

The Center Post

Volume 22

APRIL 2013

The Enrichment Center
Hours of Operation:
Monday—Thursday
8 am - 8 pm and
Friday 8 am - 5 pm.
919-776-0501

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...

- ♦ Governor's Award Reception, pg. 4
- ♦ Living Healthy with Diabetes, pg. 4
- ♦ Senior Games & Silver Arts of Lee County, pg. 6
- ♦ Medicare Fraud Prevention, pg. 7
- ♦ Golf to Raise Money for The Enrichment Center's Helping Fund, pg. 8



2013 Volunteer Appreciation Dinner



Tuesday, April 9, 2013

You are invited to **cruise** on down
and place **dibs** on a seat for a **blast** of a good time!

Doors will open at 5:30pm.

One additional ticket may be purchased for \$8.00.

Reservations and payments required before the event!

919-776-0501 ext. 2201

We will have it **made in the shade**
as we show you how much we appreciate **YOU!**



Guys— get that **flat-top** trimmed up;
Gals— find that **poodle skirt** and **bobby**
socks... IT'S TIME TO PARTY!



Volunteering is a selfless activity that promotes good or improved quality of life for the recipient as well as the volunteer. Our volunteers at The Enrichment Center use their personal skills and even develop some new ones along the way! Youth and adult volunteers give of their time at The Center for development, socialization, and fun. It can even establish contacts for possible employment. Volunteers give their time on a regular and as-needed basis. Call Janice today at 919-776-0501 ext. 2206 if you are interested in volunteering.

**Volunteers are key to the success of programs
and services at The Enrichment Center! THANK YOU!**

These volunteers assist our **Social Work Department** with various needs such as housing and home repair, and delivery to Angel Tree recipients. **Mark Ariy, Bill Carter, Fred Glass, Joe Lanier, Willis McNeill, Andy Siegner, Richard Holshouser, John Lyczkowski, Brian Lyczkowski, Daniel Egbert, Sam Carter, Ernest Murchison, Pat Vanderhoek, Heidi Hase and Charles Sylvant.**

Senior Services Advisory Board members are appointed by the Lee County Commissioners and are responsible for reviewing policies, fiscal budget, grants, center programs and services and assist with building rental requests. **Woody Beale, Karen Oldham, Alice Beardslee, Janet Fasick, Brenda Ingram, Donese Pulley, Commissioner Ed Paschal, Esther Siler, Commissioner Ricky Frazier and Mary Upchurch.**

Support Groups Leaders. **Linda Moore, Marge Kanning, Nora Gunter, Bob Brickhouse, Joy Phillips Murphy, Arnie Kreisberg, Gail Valentine, Carol Atwood, Rosemary McLeod, Theresa Miller and Carol Golden.**

Caregiver Time Out- These volunteers are available on Tuesday afternoons to offer a break to caregivers. **Dorothy Matthews, Madison Carter and Donna Kelly.**

Saturday Night Dance Volunteers are responsible for securing the bands, refreshments and set up of the dance held every Saturday night at 7 p.m. **Louise Brantley, Harold Harrington, Ron Klepper, Jim Foster, Mary Foster, Lois Moore, Judy Morrow-Johnson, Bob Bolsinger, Bev Bolsinger, Sidney Dean, Shirley Dean, Carl Nunnery, Mary Nunnery and Peggy Lanier.**

Enrichment Center, Inc. Board members are responsible for overseeing the expenditures of private donations. **Helen Hincks, Bud Greene, Tom Joyner, James Emerson, Ruby McSwain, Margaret Murchison, Bob Will, June Gunter, Janice Scoins, Jeff Ward, Lynn Sadler, Jim Foster and Mary Ella Teeter.**

The following volunteers are responsible for planning and implementing the **Senior Games of Lee County** program. Local games are held in May and State Finals in September and October. **Bob Garrett, Mike Neal, John Payne, Bill Shuey, and Jim Turner.**

Nifty Noggins volunteers make coverings for "smart" heads. The coverings are free to cancer patients. From classy berets to handy bandannas, this group has it "covered." **Ann Beale, Darlene Christiansen, Leona Cox, Mary Parker, Sue Wagenhauser, Marian Carlson and Eva Warrick.**

