

# The Center Post

Volume 21 Issue 9

SEPTEMBER 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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## September is National Senior Center Month



**HAPPY 65TH  
BIRTHDAY!**  
**Medicare is next...  
now what???**

*Not sure what Medicare is, what Medicare costs and what Medicare pays? Why am I getting so much mail? What are my choices?*

Answers are available from a reliable source!

An informational presentation is planned for

**Thursday, September 13 at 6:00 p.m.**

This program is brought to you by SHIIP, Seniors Health Insurance Information Program, a division of the NC Dept. of Insurance.

To register or for more information call 919-776-0501 Ext. 2201.

**REMINDER:** The annual enrollment period for Medicare Part D is Oct. 15 - Dec. 7, 2012. We will have two clinics to assist with drug plan changes. The dates are Oct. 18 and Nov. 30. All other times will be by appointment only.

**FREE Beginner & Intermediate Tai Chi classes with instructor Peggy Rowles** will begin mid-Sept. Call today to get on the rosters. Contact **Debbie Williams** at 919-776-0501 ext. 2203.

**Flu & Pneumonia Shots** will be given by **Brick City Primary Care** on Friday, Sept. 14, 9 a.m. - 12 p.m. & 1 p.m. - 4 p.m. and Fri., Sept. 21, 1 - 4 p.m. **Registration is a must!** Call 919-776-0501 ext. 2201. Bring your Medicare card.

**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.

**Saturday Night Dance**—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for September: 1st NO DANCE**, 8th Southern Exposure, 15th The Fabulous Troubadours, 22nd Bill pollard Back Porch Country, 29th Raymond Bradley Band.

**Protect Yourself Against Scams, Thurs., Sept. 27 1:30 p.m.** Presented by **The Better Business Bureau**. Just when you think you've heard it all about scams, the next one comes along taking its victims. Don't be a victim of a SCAM. Call 919-776-0501 Ext. 2201 to register.

### What is Estate Planning?

It's a time when you make plans about your health care, property and belongs so that YOUR wishes take place.

*NC Board Certified Specialist  
in Elder Law, Bob Mason*

**Presents:**

#### **HOW TO AVOID AN ELDER LAW TRAIN WRECK**

**Tuesday, Sept. 11, 2:00 p.m.**

Essentials of wills and trusts, powers of attorney, health care advance directives, insurance, second marriages, planning for a child with disabilities and laying ground work for long term care planning.

#### **HOW TO PAY FOR NURSING HOME CARE WITHOUT LOSING YOUR SHIRT**

**Tuesday, Sept. 18, 2:00 p.m.**

#### **MAKE SURE YOUR VA BENEFITS AREN'T A WOL**

**Tuesday, Sept. 25, 2:00 p.m.**

Learn about VA Aid & Attendance.

Registration is encouraged!  
Call 919-776-0501 Ext. 2230.

# 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, 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.* 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.

**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".

**May 8-13, 2013** *BAHAMAS - Nassau & Freeport aboard the Carnival Fantasy.* Includes motorcoach 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.

**Veterans Remembrance Group** Wednesday, Sept. 12 at 2 p.m. with Guest Speaker Simon Blaukamp. He will share some of his experiences while serving our country. Open to the general public.

**Nifty Noggins volunteers** will meet Thursday, Sept. 4 at 10 a.m. 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.

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

**Yada Yada Sisters**—Tuesday, Sept. 4 at 5 p.m. at The Enrichment Center. Bring your favorite sandwich and play cards at The Center. *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.*

**Celiac or Gluten Intolerance Support Group** will meet Monday, Sept. 10 at 6 p.m. 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.

**Novel Approach Book Group, Tues., Sept. 11 at 12 noon.** The group will discuss *Cutting for Stone* by Abraham Verghese. The group is open to the general public, all adults are welcome.



## 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.

**C** programs in SEPTEMBER :  
**5th**—Laurence Poindexter singing and playing guitar  
**7th**—Extra Bingo  
**12th**—Games  
**14th**—Extra Bingo  
**14th**—Flu & Pneumonia Shots 9 a.m.—12 noon  
**17th**—Sassy Red Hatters (NEW DAY!)  
**19th**—Miller-Boles Serving Refreshments  
**21st**—Special Program by Walgreens  
**26th**—Let's Talk about The Bayberry with Barbara Clayton  
**27th**—Let's Talk with Mayor Olive at 10:30 a.m.  
**28th**—Games



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, 2012 at 10:30 a.m.

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. **Candidates interested in attending should contact Debbie Williams at 919-776-0501 ext. 2203.**



**WE NEED YOU!**



**And so does  
The  
Enrichment  
Center's  
Helping Fund!**

Join us as we get together  
for a Card Party to raise money  
for our Helping Fund.  
Play any kind of cards or games...  
Bridge, Texas Hold'Em, Canasta,  
Dominoes, UNO, Scrabble...

