

The Center Post

Volume 21 Issue 10

OCTOBER 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...*

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Needed, pg. 4
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SANFORD LEE COUNTY WALK

Saturday, October 20

9 am – Registration Begins

10 am – Walk Begins

Kiwanis Family Park ~ 1800 Wicker Street, Sanford

Pet and kid friendly event! Fun, Food and Most Importantly Friends!

Military Vehicles ~ Color Guard ~ Flu Shots by Health Innovation Pharmacy ~ Silent Auction

Remember: A team is one or more walkers and that includes your dog!

Donations Accepted: www.AlzNC.org or at The Enrichment Center 919-776-0501



alznc
Alzheimers North Carolina, Inc.

*Here for you...
today and tomorrow*

Alzheimers North Carolina is dedicated to
providing education, support and
services to individuals with dementia,
their families, health care professionals
and the general public while raising awareness

**Sanford/Lee County
Lead Sponsor**



and funding for research of a cause(s),
treatment, prevention and cure for Alzheimer's
disease and related dementias.

*See Page 2 for an invitation to the Purple
Party to be held at Ammons Chiropractic
Clinic Thursday, October 18th!*

Fall Festival

Saturday, October 27

8 am - 2 pm

**Browse and purchase from more than 40 tables filled with
woodcarving, jewelry, paintings, baked & canned goods,
homemade soaps and lotions, candles, Christmas decorations,
hand-sewn items and much more!**



GRILLED HOTDOGS and SAUSAGE DOGS

with all the trimmings—chili, slaw & onions. Chips, drinks and
FRESH BAKED GOODS will be available for purchase.
*All food proceeds benefit The Enrichment Center, Inc. Helping
Fund. A fund used to assist older adults
who are in a crisis situation.*

CARD PARTY TIME

**To Benefit
The Enrichment Center's
Helping Fund!**



TUESDAY, OCTOBER 2

2 PM - 5 PM

7 PM - 9 PM

**\$4 PER PERSON, PER SESSION
CALL 919-776-0501 EXT. 2201
TO RESERVE YOUR TABLES**

**PRIZES ~ REFRESHMENTS
Co-Sponsored by Miller-Boles
Funeral Home**

Join us as we get together
for a Card Party to raise money
for our Helping Fund.
Play any kind of cards or games.



*All card and game groups that
meet at The Enrichment
Center are invited
to attend the party!*

*The Enrichment Center, Inc. Helping Fund
assists Lee County older adults who are in a crisis
situation with fuel, electricity and other
necessities of life. 100% of every \$1 donated
helps older adults who are in need.*

Ammons Chiropractic Clinic Hosting Alzheimer's Walk Purple Party



You're Invited

to Our Alzheimer's NC Purple Party!

Please join us on October 18, 2012

From 6:00 - 8:00pm

1401 Greenway Ct.,

Sanford, North Carolina 27330

RSVP: (919) 774-6111

Food, Massages, Tours
& Pre-walk celebration.

Alzheimer's Walk Bank Night -
bring your donations!



**AMMONS
CHIROPRACTIC
CLINIC**

Best of the Best for 2005, 2006, 2007, 2008, 2009, 2010, 2011 & 2012





**REX UNC
HEALTHCARE
MOBILE
MAMMOGRAPHY
IS COMING TO
THE ENRICHMENT
CENTER!**

**Friday, October 19, 2012
10 am - 3 pm**

To be eligible for screening you must:
Have no previous history of breast cancer;
Be at least 35 years old for a baseline (first time)
mammogram; Be at least 40 years old for an annual
mammogram. Contact the Lee County
Health Department for further eligibility and to
pre-register 919-718-4640 ext. 5317.

**Make a Difference
Day 2012**

*The Enrichment Center
1615 S. Third Street
Sanford, NC
919-776-0501
October 1 - 31, 2012*



As part of the national
Make a Difference Day
Project for 2012, we are collecting
canned food items
the month of October that
will be distributed to older adults
in Lee County. **In 2011 we collected
700 pounds of food.**
The GOAL in 2012 is 1,000 pounds.



**Thanks for Your
Support !!!**

The Enrichment Center of Lee
County hosted a 50's style
"Sock Hop" featuring DJ

Johnny Miller and the "**Troubadours**" Band in
celebration of the 10th Annual Boomer , Senior & Caregiver
Expo as well as to raise money for the Enrichment Center's
Helping Fund. The event raised over \$3,000 to help
indigent older adults of Lee County. A special Thank you
to Miller-Boles Funeral Home and the Elk's Lodge #1679
for making this evening possible. We would like to also say
"Thank You" to our many participants for their passion for
50's fashion as we twisted and danced the night away; as
well as, everyone who assisted with the event for their
generosity to make sure we enjoyed this 50's themed
evening through food, décor, photos, promotion and
entertainment.



