

# The Center Post

Volume 21 Issue 11

NOVEMBER 2012

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

## Veterans Appreciation



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...

- ◆ Veterans Remembrance Group, pg. 2
- ◆ NEW Diners Club Procedure, pg. 3
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- ◆ Quilt Magic, pg. 5

Thursday November 8, 2012

8 am - 10 am

Full Breakfast

Space Limited - Reservations Required

Call 919-776-0501 ext. 2201

To show our appreciation for your service and dedication to our country, we invite you to breakfast. All Veterans and current military personnel are invited at no charge. Guests are \$3.00.

Meal Co-Sponsored by Miller-Boles Funeral Home

*"It may be laid down as a primary position, and the basis of our system, that every Citizen who enjoys the protection of a Free Government, owes not only a proportion of his property, but even of his personal services to the defense of it." - George Washington*



### AARP Driver Safety Program

**FREE to Veterans and their dependents.**

Thursday, November 15, 2012 10 am - 3 pm

AARP Instructor: Phil Bruce

Cost: \$12 for AARP Members ~ \$14 for Non-Members

This course covers age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements.

To recognize and thank veterans for their dedication and commitment to service, AARP is proud to offer this class for FREE to veterans and their dependents. To register call 919-776-0501 ext. 2201.

**Yada Yada Sisters, Tuesday, November 6 at**

**5 pm.** Bring a food item for Thanksgiving covered dish supper. Our sisterhood is a network with other females in an exciting and stimulating group. We offer you the perfect opportunity to receive support and encouragement from a sister.

**Nifty Noggins volunteers** will meet Thursday, November 8 at 10 am. 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.

**Celiac or Gluten Intolerance Support Group** will meet Tuesday, November 13 at 6 pm (**NOTE date change due to 11/12 holiday**). This group is open to the general public and registration is not required. We hope to bring those of us with Celiac Disease or Gluten Intolerance together to share our experiences, knowledge, information, suppliers, recipes and support.

**Low Vision Support Group** will meet Wednesday, November 14 at 1 pm. This group is for people with macular degeneration, their families and friends.

**Veterans Remembrance Group** Wednesday, November 14 at 2 pm with Guest Speaker **Lowell Hamel**. Mr. Hamel is a veteran of Korea and Vietnam and will discuss his military career. His primary responsibility was a parachute rigger. Open to the general public.

**S.A.P. - Sanford Area Photographers Club** meets the 3rd Thursday (Nov. 15) of each month at 6 pm. Facilitator **Jerry Batchelor** invites the general public to this group that shares ideas and methods with fellow photographers. All skill levels welcome!

**Saturday Night Dance**—Live music and good fellowship at 7:00 pm. Admission is \$6.00 per person. **Bands for November: 3rd Southern Exposure, 10th NO DANCE, 17th Bill Pollard, 24th NO DANCE.**

**Legal Aid Intake Day**—First Friday of the month 10 am—2:00 pm. Types of cases accepted: housing evictions, foreclosures, domestic violence, unemployment and benefits denials. Appointments preferred but walk-ins welcome. Call 1-800-672-5834 to make an appointment. Presented by **Legal Aid of NC, Inc.**

**Novel Approach Book Group, Tues., November 13 at 12 noon.** The group will discuss The Kitchen House by Kathleen Grissom. The group is open to the general public, all adults are welcome.

**Pot Luck Dinner and Puppet Show**, Thursday, November 29 at 6 pm. Bring your favorite Thanksgiving dish to share. Open to general public. Registration requested call 919-776-0501 ext. 2201.

**FREE Blood Pressure checks are provided by Community Home Care & Hospice** the 2nd Monday each month at The Enrichment Center 10:30 am - 11:30 am.

# Lunch with the Sheriff



Wednesday  
November 7, 2012  
11 am

## Fishin' for Advocacy

*Advocacy* is your active involvement in expressing your desires, concerns and opinions directly to elected officials and others who write and enforce laws and policies.

*Sheriff Tracy Carter* is fishin' for questions! Submit your questions, concerns and comments on one of our fish note cards and give them to Carole Nicely before Nov. 7th. The Sheriff will have lunch with us and go fishin' in our bowl full of questions.