**TUESDAY, OCTOBER 2**

**2 P.M. - 5 P.M.**

**7 P.M. - 9 P.M.**

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

**TO RESERVE YOUR TABLES**

**PRIZES ~ REFRESHMENTS**

**Co-Sponsored by Miller-Boles**

**Funeral Home**

***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.***



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

**Friday  
October 19, 2012  
10 a.m. - 3 p.m.**

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.**

**Registration taken through  
September 30, 2012.**

***NEW GROUP!***

## ***The Caring Connection***

A cancer support group that provides a time for patients  
and family members to discuss feelings and concerns.

Open to the general public - all adults welcome.

**Monday, October 1, 2012  
10 a.m.**

**Co-sponsored by Sanford Hematology/Oncology  
and Community Hospice  
Facilitator: Betsy McNeill**

**For information and questions call 919-718-5417.**



**alznc**  
Alzheimers North Carolina, Inc.

## SANFORD/LEE COUNTY WALK

**Saturday, October 20**

**9am – Registration Begins**

**10am – Walk Begins**

**Location: Kiwanis Family Park  
1800 Wicker Street, Sanford, NC**

**Pet and kid friendly event!  
Fun, Food, Music...**



**and Most Importantly Friends!**

**LEAD SPONSOR:** 

Form a team and Register online at:

[www.AIZNC.org](http://www.AIZNC.org)

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

**100% of ALL CONTRIBUTIONS  
STAY IN NORTH CAROLINA**

**For More Information:**

**Call Judi Womack at (919) 776-0501 ext. 2230.**

# Fall Festival

**Saturday  
October 27  
8 a.m. - 2 p.m.**



**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!**

Come out on Saturday and  
join us for a grilled



**HOTDOG or  
SAUSAGE DOG**

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.*



**corner**

**Caregiver**



**Sanford/Lee County Stroke Support Group—**

Thursday, September 13 at 1:00 p.m. at The Enrichment Center. **Facilitator: Joy Murphy.** “Steps for Recovery” with guest speaker **Katie Stephens, PT.** Open to the general public—all adults invited.

**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.

**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 p.m. - 3:00 p.m.** 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, September 6 at 2:30 p.m. with Facilitators **Judi Womack and Arnie Kreisberg.** This month we will have roundtable discussions. 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, September 13 at 12 noon with **Attorney Allison Goodwin.** 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.*

# THANK YOU

## 2012 BOOMER, SENIOR AND CAREGIVER EXPO A SPECTACULAR SUCCESS!

Celebrating our 10<sup>th</sup> year with approximately 2,800 attendees, we would like to extend a special thank you to our fantastic sponsors, Dennis A. Wicker Civic Center, vendors, volunteers, seminar speakers, entertainers, Sheriff's Department, CCH Hospital Auxiliary & This-N-That Gift Shop, Expo Committee, participants and The Enrichment Center Staff for making our 10<sup>th</sup> year so successful!

**LEAD SPONSORS:**

Ammons Chiropractic Clinic  
Bright Audiology  
Central Carolina Hospital  
UNC Physicians Network

**PLATINUM SPONSORS:** The Sanford Herald, The Bayberry Retirement Inn, Outreach NC, WWGP AM1050/WFJA 105.5, Sanford Elks Lodge #1679, Advance Behavioral Center, Inc., Carolina Women's Fitness Center, Liberty Medical Specialties, Peak Resources/Pinelake, FirstHealth of the Carolinas, Liberty HomeCare & Hospice Services, First Bank, WLHC-FM 103.1, Pinehurst Surgical, Lee County Phone Book.

**GOLD SPONSORS:** First Choice Home Care, Inc., Law Offices of Sara Harrington, Community Home Care & Hospice, Cambridge Hills Assisted Living, Community Family Medicine, Miller-Boles Funeral Home, AARP of NC, BOOM! Magazine, Forget-Me-Not Home Memory Care, Thompson Chiropractic Center, Liberty Commons, Kerr Health, LLC, Total Life Care, Siler City Care & Rehab, Laurels of Chatham and N.C. Senior Medicare Patrol Program.

**SILVER SPONSORS:** Re-Bath of the Triangle, Advanced Hearing Care, Family Chiropractic Center, Central Electric Membership, Rainbow Distributors, Comfort Keepers, Curves, Quality Home Health Care, Duke Cardiology of Sanford, Scotia Village Retirement Community, Coventry House Inn, Humana MarketPOINT, Inc., Adcock Real Estate, Local Government Federal Credit Union, Sanford Health and Rehabilitation, Spring Arbor Assisted Living, Comfort First Heating & Cooling, BSD, Inc., Village Caregivers, Mutual of Omaha, Mary Kay Cosmetics with Becky Poole, St. Jude Medical, ROCAD, LLC



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.  
 U.S. Postage  
 PAID  
 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** Monday,  
 September 3 in observance of Labor Day.

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.

**DATES: Mondays, October 1, 8, 15, 22 & 29**

**TIME: 10 a.m.– 11:30 a.m.**

**LOCATION: The Enrichment Center, Classroom A**

**Classes are FREE and led by a trained facilitator.  
 Contributions accepted.**

**For more information contact: Judi  
[jwomack@leecountync.gov](mailto:jwomack@leecountync.gov)  
 or 919-776-0501 Ext. 2230.**