***HUNGER doesn't care
how old you are.***

Nearly 9 million people
age 50 and over
are at risk of hunger
every day.
**That's a 79% increase
in just 10 years!**

It's hard to recognize
someone who hasn't eaten for a day, especially if that
person - like a great many of seniors - is too proud
or too embarrassed to tell anyone.

Hunger FACTS:

- North Carolina is **ranked 7th in the United States** for older adults at risk of hunger
- 9.11% of **seniors** are at risk of hunger
- 23.5% of NC residents **can't afford to buy food**

***Make A Difference Day, created by USA WEEKEND
Magazine, is a national day of helping others; a
celebration of neighbors helping neighbors. Everyone
can participate; adults, youth,
civic and community groups!***

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!**

Volunteers Needed

Volunteers are needed to assist with the annual Alzheimer's Walk on

Saturday, October 20 at Kiwanis Park. It's an excellent cause to raise awareness about the disease and walk in honor or memory of a friend or loved one. Volunteers will assist with registration, t-shirts, prizes and refreshments. It will be a fun-filled morning! Please call Janice at 919-776-0501 ext. 2206.

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.



National Weather Service Alerts

Residents may add cell phones, email and text numbers to receive important information from County officials. Additionally, Lee County now offers **Weather Alerts** to residents who

sign up for this free service. You will be notified by the National Weather Service when a Severe Thunderstorm or Tornado Warning is issued from the National Weather Service. To register go to www.leecountync.gov and click on the orange DeltAlert logo.

Note: if you are currently using oxygen or have other special medical or mobility needs that emergency responders need to be made aware of, add your name and information to the Lee County Special Needs Roster by calling 919-718-4670.



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 am programs

in OCTOBER :

- 3rd—Meet the Candidates at 10:30 am
- 5th—Medicare Fraud, Stephanie Bias, NC Medicare Patrol
- 10th—Christmas Trees, Edie Eubanks at 10 am
- 12th—What is Cooperative Extension, Susan Condlin
- 16th—Sassy Red Hatters at 10:30 am
- 17th—Miller-Boles, Refreshments
- 19th—All About Breast Cancer, Robin Saenz
- 24th—Liberty Home Health, Johanne Estes
- 26th—Extra Bingo
- 31st—Laurence Poindexter singing and playing guitar. Dress up for Halloween!

Farmer's Market available

Tuesdays in October, 10 am - 12 pm.

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.



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.

Meet the Candidates!

Wednesday, October 3 at 10:30 am

This is your chance to meet the candidates running for local office. Come with your questions and concerns in an informal setting. Open to the general public. Registration not required.



NEW Support Group - The Caring Connection, will begin Monday, October 1 at 10 am. The group will continue to meet 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.**

Saturday Night Dance—Live music and good fellowship at 7:00 pm. Admission is \$6.00 per person. **Bands for October: 6th Southern Exposure, 13th—Bill Pollard Back Porch Country, 20th—The Fabulous Troubadours, 27th—Bill Pollard Back Porch Country.**

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.**

Let's Talk with Mayor Cornelia Olive - Thursday, October 25 at 10:30 am. Come and share your concerns and views with Mayor Olive. Open to the general public.

Novel Approach Book Group, Tues., October 9 at 12 noon. The group will discuss Someone Knows My Name by Lawrence Hill. The group is open to the general public, all adults are welcome.

Veterans Remembrance Group Wednesday, October 10 at 2 pm with Guest Speaker **Dick Kanning**. Mr. Kanning will talk about his experiences on a nuclear submarine. He will share some of his experiences while serving our country. Open to the general public.

Nifty Noggins volunteers will meet Thursday, October 11 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 Monday, October 9 at 6 pm. 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.

S.A.P. - Sanford Area Photographers Club meets the 3rd Thursday (10/18) 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!

Low Vision Support Group will NOT meet in October.

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 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.



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.

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

GAMES at The Enrichment Center

Open to the General Public
Registration Not Required

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.

Bingo, once a month on the 3rd Wednesday at 2 pm in the dining hall.

corner

caregiver



Fighting a Horrible, Horrible disease: Alzheimer's Walk is Saturday, October 20th

Every day in the United States, people are diagnosed with Alzheimer's disease. To combat the disease's prevalence, Lee County residents will be taking a walk on **Saturday, October 20th**.

The Alzheimer's Walk will begin at 9 am with registration and walking at 10 am at the **Kiwanis Family Park**, Sanford, NC. There will be an opening ceremony, which will include a light breakfast and coffee.