S.H.I.I.P. (Seniors' Health Insurance Information Program) volunteers help Lee County citizens with questions regarding Medicare, Medicare Prescription Drug Plan, Medicare bills and supplemental insurance policies. **Carolyn Blackman, George Miller, and Jim Glines.**

These volunteers represent Lee County older adults at the **Area Agency on Aging's Advisory Board.** **Mary Upchurch, Esther Siler, Donese Pulley and Karen Oldham**

Tax Aide Volunteers assist older, low to moderate income people with their income tax filing. The service is free and provided in cooperation with AARP and the IRS. **Carole Barnette, Robena Black, Robyn Carpenter, Nancy Johnson, John Koneski, Henry Merritt, Ron Moeller, Jim Payne, Vickey Sistare, Joyce Smith, Billy Tew, George Thompson, Gayle Anderson, Larry Foran and Mary Upchurch.**

These volunteers represent Lee County older adults at the **Senior Tarheel Legislature**, which was created by the NC General Assembly in 1993 to provide seniors a voice on matters being considered by NC General Assembly, promote citizen involvement and advocacy concerning aging issues and assess the legislative needs of older citizens. **Mary Upchurch and Esther Siler (Alternate).**

CENTER POST volunteers meet the last Wednesday of every month to fold, tape and label approximately 350 newsletters for bulk mail out. **Ruby Belsma, Ruth Conder, Judy Barton and Virginia Titus.**

Cookie Cutters Volunteers are the ones to thank for the delicious homemade cookies that are often served at the Center. **Ruth Conder, Donna Jackson, Diane Davis and Sylvia Thomas.**

Diners' Club Volunteers assist Monday through Friday in taking lunch meals to the tables, overseeing donations and reservations for the following day's lunch. *Jim Annis, Joyce Billings, Marcell Chesney, Floyd Chesney, Alice Cline, Odessa Richardson, Earl Thompson, Alberta Williams, Maria Rodriguez, James Baker, Frank Kaufman, Wilma Shackleton, Barbara Miller, Maggie Siara, Mary Chalmers, Carol Giles, Joyce Smith, Patricia Edmonds, Dora McCutcheon, David Piggie, Dorothy Matthews, Curtis Champion, Delphine Walters, Linda Nelson, Melvin Griffin, Mary MacDonald, Peggie Goodbar, and Ed Barkwell.*

The **front desk** area of The Enrichment Center is an extremely busy place. From greeting guests as they arrive, answering the ever-ringing phone, and directing guests to the various activities, these volunteers are very much appreciated. *Joyce Billings and Josie Nagy.*

These **volunteers assist with various events** that are held each year, such as the Gay 90's luncheon, the Boomer and Senior Caregiver Expo, and the Alzheimer's conference. *Jim Payne, Peggy Rowles, Ruth Conder, Brenda Ingram, Janet Fasick, Carolyn Blackman, George Miller, Theresa Miller, Helen Hincks, Esther Siler, Mary Upchurch, Bud Greene, Mark Coggins, Kathy St. Clair, Hugh Pembleton, Ginny Pembleton, Gladys Thomas, Lucy Maddox, Margaret F. Dunbar, Curtis Champion, Frank Kaufman, Charles Stone, Gloria Stone, Melvin Griffin, Randy Lewis, Patricia Edmonds, Marie Byers, Anita Henderson, Tracy Stephens, Sarah Hilliard, George McBryde, Louise Brantley, Dora McCutchen, Janice Scoins, David Piggie, Linda Rapp, Joyce Smith and Ollie McLucas.*

BINGO Volunteers are responsible for the coordination of BINGO games. *George A. McBride, Barbara Moore, Helen Pischak, Earl Thompson and Louise Brantley.*

Much to the delight of our **Diners' Club** participants, these volunteers regularly share exercise & dancing activities, Bible study, and music. *Shirley Buchanan, Robert Lewandowski, Patricia Lewandowski, Earl Thompson, Laurence Poin Dexter, Jim Annis, Elba Annis, Mark Coggins and Bob Smith.*

In the past year, **Home Delivered Meal Volunteers** delivered more than 6,000 hot lunches to homebound older adults in Lee County. Approximately 30 clients on 4 routes are served each day, Monday through Friday.

