

The Center Post

Volume 22

AUGUST 2013

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

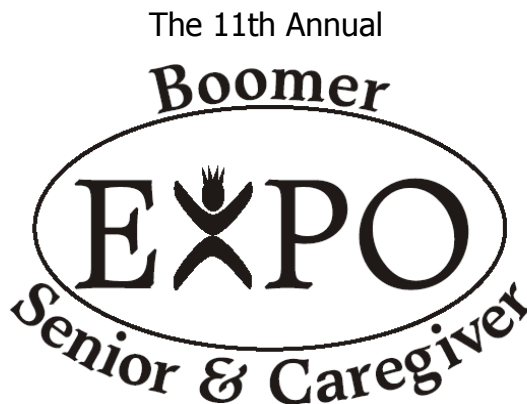
**Our purpose
is to connect boomers,
seniors, family
caregivers and veterans
with meaningful
educational and
volunteer
opportunities; increase
their access to services,
benefits and resources
and offer tools to
manage health
and finances.**

**Look inside for
information on...**

- ♦ **Expo Health Screenings, pg. 2**
- ♦ **Volunteers Needed, pg. 3**
- ♦ **Fall Programs, pgs. 5 & 6**

**By 2025,
86 of NC's 100 counties
are projected to have
more people
over age 60
than between ages 0-17.**

Celebrate Living Well!



Wednesday, August 28, 2013 from 10 am - 2:30 pm

Dennis A. Wicker Civic Center ~ 1801 Nash Street ~ Sanford ~ NC

See what's new for 2013!

Free Admission and Parking! All Adults Welcome! Hourly Prize Giveaways!

100+ Vendors ~ 15+ Health Screenings ~ Educational Seminars

Manicures & Haircuts ~ Massages ~ Painting Workshop ~ Bingo ~ GRAND PRIZES!

CENTRAL CAROLINA HOSPITAL



Lead Sponsors



The Sanford Herald



Platinum Sponsors



FirstHealth
OF THE CAROLINAS



The area's PREMIER EVENT catering to this market!



Wednesday
August 28, 2013
 Dennis A. Wicker Civic
 Center
 1801 Nash Street
 Sanford ~ NC

***Full Program and Details in The Sanford
 Herald Saturday, August 24, 2013.***

Thank You Gold Sponsors:

First Choice Home Care, Inc., Piedmont Health Services, Inc., Quality Home Healthcare, Liberty Commons Nursing and Rehab Center, Cambridge Hills Assisted Living, Carolina Eye Assoc., United Assist Medical Supply, Cape Medical, Inc., Peak Resources Pinelake, Westfield Rehabilitation & Health Center, Harrington/Gilleland/Winstead/Feindel & Lucas, Laurels of Chatham, NC Senior Medicare Patrol, Community Home Care & Hospice, CaptionCall, LLC, Thompson Chiropractic, United Hospice, Cancer Centers of NC, Pinehurst Surgical Women's Center

Thank you Silver Sponsors:

Miller Boles Funeral Home, Humana MarketPOINT, Inc., Central Electric Membership, Rainbow Distributors, Comfort Keepers, Gary Tyner Insurance (Allstate), Griswold Home Care, Sanford Health & Rehabilitation, Spring Arbor Assisted Living, Re-Bath of the Triangle, Senior Resource Services, Inc., Adcock Real Estate, Digital Benefit Advisors, Advance Hearing Care, Family Eye Care Optometry

FREE

HEALTH SCREENINGS

At the Boomer, Senior & Caregiver Expo!

Central Carolina Hospital **CHOLESTEROL**

TOTAL CHOLESTEROL & BLOOD GLUCOSE
 BODY MASS, BONE DENSITY MEASUREMENT,
 PULMONARY FUNCTION TEST ASSESSMENT, ASK THE
 PHYSICAL THERAPIST,
 NUTRITION - ASK THE DIETICIAN, ASK THE PHARMACIST

