

The Center Post

Volume 22

DECEMBER 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.

To save on cost, we will combine the January and February 2014 Center Post Newsletters.

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

Merry Christmas From

The Enrichment Center, Inc.

**We need your assistance
in replenishing
The Enrichment Center, Inc.
Helping Fund.**

Our Helping Fund assists lower income older adults in Lee County who are in a crisis situation with the basic necessities of life. We suspended assistance several months over the past year to save for the winter months. Heating costs are much more expensive. Please consider making a donation to The Enrichment Center, Inc. Helping Fund. Every \$1 assists an older adult in need!

*Thank you and Merry Christmas,
Margaret Murchison, President
The Enrichment Center, Inc.
Board of Directors*

Make checks payable to The Enrichment Center, Inc. Mail or drop off your contribution: 1615 S. Third Street, Sanford, NC 27330. 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.

Reminder:

**The Medicare Part D
Annual Enrollment Period began
October 15 and will continue until
December 7. This is the only time
you may change plans for 2014!**

**The only remaining Med D Walk-in
clinic will be Wednesday,
December 4. Assistance will be
available without an appointment.
8:30 am - 11:30 am
& 1 pm - 4 pm**

More information is available at the front desk or by calling Janice Holmes, SHIIP Coordinator, 919-776-0501 x2206.

Happy 65th Birthday! Medicare is next...now what? Thursday, January 16, 2014 at 6:00pm, 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 x2201.

Fitness Challenge December 2, 2013 - January 2, 2014 Join us for this challenge that will benefit The Enrichment Center, Inc. Helping Fund at the same time it helps you. Contribute \$10 to the Helping Fund and you are entered into the fitness challenge! Earn 50 points and you will receive a t-shirt and a chance to be entered into a drawing for additional prizes.

Contribute \$10 = 10 points

Workout in Fitness Room 3 times = 10 points

Walk 5 miles in fitness room = 10 points

Take an exercise class at EC 2 times = 10 points

Register at the front desk
or with a fitness instructor.

SENIOR CENTERS ~ Experts at Living Well

corner

caregiver



Dear Family Caregivers,

Christmas for family caregivers can be hectic during this busy season. As if the day-to day routines of care giving aren't tiring enough, the holidays bring extra burdens. Even caregivers who love gift-giving and cooking traditions can feel like they can't squeeze in one more thing.

People want to help caregivers, but they don't always know how. So many times, family caregivers do not want to bother others whom they presume are busy with their own activities. It is ideal if both sides reach out to each other.

Caregivers, the next time family or a friend offer to help, be sure to respond with a special task and time. Here are a few suggestions to help during the Christmas season:

- ♦ Request casserole to help with your cooking
- ♦ Help with wrapping Christmas gifts
- ♦ Help with decorations
- ♦ Request a couple of hours of respite for you to shop or do something for yourself
- ♦ If you have a pet, ask if they will walk your pet to give you a break

Remember any of us could or will be a caregiver or care recipient someday. Keep in mind that the more assistance the merrier really does make sense around the holidays.

I would like to take this time to thank all my family caregivers for giving me the opportunity to serve you this past year and I wish you and your family a very Merry Christmas!

Judi, Family Caregiver Specialist

Sanford/Lee County Stroke Support Group,
Thursday, December 12 at 1:00 pm at The Enrichment Center.
Open to the general public. *This group offers networking, education and motivation to stroke survivors and their family caregivers.* **Joy Phillips Murphy, Facilitator.**

Grancare Christmas Dinner & Party

Thursday, December 5, 2013

6:00 pm

***Join us for dinner, entertainment
and fun for everyone! Grandparents and children
16 years and under only.***

***Please call 919-776-0501 ext. 2230
for reservations.***

Give Yourself a Break! Powerful Tools for Caregivers Classes will be held Mondays, 3:00 pm - 5:00 pm, January 6, 2014 through February 10 (no class Jan. 20 -Holiday). The Powerful Tools for Family Caregivers program is FREE and led by a trained facilitator. Classes 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. Call Judi to register, 919-776-0501 ext. 2230.

Alzheimer's Support Group meets the first Thursday at 2:30 pm and offers support, advice and understanding to caregivers as well as family and friends of Alzheimer's patients. Come familiarize yourself with this overwhelming disease, learn about community resources and help yourself and others deal with the present and plan for the future. Facilitator Judi Womack, Caregiver Specialist. Open to the general public.