Judy Warf, Jack Warf, Dan Jones, Jerry Kennedy, Nancy Kennedy, Audrey MacDowell, John MacDowell, Hugh Pembleton, Ginny Pembleton, Eric Pittard, Eugene Rackley, Don Roundy, Ginny Roundy, Sam Sillaman, Bob Smith, Joyce Smith, Mary Washington, Mike Washington, Jim Payne, Norbert Miller, George Mueller, Donna Mueller, John Bins, Mary Bins, John Corbett, Donna Corbett, Kathy St. Clair, Jeff Ward, Janice Scoins, Judy Garner, Gayle Matthews, Eleanor Corns, Sam Carter, Roger Thomas, Robbie Castleberry, William Henning, Dana Smith, Johanne Estes Kellum, Velma Rogers, Geneva Frye, Heidi Hase, Georgia Garner and Sanford Health and Rehabilitation.

Administrative Volunteer assists staff members when needed-everything from tallying survey results to making phone calls to alert participants to upcoming events and activities. *Linda Rapp.*

Fitness Room Volunteers assist with fitness orientations, fill in for instructors, and keep towels in the fitness room for participants. *Carol Bates, Trudy Forrest, Carol Battersby, Katherine Minard and Cleo Bryant.*

Volunteer Program Facilitators regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Dot Boaz, Mark Coggins, Norman Findley, Robena Black, Carolyn Arnold, Richard Palmer, Margaret Murchison, June Gunter, Pam Rose, Phil Bruce, Susan Hooper, Judy McDonald, Shirley Buchanan, Brenda Ingram, Virginia Wade, Ruth Conder, Laurence Poin Dexter, Virginia Mattson, Jerry Batchelor, Sandy Scott, Mayor Cornelia Olive, Peggy Rowles, Earl Thompson, Ann Beale, Don Schreiner, Nora Gunter, Barbara Bedore, Ronald Leo, Hubert Stacker, Joyce Billings, Betsy McNeil, Priscilla Tarleton, Alberta Williams, George Miller, Theresa Miller, Rosemary McLeod, Louise Ross, Joyce Smith, Virginia Vick and Sylvia Thomas.*



*You are cordially
invited to a reception
honoring*

Ruth Conder

Don Schreiner

and

Doris Sylvester

*Recipients of the
2013 Governor's Award
for Outstanding
Volunteer Service for Lee County*

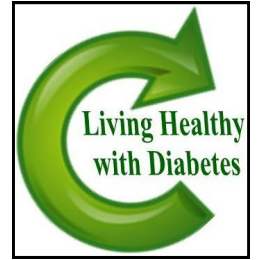
The reception will be held

*Thursday, April 25th,
beginning at 9:00 am*

*At The Enrichment Center
1615 S. Third Street, Sanford, NC
Refreshments will be served.
Please register by calling
919-776-0501 x2201.*

Living Healthy with Diabetes

*A FREE evidenced based class
developed by Stanford University
Sponsored by The Enrichment Center
and Triangle J Area Agency on Aging*



Thursdays April 25 - May 30, 2013

2 pm - 4:30 pm at The Enrichment Center

*Discussion: Manage symptoms, relaxation techniques,
communication skills, monitor blood sugars, solve problems
and set goals, increase self-confidence,
eat healthy and much more!*

**Class Size Limited to 12 - Registration Required
Call 919-776-0501 ext. 2201.**

Rex UNC Healthcare Mobile Mammography

will be at The Enrichment Center Friday, April 19
10 am - 3 pm providing free mammograms for women at least 35
years old. There are other eligibility requirements and registration is
required. **Call the Lee County Health Department at 919-718-
4671 ext. 5317.**

Veterans Remembrance Group Wed., April 10 at 2 pm
with **Guest Speaker John Sandrock, Lee County Veterans
Service Officer.** Open to the general public.

Yada Yada Sisters, Tues., April 2 at 5 pm. Bring your favorite
sandwich and stay to play cards. ***Our sisterhood is a network with
other females. We offer you the perfect opportunity to receive
support and encouragement from a sister.***

Bible Study meets every Monday at 10:30 am with facilitators
Joyce Billings and Hubert Stacker. Open to the general public.