UNC Physician's Network
 VEIN, VASCULAR & PULMONARY FUNCTION

Bright Audiology
 HEARING SCREENING

Sanford Nautilus
 BODY FAT

Kerr Drug
 ASK THE PHARMACIST, BLOOD GLUCOSE
 & BLOOD PRESSURE

Ammons Chiropractic Clinic
 SPINAL AND POSTURE SCREENING

Carolina Women's Fitness Center
 HEIGHT AND WEIGHT

UNC Stroke Center
 STROKE RISK ASSESSMENT

Carolina Eye Associates
 VISION SCREENING

NC Cooperative Extension
 HAND WASHING DEMONSTRATION

Chris Nance, Podiatrist - Quality Home HealthCare
 FEET DISCUSSIONS

Counseling Center DEPRESSION ASSESSMENT
Sign Up for Flu Shots THE ENRICHMENT CENTER

Let's Travel

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

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".

VOLUNTEERS NEEDED

The Enrichment Center is in need of volunteers in the following program areas.

Contact Janice at 919-776-0501 ext. 2206.

Computer Instructor volunteers are needed to teach beginner, intermediate and advanced classes to baby boomers, seniors and family caregivers. Classes would also include how to use an iPad and Internet.

Boomer, Senior & Caregiver Expo volunteers needed! Wednesday, August 28, 2013 is the BIG day! Volunteers are needed to assist with set-up, clean-up, vendor assistance, registration and information. **REMINDER: our volunteers are allowed into the Expo 1 hour before the public!**

5K Race to Remember & Alzheimer's Walk Saturday, October 19. Volunteers are needed to assist with set-up and registration.

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.

Thank You Mr. Jones!



Mr. Dan Jones has been volunteering to deliver Home Delivered Meals for the past 25 years. We want to "Thank You" for all of your dedication, kindness and willingness to help others!

Happy 65th Birthday! Medicare is next... now what? Thursday, September 12 at 6:00 pm, an informational program will be presented explaining Medicare and all that comes along with it. Program is presented by SHIIP, the Seniors Health Insurance Information Program. To register or for more information, please contact The Enrichment Center at 919-776-0501 Ext. 2201.

Reminder: Medicare will not come to your home! Please be very protective of your Medicare number and information. If you are not sure of something or it sounds too good to be true, PLEASE call the Seniors Health Insurance Information Program (SHIIP) at 1-800-443-9354 or Senior Medicare Patrol (SMP) at 1-877-99-NCSMP (877-996-2767). Protect... Detect...Report!

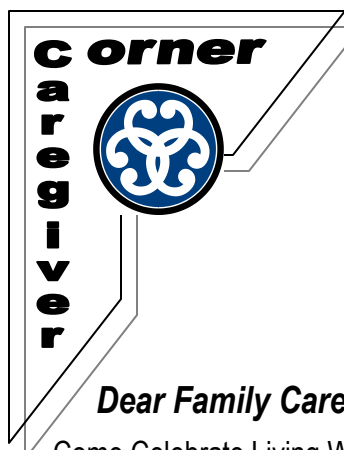
Questions about Your Personal Financial Situation? FREE Financial Counseling is available from Volunteer Richard L. Palmer, ChFC. One hour appointments are available. Meetings will be held in the strictest of confidence and are not intended to replace a financial or legal professional. Call The Enrichment Center for an appointment, 919-776-0501 ext. 2201.

Veterans Outreach of Central North Carolina Veterans Stand Down 2013 Homeless Veterans Services Offered All Under Same Umbrella

**Saturday, October 12, 2013
10 am - 2 pm at the National Guard Armory
2214 Nash Street ~ Sanford ~ NC ~ 27330**

For more information please contact
Mr. Leon Jackson 919-775-2241 or
leon.jackson@nccommerce.com
PLEASE BRING ID - VA CARD
OR DD FORM 214 IF AVAILABLE

Central Carolina Barber Schools ~ Haircuts
Psychosocial Services ~ Mental Health, Substance Abuse, Trauma Services, PTSD
Veterans Administration ~ Accessing VA Benefits & Services, Claims, Resources, Tri-Care
Health Screenings ~ Dental, HIV Testing, TB & STD Testing, Promotions and Preventions
Educational Services ~ Central Carolina Community College, Veterans Upward Bound
NC Vocational Rehabilitation ~ Educational Resources, Referrals



Wednesday, August 28, 2013
10 am - 2:30 pm
Dennis A. Wicker Civic Center

Dear Family Caregivers,

Come Celebrate Living Well at the BEST Boomer, Senior & Family Caregiver Expo show ever built!