## GAMES at The Enrichment Center

*Open to the General Public  
Registration Not Required*

**NEW - Sequence**, donated in memory of Ruth White, a 92-year-old loyal participant of the Diners Club. She loved this game and her family would like to share her passion. If you are interested in learning how to play or borrow a game for your card group contact Debbie Williams at 919-776-0501 ext. 2203.

**Mexican Train Dominos**, 2nd and 3rd Thursday at 6 pm with Instructor **Norm Findley**.

**Hand N Foot Card Game**, 3rd Thursday at 12:30 pm with Facilitator **Priscilla Tarleton**.

**Cards**, 4th Wednesday at 2 pm. Bring cards and friends and play the game of your choice.

**Canasta**, Fridays at 12:30 pm with Instructor **Carolyn Arnold**.

**Scrabble**, 1st Thursday at 12:30 pm.

# 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.

**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. **SPACES STILL AVAILABLE!**

**Tuesday, December 11 A Southern Christmas at The Rudy Theatre. WAITING LIST.**

**May 8-13, 2013 BAHAMAS - Nassau & Freeport aboard the Carnival Fantasy.** Includes motor coach 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. **A FEW SPACES AVAILABLE. OPEN TO ALL ADULTS!**

**Do you love the outdoors? Want to volunteer and exercise at the same time?** Volunteers are needed to assist with trail maintenance. We are in need of someone to help keep our walking trail free of debris (limbs, pine cones, trash, etc.). If you can help, please contact Janice at 919-776-0501 ext. 2206.

## REMINDER:

**The Annual Enrollment period for Medicare Part D is now through December 7, 2012.** Attend one of our walk-in clinics. See page 7 of the Center Post. All other times will be made by appointment only on a first come, first served basis. You may also call SHIIP (Seniors Health Insurance Information Program) at 1-800-443-9354 or Medicare at 1-800-633-4227.



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.



## 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 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 am programs

**C** in NOVEMBER :

2nd—Extra Bingo

5th—Bible Study

7th—Lunch with the Sheriff!

9th—Laurence Poindexter singing and playing guitar

12th—**CLOSED** for Veterans Day

14th—Thanksgiving Program

15th—Wear Your College Team Shirt

16th—Extra Bingo

19th—Bible Study

21—Miller-Boles with refreshments

## ATTENTION

### NEW PROCEDURES IN THE DINERS CLUB!

Please be responsible and help us by following these new procedures. Your cooperation is needed to make our noon time lunch program run as efficiently as possible.

Thank you!

### CALLING IN FOR LUNCH

You MUST call in for your lunch meal by 11 am the day before for ALL participants. If you call after 11 am it is too late!

### TO CANCEL A MEAL FOR COLTS RIDERS

If you need to cancel a meal and a ride call COLTS DISPATCH at 919-776-7201 as soon as possible. After hours and weekends you may leave a message on COLTS' voicemail.

### TO CANCEL A MEAL IF YOU ARE NOT A COLTS RIDER

If you need to cancel a meal please CALL CAROLE NICELY at 919-776-0501 ext. 2205 as soon as possible. Leave a message on Carole's voicemail if she does not answer.

### WALK-INS

Please wait until others have received their meal. If the table you are sitting at is called to be served, wait until all others—those who had signed up first—have been served.



*Project  
Angel Tree  
2012*



Please consider adopting an Angel from our tree.

**Angels will be available for adoption starting  
November 13, 2012**

Our request is a little different this year. We will provide you with a list of items that have been selected for our Angels to receive.

**All you have to do is:**

- Stop by The Enrichment Center**
- Pick an Angel from the tree**
- Register at the front desk**
- Purchase the items**
- Label items with the Angel's number**
- Return to The Enrichment Center**

We will provide the container, pack and deliver the boxes.

(For confidentiality purposes, all gift boxes will be delivered by The Enrichment Center staff.)