Saturday Night Dance—Live music and good fellowship at
7:00 pm. Admission is \$7.00 per person. **Bands for April: 6th
Southern Exposure, 13th Bill Pollard Back Porch Country, 20th
The Souvenirs Band, 27th Bill Pollard Back Porch Country.**

NOTE: The Celiac Disease Support Group will not meet in April.
Please contact **Debbie Williams** at 919-776-0501 ext. 2203 if you
need further information.

Hand and Foot Cards, a form of Canasta, meets
Mondays 12:30 pm - 4 pm. The group is open to the general public.

**Piedmont Health Services, Inc. Presents, "Brown
Bag Day - Bring Your Medications for Review",** Fri.,
April 5 at 11 am. **FREE** and open to the general public. Registration
not required.



Time for a Card Party!

**We need YOU and so does the
Helping Fund! Let's get together
for a Card Party - and games too -
to raise money for the Helping Fund
Tuesday, April 23, 2 pm - 5 pm and/
or 7 pm - 9 pm, \$4 per person, per**

session. Refreshments and prizes co-sponsored by **Miller-
Boles Funeral Home.** The Helping Fund assists older adults
in Lee County who are in a crisis situation with fuel, electricity
and other necessities of life. 100% of all donations to the
Helping Fund directly assists an older adult in need. **Register
your tables today by calling 919-776-0501 ext. 2201.**

corner

caregiver



“Caregiving, an Emotional Roller Coaster? Six Things to Know.”

Caregiving is definitely one of the hardest roles any of us can play, especially as Baby Boomers. The constant variety of emotions attached to it and all of the “should”, “why don’t you” and “why aren’t you” that keep bombarding our decision making can often be overwhelming. Everyone concerned, you, other family members, close friends and the patient, deal with their own fear, anxiety, confusion, guilt, helplessness, frustration, depression, loss and powerlessness.

- Identify and address the negative thoughts as they appear, so they don’t overpower your positive emotions. Understand why the negative thinking is there and then deal with it.
- Work on understanding where each specific emotion is coming from and what can you do to put it in a more comfortable place.
- Who can talk to you to help you find a way to release the unhealthy emotions?
- Staying healthy and taking care of yourself is vital for you to be able to make good decisions and, mostly, for you to be able to recognize and create the joy and happiness that is possible while caregiving.
- Maintain some “separateness” from the patient and the situation. “Smothering” will only make matters more difficult, as everyone needs some space of their own, even the patient.
- Think of the things that you do well to help and support your loved one instead of the things you can’t do. Many times learning to accept and like what you can do is even more helpful.

Are you choosing to be a caregiver? Take on this role with healthy boundaries, expectations and balance. Choose to create the memories and joy.

Love and Joy, Judi

Powerful Tools for Family Caregivers Congratulations!

The following have completed Family Caregiving Class: Vivian McRae, Diane Davis, Jeanne Bethea, Carol Currins, Carol Colebrook, Amy Davis and Janice Sumpter.

Contact Judi at 919-776-0501 ext. 2230 if you are interested in the next FREE class.

ANGELS - Angels Now Getting Empathy, Love and Support. A family caregiver support group that bond together the second and fourth Tuesday of each month at 6:00 pm at the Enrichment Center. General public invited.

Parkinson’s Support Group will meet Wednesday, April 17 at 10:30 am. **Facilitators Bob Brickhouse, Marge Kanning and Hal Siler** welcome you to join them. The group is open to the general public.

Caregiver Time Out Program

This group respite program is offered FREE at The Enrichment Center every Tuesday 1 pm - 3 pm. Group respite allows individuals who are caring for family members an opportunity to have a break from caregiving responsibilities. It also gives the loved one receiving care a chance to enjoy activities, exercise, music and interaction with peers while in a safe and trusting environment with close supervision.

In addition to providing respite care and enjoyable group activities that build on the strengths and abilities of participants, the program offers family caregivers access to services: counseling, support groups, information and referral, training and educational classes. ***For more information call Judi at 919-776-0501 ext. 2230 or email jwomack@leecountync.gov.***

Sanford/Lee County Stroke Support Group: Stroke survivors need help? Need Hope?