For all adults seeking ways to live fuller happier lives, the Boomer, Senior & Caregiver Expo is the place to go! Meet professionals who will help you transition seamlessly through the best phase of your life. This Expo will provide one-stop-shopping for adults, their families and caregivers looking to connect with valuable local resources.

At the Expo you can learn and explore options available in comfort living, housing, medical programs, leisure activities, community and government services, healthy living and much more! Admission is FREE because of generous contributions by our sponsors. And parking is FREE!

The Boomer, Senior & Caregiver Expo is the premier exhibition event where you can learn hundreds of ways to improve your health and extend your life. Make sure to stop at each informative booth and also attend the life-enhancing seminars.

See you there, Wednesday, August 28, 2013, 10 am - 2:30 pm at the Dennis A. Wicker Civic Center!

~Judi, Caregiver Advisor

Sanford/Lee County Stroke Support

Group, Thurs., August 8 at 1 pm, "New Speech & Language Research at UNC" with Adam Jacks, PhD, CCCC-SLP, UNC. *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 Disease Family Program, Thursday, September 5, 2:30 pm with Speaker Pat Myers, RN, "Managing Alzheimer's Disease." Free and open to the general public.

Caregiver Support Group ANGELS, Angels

Now Getting Empathy, Love & Support. Facilitator Gail Valentine invites you to join the group the 2nd and 4th Tuesday at 6 pm. Our support helps you see that you are not alone in your feelings and experiences.

Give Yourself a Break! Family Caregivers remember the first rule for caregiving is to take time out for yourself! The Family Caregiver Program offers you a break every Tuesday 1 pm - 3 pm at The Enrichment Center. Bring your loved one to our game room where they will enjoy the fellowship of others, games, crafts, bingo, word search and much more! This is a free program for all family caregivers. For more information contact Judi at 919-776-0501 ext. 2230 or email jwomack@leecountync.gov.

SAVE The Date! Thursday, Sept. 26, 2013 **Grandparents Raising Grandchildren Seminar** at 6:30 pm. For further details call Judi at 919-776-0501 ext. 2230.

SLC 5K Race to Remember & Alzheimer's Walk

Saturday, October 19, 2013

Kiwanis Family Park

**For complete details call Judi 919-776-0501
 ext. 2230 or Betsy 919-718-5417.**



**The SLC 5K Race and Alzheimer's Walk are
 accepting sponsors, volunteers,
 teams and walkers!**

The Sanford/Lee County 5K Race & Alzheimer's Walk provide awareness and fund raising dollars for programs, services and support for families coping with Alzheimer's disease in Lee County. Alzheimer's NC, Inc. provides support, education and respite care for our community. To be successful, we need walkers and teams to collect donations and sponsorships.

**Contact Judi today for further details and
 to get involved in the 2013 Alzheimer's Walk
 919-776-0501 ext. 2230.**

Nifty Noggins are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. **Volunteers will NOT meet in August.** The next meeting will be Thursday, September 12. If you are interested in joining the group or would like a head covering contact **Carole** at 919-776-0501 ext. 2205.

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

Yada Yada Sisters, Tues., August 6 at 5 pm. BLT sandwiches will be served. Bring a favorite side item. *Our sisterhood is a network with other females. We offer you the perfect opportunity to receive support and encouragement from a sister.*

Low Vision Support Group will meet Wed., August 14 at 1 pm.

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

A Novel Approach book group will not meet over the summer and will resume Tues., September 10 at 12 pm to discuss The Immortal Life of Henrietta Lacks by Rebecca Skloot. Registration is not necessary and the group is open to the general public.

Saturday Nite Dance—Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for AUGUST:** 3rd - Southern Exposure, 10th - Bill Pollard Back Porch Country, 17th - Lightnin' Band, 24th - Bill Pollard Back Porch Country, 31st - NO DANCE.