**Items should be returned December 3<sup>rd</sup> - 7<sup>th</sup> to  
The Enrichment Center, 1615 South Third Street, Sanford, NC**

*This is a wonderful project for families, church/civic organizations, corporate groups and anyone who desires to spread Christmas joy this holiday season.*

**Thank you for choosing to make a difference by adopting an Angel. Because of your kindness, someone will have a brighter Christmas.**

If you have any questions, you may call 776-0501 ext. 2212 or 2213.





## Veterans Day Tribute Broadway, NC

The Disabled American Veterans Auxiliary (DAVA) and the Lee County Veterans Council (LCVC) asks that you please join with the local community at the Broadway Veterans Memorial Pavilion on Monday,

November 12<sup>th</sup> at 11:00am. There will be tribute given to all American Veterans—living or dead—but especially to give thanks to the living veterans who served their country honorably during war and peace time.

**The Caring Connection** will meet Monday, November 5 at 10 am. The group meets the first Monday of the month. This is a cancer support group that provides a time for patients and family members to discuss feelings and concerns. **Co-sponsored by Sanford Hematology/Oncology and Community Hospice. Facilitated by Betsy McNeill, RN. For further information call 919-718-5417. Open to the general public.**

**Quilt Magic Craft Class** Thursday, December 6 at 10:30 am with instructor Susan McGovern. Quilt Magic is like painting by numbers except that you use fabric instead of paint! It's fun and easy, no special tools needed and no sewing or gluing. Small kit \$8 and large kit \$18. Class size is limited, register today by calling 919-776-0501 ext. 2201. Samples are on display at the front desk.

### Sanford/Lee County Stroke Support Group

Thursday, November 8 at 1:00 pm. **Facilitator: Joy Murphy.** "Dash Towards Healthy Eating" with guest speaker **Marsha Kenner, CCH Dietician.** Open to the general public—all adults invited.

**Bible Study**, 1st and 3rd Monday at 10:30 am with Facilitator **Joyce Billings.** Open to the general public. Registration not required.



**Ballroom Dance Lessons, FREE,** Mondays with Instructor **Judith McDonald, President of Outreach Programs US Dance.** Class size is limited and registration is required. Call 919-776-0501 Ext. 2201.

## Many Thanks to Everyone!

### Sanford/Lee County Alzheimer's Walk 2012

We would like to thank our sponsors, walkers, 108<sup>th</sup> Brigade 3-4 ADAR, American Heritage Girls, Dana Smith, Dellena Nicholson, Volunteers, Richard Hiatt with Alzheimers North Carolina, Inc., The Enrichment Center Staff, Ammons Chiropractic Clinic, Central Carolina Jaycees, David Watson, Jeremy Strothers and the Chick -Fil-A Cow for all their work in making this a very successful Alzheimer's Walk!

### Sponsors:

**Lead: Pfizer**

**Gold: WLHC-FM Life 103.1, The Enrichment Center of Lee County, WFJA/WWGP and Ammons Chiropractic Clinic**

**Silver: Liberty Home Care & Hospice, Lee County Nursing Home, John Beverly Printing, Inc. and Martin Screen Printing**

**Bronze: Community Family Medicine, Central Carolina Hospital, Liberty Commons, Bayberry Retirement Inn, Sanford Health and Rehab, First Bank, R & N Motor Company, Inc. Sanford Cardiology and Pulmonary, Community Home Care & Hospice, Charles Underwood, Inc., Central Electric Membership, Health Innovations Pharmacy, Total Life Care, Griswold Home Care, PNC Bank**

**Thanks to everyone!**

**Judi Womack, Chair, Sanford/Lee County Alzheimer's Walk  
Laura Bruce, Co-chair**

### North Carolina Symphony

#### Returns to Lee County on Valentine's Day

It's not too early to make plans for a good time! So mark your calendar for Thursday, February 14, 2013 when the North Carolina Symphony will present Schumann's Piano Concerto at the Dennis A. Wicker Civic Center at 7:30 p.m. Music Director Grant Llewellyn will conduct the orchestra along with Clara Yang, piano soloist.