The group meets the second Thursday of each month at 1:00 pm at The Enrichment Center. This group offers networking, education and motivation to stroke survivors and their family caregivers. We hope each person will leave with a sense of “My life has strong possibilities,” ***Joy Phillips Murphy, Facilitator.***

Alzheimer’s Support Group: The group is open to anyone who has been touched by this overwhelming disease. 1st Thursday of each month 2:30 pm at The Enrichment Center. We have guest speakers and learn from each other. **Special Guest Richard Palmer will provide financial information for the family caregiver at the April 4 meeting. Open to the general public.**

Grancare will meet Thursday, April 11 at 12 noon for a roundtable discussion. Lunch will be served. Please call to register for lunch at 919-776-0501 ext. 2230. *Grancare is made up of grandparents and other relatives parenting again. They meet for information, ideas and fellowship.*

REGIONAL CAREGIVER EDUCATIONAL CONFERENCE

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.

Tuesday, May 21, 2013
Dennis A. Wicker Civic Center
1801 Nash Street ~ Sanford ~ North Carolina
8:00 a.m. - 3:30 p.m.
Call 919-776-0501 ext. 2230 to register.

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

Special Guest Speaker:
Melanie Bunn, MS, RN, GNP, Dementia Training Specialist



Early Bird registration
April 1 - 20, 2013.

Registration accepted through
Tuesday, April 30.
Events held May 14 - 24.

Come join the fun of Olympic style athletic events and artistic competitions!

Athletic:

Corn Hole ~ Bocce
Horseshoes ~ Bowling
Cycling ~ Shuffleboard
Golf & More!

Silver Arts:

Heritage ~ Literary

Sponsored Locally By:
 **BRIGHT**
Audiology
Brighter Hearing - Better Living

This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored state-wide by the NC Division of Aging and Adult Services.

Come by The Enrichment Center or contact Jimmy Solomon at 919-776-0501 ext. 2207 for complete details and a registration form!



Come and Celebrate National Senior Fitness Day

Thursday, May 16, 2013
FREE Events All Day!

9 am - Aerobics
10 am - Walk The Enrichment Center Trail

11 am - Chair Exercise
11:30 am - Scarves
5:30 pm - Fitness Yoga
6:30 pm - Fitness Room Orientation



Prizes will be awarded! Join the fun! Registration not required. It's a great time to try a new form of exercise.

Family Caregiver Training Program

Co-Sponsored
by The Enrichment Center
and Community Home Care
& Hospice

We know that families are the major provider of long term care in America.



Are you providing home care for a loved one part time or full time? You will benefit from these FREE classes!

Six Sessions - Mondays

April 1, 8, 15, 22 & 29, 2013

2:30 pm - 4:30 pm

At The Enrichment Center

Each person receives

Quicktips for Caregivers Textbook

Call Judi to register, 919-776-0501 ext. 2230. Respite care available for your loved one so that you are able to attend.

Free Ballroom Dance Lessons Mondays at 6:45 p.m. with Instructor Judith McDonald, President of Outreach Programs US Dance. Class size is limited. For the next session and to register call 919-776-0501 ext. 2201.

Would you like to make a difference in someone's life? Volunteers are needed to deliver a hot, nutritious meal to a homebound older adult in Lee County. Routes usually take less than one hour. Regular and fill-in positions available. **Contact Janice Holmes at 919-776-0501 ext. 2206 for more information and to volunteer.**

Legal Aid Intake Day - FIRST WEDNESDAY of the month
9 am - 12:00 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.**

Tai Chi for Beginners - will meet weekly for 6 weeks with **Arthritis Foundation Certified Instructor Peggy Rowles**. This is an excellent form of exercise for those with arthritic conditions. It's relaxing and helps with balance, too. Call 919-776-0501 ext. 2201 for dates and to register.

Let's Travel

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

Wednesday-Monday, May 8-13 Bahamas Cruise We will travel to Nassau and Freeport aboard the Carnival Fantasy departing from Charleston, SC.

Tuesday, June 4 The Billy Graham Library We will travel to Charlotte with a stop at Concord Mills for free time and lunch on the way to the Library.

Friday, July 12 Durham Bulls Baseball and Bullocks BBQ! The Bulls host the Gwinnett Braves with fireworks following the game!

Monday-Tuesday, September 16 & 17 Bald Head Island Discover the Island at your own pace— aboard a reserved golf cart!