"ANGELS" Angels Now Getting Empathy, Love & Support meets the 2nd and 4th Tuesday at 6:00 pm. This group provides a forum for families and friends of individuals caring for loved ones. "ANGELS" shares experiences, information, discuss mutual problems and learn coping skills.



Pictured: Tom Joyner, Ann Hodges, Katie Harris
Congratulations to Ann Hodges, recipient of the 2013 Family Caregiver of the Year. She was nominated by Tom Joyner. Ann received a plaque which read, "In recognition of your labor of love and endless dedication in caring for your husband and being an example to other family caregivers in our community."

Let's Travel

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

NASHVILLE- Music City USA!

May 5-9, 2014-Join us as we travel to the home of country music-Nashville, Tennessee! Trip will include a visit to the Country Music Hall of Fame, a behind the scenes tour of the Grand Ole Opry, a guided tour of Nashville and attend a show at the famous Grand Ole Opry! More information and pricing is available at the front desk-\$75 deposit required at registration.

THANK YOU SAP - Sanford Area Photography

Club for displaying the beautiful pictures in our hallway. SAP meets the 3rd Thursday of each month at 6 pm. Come share ideas and methods with fellow photographers. Open to the general public.

Celiac-Gluten Intolerant Support Group will NOT meet December 2013.

Saturday Nite Dance - Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for DECEMBER:** 7th—Southern Exposure, 14th—Bill Pollard Back Porch Country, 21st—The Fabulous Troubadours, 28th—NO DANCE-Christmas.

A Novel Approach - Tuesday, December 10 at 12 pm to discuss A Passage to India by E.M. Foster. Registration is not necessary and the group is open to the general public.

Veteran's Remembrance Group - Wednesday, December 11 at 2 pm. Special Guest **Andy Burney**. Mr. Burney is a Vietnam Veteran and served as a helicopter crew chief. He is currently **Commander of DAV Post 5**. Registration encouraged, call 919-776-0501 ext. 2201.

Bible Study - Mondays at 10:30 am with facilitators **Joyce Billings and Hubert Stacker**. Open to the general public.

Nifty Noggins are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. **Volunteers** will meet Thursday, December 12 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.

Yada Yada Sisters - Tuesday, December 3 at 5 pm. Bring your favorite finger food or snack. After eating stay to play cards. *Our sisterhood is a network with other females in an exciting and stimulating group. We offer the perfect opportunity to receive support and encouragement from a sister.*

Dinner 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, marinated chicken, 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.

DECEMBER Programs at 11 a.m.:

- 2nd - Crafty Creators
- 4th - Laurence Poindexter singing and playing guitar
- 4th - Diabetic Support Group 10:30 am
- 6th - Santa is our special guest!
- 9th - Blood Pressure checks by Betsy of Community Home Care & Hospice
- 11th - Refreshments provided by Miller Boles
- 13th - High Hopes Chorus
- 18th - JR Ingram Elementary School Chorus
- 20th - Bob Lewandowski playing accordion
- 27th - Extra Bingo!



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.

Up & Coming for 2014!
Call 919-776-0501 ext. 2201 to register.

FREE Beginner Ballroom Dance Mondays, Jan. 6 - Feb. 17, 6:45 pm with instructor Judith McDonald. Class size is limited; please register!

Living Healthy with Diabetes, an evidenced-based healthy aging program, Thursdays, Jan. 23 - Feb 27, 2 pm with instructors Debbie Williams and Carole Nicely. Class size is limited; please register!

FREE Computer Classes January 2014. Call for dates and to register.

FREE Vision Screening Monday, Feb. 17, 9 am—12 pm. Screening is FREE on behalf of **The Kate B. Reynolds Foundation** and **Prevent Blindness North Carolina**. Registration is required.



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.*

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*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
December 24, 25 and 26, 2013 for Christmas.
January 1, 2014 for New Year's.

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

Inclement Weather

If Lee County offices are **delayed** or **closed**, then automatically Senior Services, COLTS and Veterans Service **is** included. If Lee County Schools are **closed**, The Enrichment Center's Diner's Club and Home Delivered Meals will be **closed**. If Lee County Government Offices are **closed**, so is The Enrichment Center and all programming for that day. Closings will be announced on WRAL TV 5, WFJA 105.5 FM, WWGP, WLHC-FM Life 103.1 and WXXL 1290 AM.

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

In 2013 The Enrichment Center, Inc. Helping Fund suspended assistance for several 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

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Donations are tax deductible.*