Saturday Nite Dance Group Trip to Cherokee, NC Bus ride to see the fall foliage of the NC mountains and the casino. Tuesday, October 15, 2013. Cost: \$50 (includes a \$20 voucher for play). Holiday Tours bus to leave Sanford at Belk's parking lot at 6 am and returning the same day around 11:30 pm. **Contact Ron Klepper for reservations and information, 919-777-9956. Checks made payable to The Saturday Nite Dance Group.**

**The following groups
will NOT meet in August:**

Brick Capital Line Dance ~ Veterans Remembrance Group
Dixie Line Dancing ~ Cookie Cutters
Diners Club Red Hat ~ Nifty Noggins
Celiac Support Group will not meet August or Sept.

Diners 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.

AUGUST Programs:

2nd - Brown Bag - Review Your Medications - Piedmont Health Clinic
7th - Laurence Poindexter Singing & Playing Guitar
7th - Liberty Home Care Diabetic Support Group
9th - Denise Howard-Hall Singing Gospel
12th - Community HomeCare & Hospice Taking Blood Pressures
14th - Refreshments Provided by Miller Boles
16th - Extra Bingo
20th - Sassy Red Hatters
21st - SanLee Recreation & Education Park, Jaime Osborne
23rd - Mary Lowery Singing Gospel
30th - Diners Club Picnic



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.

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

Annual Fall Festival, 8 am - 2 pm, Saturday, October 26, 2013. Now accepting vendors. Space is limited and payment is required. Crafters 54 and younger \$35, crafters 55 and older \$15. Stop by The Center or call 919-776-0501 ext. 2201.

FREE Ballroom Dance Lessons with Instructor Judith McDonald, Member, USA Dance. Classes will be held in the fall. Contact Debbie Williams if you are interested, 919-776-0501 ext. 2203.

The Brush & Palette Club display their lovely paintings throughout the year in our hallway at The Enrichment Center. We invite you to stop by and view them. You will be amazed at the talented artists we have in our community!



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 2013 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

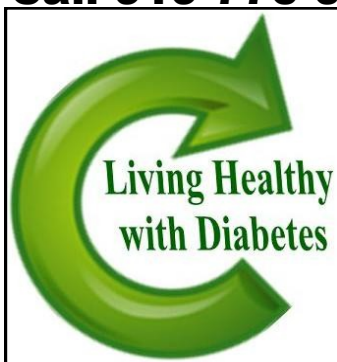


Be sure to tune in to The Enrichment Center Radio
 Newsletter Monday through Saturday,
 11:35 a.m. on Life 103.1 WLHC-FM.

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

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

Call 919-776-0501 ext. 2201 to register or for more information.



FREE workshop to help you take control of your diabetes!

An Evidence Based
 class developed
 by Stanford University
 to help you:

- Manage symptoms including fatigue and depression
 - Use relaxation techniques
 - Eat healthy
 - Improve your communication skills
 - Use Medication effectively
 - Monitor your blood sugars
 - Solve problems and set goals
 - Increase your self-confidence
- Co-Sponsored by Triangle J
 Area Agency on Aging**

**Classes will meet
 Thursdays**

**Sept. 5 – Oct. 10
 2 - 4:30 pm**

**At The
 Enrichment Center**

Class size limited.
 Call 919-776-0501
 ext. 2201 to register.

Tai Chi Classes by the Arthritis Foundation,
 10:45 am Mondays and Wednesdays, September 9 -
 October 16, 2013. Cost \$50 payable at first class.

Instructor: Peggy Rowles. This program is designed by
 the **Arthritis Foundation** and is recommended as a starting
 point for beginners and is suitable for all people with or
 without arthritis or other health issues. Open to all adults.
 Space limited.

**Advanced Tai Chi Classes by the Arthritis
 Foundation,** 10:45 am Tuesdays and Thursdays,
 September 10 - October 17, 2013. Cost \$50 payable at first
 class. This class requires that you have completed Tai Chi
 for Beginners by the Arthritis Foundation. **Instructor: Peggy
 Rowles.** Open to all adults. Space Limited.

AARP Smart Driver Course, 10 am - 3 pm,
 Thursday, Sept. 26 with **AARP Instructor Philip Bruce.**
 Cost: \$12 for AARP members, \$14 for non-members.
 Payable at class. Lunch provided. This course covers age-
 related physical changes, declining perceptual skills, rules of
 the road and local driving problems.