Tuesday, September 24 Love Machine the Musical at The Barn Dinner Theatre This show combines the music of Marvin Gaye, Diana Ross and the Supremes, Smokey Robinson and the Four Tops with delicious food!

Tuesday, October 22 The NC State Fair This is the day devoted to YOU! Special events are planned for the day.

Tuesday, December 10 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".



The North Carolina Senior Medicare Patrol (NCSMP) is housed within the **Seniors Health Insurance Information Program (SHIIP)** at the NC Dept. of Insurance. It's a preventative educational program

whose goal is to reduce Medicare error, fraud and abuse through statewide coordinated efforts of educational and promotional activities and to encourage reporting of discrepancies by Medicare beneficiaries and caregivers to the NCSMP program.

Did you know that \$68 BILLION DOLLARS of the taxpayers' money is lost annually to billing discrepancies, fraud, abuse and waste in the Medicare program?

Remember to:

- Review your Medicare statements
- Protect your Medicare number
- Do not be influenced by advertising for services, medications or products that sound "too good to be true"
- Educate yourself about your Medicare benefits
- Rarely are Medicare services "free"
- Medicare does not solicit door-to-door
- **Protect...Detect...Report. Contact NCSMP at 877-99-NCSMP (877-996-2767).**

Dinner Club 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: ziti with Italian sauce, meatloaf, farm house stew, vegetables, 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.**

April Programs:

- 1st - Joke Day!
- 3rd - Laurence Poindexter singing and playing guitar
- 5th - Moncure Clinic Program - Brown Bag Day - Bring Your Medications for Review!
- 10th - UNC Nursing Students' Program
- 12th - Adrian Smith singing
- 17th - UNC Nursing Students' Program
- 19th - Lee Memory Gardens with Daniel Owens
- 24th - Sand Up! Fight Back!
- 26th - Robotic Knee & Hip with Dr. Bush



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.

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

The Annual Gay 90s Luncheon honoring 90-year-olds and better will be held Wednesday, May 8 at 12 noon. If you or someone you know would like to attend please contact **Debbie Williams at 919-776-0501 ext. 2203.** Attendees are welcome to bring one guest.

Nifty Noggins are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. Volunteers will meet Thursday, April 11 at 10 am. If you are interested in joining the group or would like a head covering contact **Carole at 919-776-0501 ext. 2205.**

A Novel Approach book group will meet Tuesday, April 9 at 12 noon. They will discuss In the Garden of Beasts by Eric Lawson. Registration is not necessary and the group is open to the general public.



The Enrichment Center

1615 S. Third Street, Sanford, NC 27330

919-776-0501 www.leecountync.gov/ec

email: enrichment.center@leecountync.gov

Handicapped Accessible Facility

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.

Did you know that by 2025 86 of NC's 100
counties are projected to have more people over
age 60 than age 17 and younger?

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

The Enrichment Center Golf Tournament

Friday, May 3, 2013

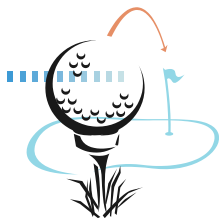
Quail Ridge Golf Course, Sanford

\$60 Per Person

Includes Green Fees, Cart,
Lunch and Two Mulligans

Check In 11:45 am ~ Lunch Served

~ PRIZES ~



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. **Every dollar you donate assists an older adult in need.**

Have You Seen a STAR Lately?

The Lee County Government Rewards and Recognition Team invites you to nominate an employee who has displayed key attributes of exceptional service:

**RESPECT ~ TEAM WORK ~ HONESTY
FAIRNESS ~ POSITIVITY**

Who can nominate? Any employee, supervisor, department director, elected official or citizen may submit nominations.

The nomination should include: The employee's name; employee's department; your name; your phone number or email address; current date; an attribute for the nomination; how has the employee best represented the attitude?

Grief Support Group - Losing someone hurts. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. Need to talk to someone who understands? Find others in the same situation. Our group meets the 1st Thursday of the month at 1:00 pm.

NOTE: The month of April, 2nd Thursday

April 11, 1:00 pm – 2:30 pm

Linda Moore, MSN– Facilitator

SPONSORED BY:

ROGERS-PICKARD FUNERAL HOME

For more information call 919-776-0501 ext. 2230.