Also on the program will be Mozart's Overture to *The Magic Flute*, Purcell's Music from *Abdelazar*, Britten's Variations and Fugue on a Theme of Purcell and Prokofiev's Symphony No. 1.

**Tickets may be purchased locally in early December (in time for Christmas gift-giving) at The Enrichment Center, The Temple Theatre Box Office and Capital Bank locations, 130 N. Steele St. and 2917 S. Horner Blvd., at the following prices: Adult-\$24, Senior (60+)-\$21, Student-\$6. You may also donate and order online at [www.ncsymphony.org](http://www.ncsymphony.org) or by calling the North Carolina Symphony Box Office at 877-627-6724. Patrons on the Symphony mailing list will receive brochures in early January.**

## Corner



caregivers

### Happy National Family Caregiver Month!

In 1994, the National Family Caregivers Association began promoting the celebration of family caregivers during the week of Thanksgiving, which is so appropriate in a time to be thankful. Each President since 1997 has signed the proclamation appreciating family caregivers. As interest grew in family caregiving issues, National Family Caregivers week became National Family Caregivers Month.

Day in and day out, more than 65 million family caregivers in this country fulfill a vital role on the care team. **The theme this year is "Family Caregivers Matter!"** No one else is in a better position to ensure continuity of care. Family caregivers are the most familiar with their care recipients' medicine, regimen; they are the most knowledgeable about the treatment regimen; and they understand best the dietary and exercise regimen.

If you are a family caregiver, take time this month to celebrate who you are, and the importance of what you are doing. While November may be the official month to recognize your acts as a family caregiver, every month—and every day—is one in which you make a difference.

Empower yourself, first, by recognizing how great you are, and the honor in what you are doing. Family Caregivers -**YOU** do matter and we thank you for all you do!

Happy Thanksgiving!

*-Judi, Caregiver Consultant*

**Family Caregivers: Need a Break?** Caregivers do need a break. We are offering two hours every Tuesday at the Enrichment Center from 1:00 p.m. to 3:00 p.m. Your loved one will enjoy socialization, crafts, music, armchair exercise and much more. If you would like further information call 776-0501 Ext. 2230.

**Grancare:** Grandparents and other relatives raising grandchildren will not meet in November. However, you are invited to the Family Caregiver Luncheon on Wednesday, November 7 at 12 noon at Carolina Trace Country Club. Please call 919-776-0501 ext. 2230 for reservations. **SAVE THE DATE: Grancare Christmas Party & Dinner, Thursday, December 6, 6 pm at The Enrichment Center.**

**Parkinson's Support Group** - will not meet in November and will resume on December 19 at 10:30 am.

### National Family Caregiver Month Activities

We will start our celebration with **Candlelight Reflections** on **Thursday, November 1st at 6:30 p.m.-7:30 p.m.** at The Enrichment Center. This is a beautiful and moving experience for **all caregivers**. Candlelight Reflections honors those with Alzheimer's disease and related disorders. Family, friends and supporters come together to **honor ALL** families and friends taking on the role of caregiving. Candles will be lit all over North Carolina at 7:00 p.m.

**Honor a loved one by attaching a photo to the Alzheimer's Memory Wall, a temporary monument that pays tribute to those affected by the disease and those who have passed on. Please bring pictures or photocopies of your favorite photos.**



### Liberty Commons of Lee, Liberty Home Care & Hospice and The Enrichment Center of Lee County

Cordially invite you to our 10th Annual Family Caregiver Luncheon in Honor of National Family Caregiver Month

Wednesday, November 7, 2012 at 12 Noon

Carolina Trace Country Club, 2100 Country Club Drive, Sanford  
Speaker: Lynne Drinkwater, Community Relations Coordinator for St. Joseph of the Pines

Lunch ~ Entertainment ~ Door Prizes ~ Fellowship  
Recognizing the 2012 Family Caregiver Recipient

Registration is Requested. Call 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 pm. Open to the general public.