Hot Dogs will be served by the **Central Carolina Jaycees**. Our goal is to educate and to let people know that they don't have to go through this horrible disease alone.

The disease affects everyone; not only the people who have it, but the families, friends and neighbors. A family caregiver stated when her mother was diagnosed with the disease it was like losing her twice, first mentally and then physically.

Alzheimer's is the sixth leading cause of death in the United States and it's the only death in the top six or seven that cannot be prevented, cannot be cured, and cannot be slowed.

The walk raises money for Alzheimer's research, education and a multitude of other support programs. Most of the programs and seminars are at no cost, providing steadfast support for caregivers and families.

Come join us as teams and individuals walking to support research, advocacy and assistance which are provided by Alzheimers North Carolina. Raise \$50 and receive your Alzheimer's Walk t-shirt. Come join us for fun, food, music and most importantly friends!

*-Judi
Caregiver Advisor*

Sanford/Lee County Stroke Support Group Thursday, October 11 at 1:00 pm. **Facilitator: Joy Murphy**. "Memory" with guest speaker **Kelly O'Brien, UNC Speech Pathology**. Open to the general public—all adults invited.



SAVE THE DATE: Thursday, November 1, 2012 for Candlelight Service to honor and remember those with Alzheimer's Disease.

Parkinson's Support Group - Wednesday, October 17, 10:30 am with facilitators **Bob Brickhouse, Marge Kanning and Hal Siler**. Melanie Rodgers of The Enrichment Center will speak about Advance Directives (Living Will and Health Care Power of Attorney). An educational group for people with Parkinson's, Family Members, Caregivers, and Friends of people with Parkinson's. Open to the general public.

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.

Family Caregivers: Need a Break? 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 pm - 3:00 pm**. **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.

Alzheimer's Support Group Thursday, October 4 at 2:30 pm with Facilitators **Judi Womack and Arnie Kreisberg**. **Guest Speaker Gail Valentine, Family Caregiver, "My Unknown Journey."** 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.

Grancare Luncheon Thursday, October 11 at 12 noon with **Yana Doom, Case Manager, Cameron Boys Camp**. Grancare is a support group for grandparents and other relatives raising their grandchildren. Please call 919-776-0501 ext. 2230 for lunch reservations.

Nominate Someone for The Family Caregiver of the Year Award

This award recognizes and honors the efforts of persons who care for a loved one. Anyone caring for an aging relative, friend or neighbor is eligible for the award. Nominations are accepted from September 1 - November 1, 2012. Family caregivers can be nominated by other caregivers, health care professionals, family, friends or even themselves.

To nominate a family caregiver simply complete the Nomination Form and submit to: The Enrichment Center of Lee County, 1615 S. Third Street, Sanford, NC 27330, Attn: Judi Womack.
Forms are available at The Enrichment Center.

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.

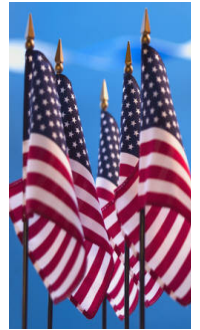


**Lee County Government Volunteers
Are Eligible to be Members at the
LGFCU**

Local Government Federal Credit Union

As another way of saying thank you for your volunteer service to Lee County departments, you are eligible for membership at LGFCU located at 1002 Spring Lane in the SECU, State Employees Credit Union. Joining is easy! Contact Melanie Rodgers at The Enrichment Center if you have questions, 919-776-0501 ext. 2214 or LGFCU 919-774-8851.

Veterans Appreciation



Thursday November 8, 2012
8 am - 10 am
Full Breakfast

Space Limited - Reservations Required
Call 919-776-0501 ext. 2201
By Monday, November 5, 2012

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.
Co-sponsored by Elks Lodge 1679



"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
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.



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.**

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.

**NOTE: Medicare Part D Annual Open
Enrollment Period begins October 15
and ends December 7, 2012.**

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



*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.

GIVE YOURSELF A BREAK!
*Powerful Tools
for Caregivers Classes*

The Powerful Tools for Caregivers program will provide you
with tools and strategies to better handle the unique caregiver
challenges you face. The tools learned in the six-week series
benefit caregivers by helping reduce stress, improve
caregiving confidence, establish balance, communicate needs,
make tough decisions and locate helpful resources.

**Mondays, October 1, 8, 15, 22 & 29
10 am - 12 pm**

The Enrichment Center, Classroom A

Classes are FREE and led by a trained facilitator.

Respite care services available for your loved one at no
charge while you attend classes.

For more information contact: Judi
jwomack@leecountync.gov or 919-776-0501 Ext. 2230.