

The Center Post

Volume 22 Issue 1/2

JANUARY/FEBRUARY 2013

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.

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Reaching Beyond the Limitations of Dementia

with Teepa Snow, MS, OTR/L
Dementia Care Specialist

FREE Workshop!

Tuesday, January 22, 2013

1 pm - 4:30 pm

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

General Public Invited!

To sign up call 919-776-0501 ext. 2230.

Ballroom Dance Lessons for Beginners

FREE 6:45 pm, Mondays Feb. 4, 11, 18, 25

& March 4, 11 with

Instructor Judith
McDonald, President of
Outreach Programs, US

Dance. This is a free opportunity for anyone that would like to learn to glide across the floor with confidence! Wear

comfortable clothing and bring your dance or leather soled shoes. Class size is limited call 919-776-0501 ext. 2201.



Piedmont Health Services, Inc.

Presents, "EAT TO LIVE - MOVE TO WIN" Nutrition Program, Fri., Feb. 1 at 11 am. All adults welcome to attend. Call 919-776-0501 ext. 2201 to register.

Black History Celebration, Fri., Feb. 22 at 10 am. Pastor Mamie Hooker, Blandonia Presbyterian Church, will our Guest Speaker. Open to the general public.

Yada Yada Sisters, Tues., Jan. 8 at 5 pm. Bring your favorite sandwich and stay to play cards. Tues., Feb. 5 at 5 pm we will order pizza and play cards. *Our sisterhood is a network with other females. We offer you the perfect opportunity to receive support and encouragement from a sister.*

Quilt Magic Craft Class Thurs., Feb. 7 at 10:30 am with instructor **Susan McGovern**. Quilt Magic is like painting by numbers except that you use fabric instead of paint! It's fun and easy, no special tools needed and no sewing or gluing. Small kit \$8 and large kit \$18. Class size is limited. Register today by calling 919-776-0501 ext. 2201.

Novel Approach Book Group, Tues., January 8 at 12 noon. The group will discuss Shanghai Girls by Lisa See. Tues., Feb. 12 the group will discuss The Great Gatsby by F. Scott Fitzgerald. The group is open to the general public.

Bible Study, 1st and 3rd Monday at 10:30 am with Facilitator **Joyce Billings**. Open to the general public.

Veterans Remembrance Group Wed., Jan. 9 at 2 pm with **Guest Speaker Wade Herrington**. Mr. Herrington is retired from the Army. Wed., Feb. 13 at 2 pm with **Guest Speaker Dick Kanning**. Mr. Kanning will speak about his service on a nuclear submarine. 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 Jan.:** 5th Southern Exposure, 12th Bill Pollard Back Porch Country, 19th NO DANCE, 26th Bill Pollard Back Porch Country. **Bands for Feb.:** 2nd Southern Exposure, 9th Bill Pollard Back Porch Country, 16th The Souvenirs Band, 23rd Bill Pollard Back Porch Country.

Nifty Noggins volunteers will meet Thurs., Jan. 10 and Feb. 14 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.

Let's Travel

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

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!**

LET'S TRAVEL IN 2013! We want your ideas and suggestions for trips in 2013. Surveys are available at the front desk. Please complete and return no later than January 31, 2013. Thank you!

REMINDER About Using the Fitness Room

Every person using the fitness room must go through a one time free fitness orientation and complete the personal paperwork and waiver. Each daily visit is \$1.00, which is paid at the front desk. Orientation appointments can be made at the front desk. If you have questions or concerns direct them to our fitness instructors Kathy McLeod-Edwards and Cathy Andrew.

S.A.P. - Sanford Area Photographers Club meets the 3rd Thurs. 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!

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.**

North Carolina Symphony

Returns to Lee County on Valentine's Day

Thursday, February 14, 2013 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 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.

Diners 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.**

January:

2nd—Laurence Poindexter singing & playing guitar
5th—Extra Bingo
9th—Exercise with Kathy
11th—Finances at The Enrichment Center with Melanie Rodgers
16th—Refreshments provided by Miller Boles
18th—What's Your Favorite Holiday Story?
23rd—Falls Prevention with Dr. Bush
25th—Extra Bingo
30th—Johanne Estes from Liberty Home Care
31st—Pot Luck at 6 pm

February:

1st—Wear Red Day in observance of Women's Heart Disease Awareness
1st—Eat to Live - Move to Win Nutrition Program with Piedmont Health Services, Inc.
6th—Laurence Poindexter singing & playing guitar
8th—Chinese New Year, Year of the snake
13th—Refreshments provided by Miller Boles
15th—Finances at The Enrichment Center with Melanie Rodgers
22nd—Black History Celebration



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.