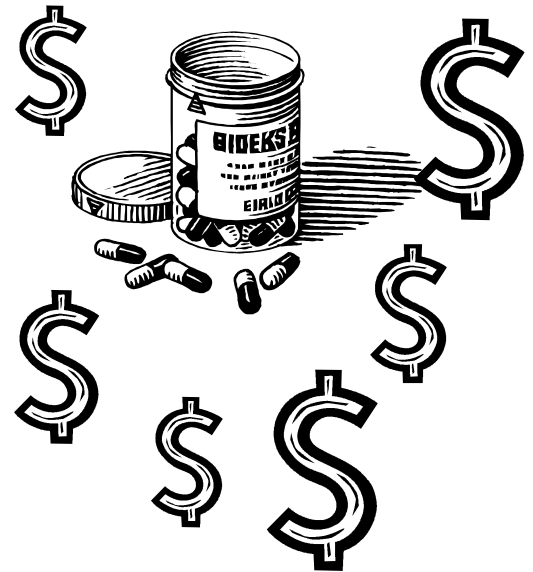
**Alzheimer's Support Group** Thursday, November 1 at 2:30 pm with Facilitators **Judi Womack and Arnie Kreisberg. Guest Speaker Richard Hiatt, Communications & Development Director, Alzheimers NC, Inc.** Our support group provides a forum for families and friends of individuals with dementia to share experiences, information, mutual problems and coping skills. Open to the general public.

**Need help choosing the BEST  
Medicare Prescription Drug Plan  
for your individual needs?  
Want to save the most \$\$\$ possible?**

Assistance will be available  
at **The Enrichment Center**  
**Friday, November 9 and**  
**Friday, November 30**  
9:00 am until 2:00 pm.

\*This assistance is brought to you by the  
*Seniors Health Insurance Information Program* (SHIIP), a  
division of the  
NC Department of Insurance.

**ANNUAL ENROLLMENT PERIOD**  
**OCTOBER 15-DECEMBER 7**



**The Enrichment Center**  
**North Carolina Certified Senior Center of Excellence**  
1615 S. Third Street, Sanford, NC 27330  
919-776-0501 x2206

**BRING WITH YOU TO**  
**MEDICARE PART D WALK IN CLINIC**

- **Medicare Card**
- **Home Address** (including zip code where you receive your mail)
- **Phone Number**
- **Bottles of medications** *or* **pharmacy printout** with name, strength and how often you take)
- **Current Medicare Prescription Drug Plan card**
- **Date of Birth**

**ANNUAL ENROLLMENT PERIOD**  
**OCTOBER 15-DECEMBER 7**





The Enrichment Center  
 1615 S. Third Street, Sanford, NC 27330  
 919-776-0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)  
 email: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)  
**June 2008 Re-Certified Senior Center of Excellence by  
 the North Carolina Division of Aging and Adult  
 Services.**

Non-Profit Org.  
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 Sanford, NC  
 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:**  
 Mon., November 12 for Veterans Day.  
 Thurs. and Fri., November 22 and 23 for Thanksgiving.

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



# Angel Tree

This year's Angel Tree program has new guidelines. Please refer to the flyer inserted in this issue for full details. Come by The Enrichment Center or call 919-776-0501 ext. 2201 to adopt an Angel or to make a contribution. Thank you for your continued support of The Enrichment Center's Angel Tree.

## *Help Older Adults in Lee County by Making a Monetary Contribution to The Enrichment Center, Inc. Helping Fund*

In 2012 The Enrichment Center, Inc. Helping Fund suspended assistance for a period of six months due to requests exceeding dollars donated. Your assistance is needed to replenish this fund that is used to assist older adults who are in a crisis situation with the basic necessities of life.

**100% of your donations are used to directly assist Lee County older adults.**

**Yes!** I would like to contribute to the Enrichment Center's HELPING FUND so that it may continue helping older adults in Lee County who need assistance in a crisis situation.

Enclosed is \$\_\_\_\_\_. Make checks payable to The Enrichment Center, Inc. Mail or drop off your contribution: 1615 South Third Street, Sanford, NC 27330 919.776.0501 Ext. 2201

*Thank you for choosing The Enrichment Center as your way of making a difference in our community!  
 The Enrichment Center is a 501© (3) charitable organization. Donations are tax deductible.*