ~ Fun Walk 10:15 a.m.

Water Aerobics 11:00 a.m. OT Sloan Pool

Fitness Room Orientation 2:00 and 3:00 p.m.

Fitness Room Challenge 4:30 p.m.—7:30 p.m.

Water Aerobics 5:30 p.m. OT Sloan Pool

**Please sign up in advance for the areas you are interested
 in attending. Walk-ins welcome!
 919-776-0501 ext. 2201**

2012 Enrichment Center Helping Fund Golf Tournament

Friday, May 4, 2012

Quail Ridge Golf Course, Sanford, NC

**\$60 Per Person—Includes Green Fees, Cart,
 Check In 11:45 am—12:45 pm**

**PRIZES awarded to the top three teams in each flight.
 Contact The Enrichment Center 919-776-0501 to register.**

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 medications.



Happy 65th Birthday!

*Medicare is next.... now what?
 Why am I getting so much mail?*

Answers are available!

Thursday, May 17, 2012

6:00 p.m. Call 919-776-0501

**ext. 2201 to register. Brought to you by SHIP, Seniors
 Health Insurance Information Program, a Division of
 the NC Dept. of Insurance**