SAVE THE DATE: THURS., MARCH 14 AT 6 PM. SOCIAL SECURITY PRESENTATION

BY DARGON MOORE, CFP, CLU, FINANCIAL ADVISOR, EDWARD JONES INVESTMENTS. NO PRODUCTS OR SERVICES WILL BE PRESENTED OR SOLD. THIS IS EDUCATIONAL INFORMATION ONLY. CALL 919-776-0501 TO REGISTER.

corner

caregiver



Happy New Year to all of you. I hope your holidays were peaceful and that 2013 brings many joys and blessings your way.

As we enter into a new year, the usual custom is making resolutions. Even with good intentions, we often don't follow through. Please review the following and let's not just survive as a caregiver but **Thrive!**

- ◆ I am doing my best- and I won't allow myself to drown in guilt.
- ◆ I will be open to advice from others which only make me stronger, not weaker.
- ◆ I will say 'No' to requests when I feel my schedule is too full for one more thing.
- ◆ I will always keep in mind that the one I care for did not choose their illness or disability.
- ◆ I will reach out for help if I feel caregiver burnout or signs of depression.
- ◆ I promise to take care of myself and my health, and to not cancel doctor appointments.

Life is too short to crowd it with anxiety. Remember to keep your expectations realistic.

Happy New Year!

~ Judi

Alzheimer's Support Group: We are growing and we encourage anyone that is or has been touched by this overwhelming disease join us the 1st Thursday of each month 2:30 pm at The Enrichment Center. We have guest speakers and learn from each other.

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.

The Grancare Christmas Party was enjoyed by 24 children and 28 adults. A turkey meal with all the trimmings, fellowship, entertainment, making of Christmas ornaments and of course Santa, provided an exciting evening. Our grandparents and other relatives raising grandchildren will begin our new year on January 10th for lunch and planning for 2013. Grancare is open to anyone raising grandchildren. If you would like more information, please call Judi at 919-776-0501 ext.2230.

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. 230 or email jwomack@leecountync.gov.**

Powerful Tools for Family Caregivers

General Public Invited - FREE

February 4, 11, 18, 25 and March 4, 11

6 pm - 8 pm

The Enrichment Center of Lee County

Caregiving today includes learning the skills necessary to provide care, accepting the fact that you can't do it alone, and being aware of the need to take care of yourself while you are a caregiver.

Powerful Tools for Family Caregivers helps you develop a wealth of self-care tools to reduce personal stress; change negative self-talk; communicate your needs to family members and health care and service providers; how to deal with difficult feelings; and make tough caregiving decisions when a family member can no longer live alone, drive safely or manage his or her finances.

You will receive a Free 300-page book, The Caregiver Helpbook, developed specifically for the class.

For more information about the Powerful Tools for Caregivers course call 919-776-0501 ext. 2230.

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

Education and support is what you will find in this group. Sanford/ Lee County Stroke Support Group meet 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. Come and join us. We hope each person will leave with a sense of "My life has strong possibilities". **Joy Phillips Murphy, Facilitator.**



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.

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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:
January 1, 2013 for New Year's and January 21 for
Martin Luther King, Jr. Day

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

Incident 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 WXKL 1290 AM.

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 at this group. **Join us 1st Thursday, 1 pm - 2:30 pm at The Enrichment Center with facilitator Linda Moore, MSN.**
SPONSORED BY: ROGERS-PICKARD FUNERAL HOME.
Open to all adults. For more information call 919-776-0501.

TAX FILING AVAILABLE BEGINNING

FEBRUARY 2013. The AARP Tax-Aide volunteers are available to file your 2012 Income Tax return at The Enrichment Center. Call 919-776-0501 ext. 2201 for an appointment and more information.

Important References

- ◆ Free Credit Report: www.annualcreditreport.com
- ◆ National Do-Not-Call Registry #: 1-888-382-1222
- ◆ Opt Out of Preapproved Offers: 1-888-567-8688 or www.optoutprescreen.com

Dash Public Transportation
A Service Provided by
COLTS

Monday - Friday, 7 am - 5 pm

Stops include: Wal-Mart, Sanford Estates, Makepeace Apartments, Riverbirch Shopping Ctr., Central Car. Hospital, Stewart Manor, The Enrichment Center, Kendale Plaza, Lee Co. Govt. Ctr., CCCC, CCCC-Lifelong Ctr. \$2.00 per trip. Priority given to age 60+ and disabled passengers. Wheel Chair Lift-Equipped.
For Details, schedules and vouchers call 919-776-0501 ext. 2228.