

The Center Post

Volume 22

JUNE/JULY 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...

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



Water Aerobics!

Monday/Wednesday/
Friday at 11 am or
Monday/Wednesday at
5:30 pm at OT Sloan
Pool. \$25 for three
months June/July/August
Payable in June at The

Enrichment Center. Or, \$10 per month.
Register now by calling 919-776-0501 ext.
2201.

Caregiver Time Out Program

This group respite program is offered at NO charge (contributions are accepted) at The Enrichment Center Tuesdays 1 pm - 3 pm. The program 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.**

Yada Yada Sisters, Tues., June 4

and July 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.*

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

Sanford/Lee County Stroke Support Group:

Thurs., June 13 at 1 pm, "Gait Retraining" with **Michael Lewek, UNC, Physical Therapist, PHD.** Thurs., July 11 at 1 pm, "Stroke from a Nurse's View" with **Birtha Shaw, RN, CCH.** *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.

Happy 65th Birthday! Medicare is next...now what? Thursday, June 13 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!

Veterans Remembrance Group

Wed., June 12 at 2 pm with **guest speaker Jim Naylor.** Jim will speak about his experience in Europe while he served in the Infantry. Open to the general public. **The group will NOT meet in July and August.**

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, 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.

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".

VOLUNTEERS NEEDED

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

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

Boomer, Senior & Caregiver Expo volunteers are needed Wednesday, August 28. Help is needed with set-up, clean-up, vendor assistance, registration and information. Contact Janice at 919-776-0501 ext. 2206.

Alzheimer's Walk volunteers are needed Saturday, October 19. Help is needed 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.



Volunteers Are Eligible for Membership!

As a volunteer, you already play a key part in the community and at The Enrichment Center! Did you know that volunteering at The Center means you're automatically eligible for LGFCU (Local Government Federal Credit Union) membership? Join today by stopping by or calling the Sanford branch located at 1002 Spring Lane, 919-774-8851.



Baby Boomers and Exercise

Two boomers of the same age can be living very different lives, perhaps one becoming a parent for the first time, another retiring, and another taking courses toward a degree. It's a mistake to think that all boomers are alike; it's not all about age! They enjoy different forms of exercise as well!

The Enrichment Center has a variety of exercise, fitness and wellness programs for boomers (those born 1946 - 1964) and better! Call today to register or for more information, 919-776-0501 ext. 2201.

Fitness Room - Equipment includes treadmills, a variety of bicycles, elliptical, stepper, free weights, weight stack and our newest piece, a semi-recumbent bike. A one time orientation is required and is free. Cost is \$1 per daily visit.

Water Aerobics are held at OT Sloan Pool June through August on Mondays and Wednesdays at 5:30 pm and Mondays/Wednesdays/Fridays at 11 am. The cost is \$25 (paid in June) for the summer or \$10 per month.

Yoga improves balance, strength, endurance, coordination and flexibility. Proper breathing and alignment during poses produces a relaxing yet challenging fitness routine. Our format is called Yoga-Fit, which concentrates on core body strength and breathing. Chairs and blocks are used as supports when needed. Try your first class for FREE. Extra mats are available. Classes are held Mondays and Fridays at 8:30 am and Tuesdays at 5:30 pm. Cost is \$15 per month.



Low Impact Aerobics is offered Tuesdays and Thursdays at 9 am and the cost is \$10 per month. Our music will get you moving and having fun! Hand weights are used for strength and toning exercises. Wear sneakers and comfortable clothes. Try your first class for free!

Our **walking trail is 1/4 mile** around the perimeter of the property. There is no charge to use the trail.

Shuffleboard, horseshoe & bocce pits and table tennis are available to use at no charge.

A Matter of Balance, Living Healthy and Living Healthy with Diabetes classes are offered at no charge. These programs are designed for individuals and their families who have chronic health conditions, experienced falls or are at risk of these situations.

corner

caregiver



Are You a Grandparent Raising Grandchildren?

The rewards and challenges of “parenting the second time around” when parents are absent or unable to raise their children can bring many rewards. Grandparents, aunts and uncles are often the ones who step in and raise these children. Rewards include the fulfillment of giving the grandkids a sense of security, developing a deeper relationship, and keeping the family together. It also comes with many challenges. No matter how much you love your grandkids, taking them into your home requires major adjustments.

Here are a few suggestions that make a real difference in the lives of your grandchildren.

- ♦ **Acknowledge your feelings.** It's important to acknowledge and accept what you're feeling, both good and bad. It's only natural to feel some ambivalence about childrearing at a time when you expected your responsibilities to be dwindling. These feelings don't mean that you don't love your grandchildren.
- ♦ **Take care of yourself.** Taking care of yourself is a necessity, not a luxury. You can't be a good caretaker when you're overwhelmed, exhausted, and emotionally depleted. You need to be calm, centered, and focused. Looking after your own mental and physical health is how you get there.
- ♦ **Your grandchildren will have mixed feelings, too.** It takes time for grandchildren to adjust; they may act especially contrary and difficult. If they have suffered emotional neglect, trauma, or abuse, those wounds will not disappear just because they are now in a safe place. They will need time to heal.
- ♦ **Encourage open and honest communication.** Communicating openly and honestly with your grandchildren is one of the best things you can do to help them cope with their new situation. It's especially important to take the time to really listen to your grandkids. They need an adult that they can go to with their questions, concerns and feelings.

**Take care,
Judi, Caregiver Advisor
919-776-0501 Ext. 2230**



alznc™
Alzheimers North Carolina, Inc.

*Here for you...
today and tomorrow*

Sanford/Lee County Alzheimer's Walk Now accepting sponsors, volunteers, teams and walkers!

It is estimated that 5.4 million Americans have Alzheimer's disease and are being cared for by nearly 15 million unpaid caregivers -- including family, friends, partners and neighbors. - NC Division of Aging & Adult Services

Save the date for the next Alzheimer's Walk, Saturday, October 19, 2013 at Kiwanis Family Park.

The Sanford/Lee County Alzheimer's Walk provides 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.**

Alzheimer's Support Group: Thursday, June 6 at 2:30 pm, “Understanding the Behaviors of People with Alzheimer's Disease.” The group is open to anyone who has been touched by Alzheimer's disease and meets the 1st Thursday of each month 2:30 pm at The Enrichment Center. If you would like additional information, please call Judi at 919-776-0501 ext. 2230 or email jwomack@leecountync.gov.

Grandparents Raising Grandchildren will not meet during the summer but will resume in September. Everyone is welcome! If you are interested in being on our mailing list please call 919-776-0501 ext. 2230.

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.

Family Caregivers:

Maximize Your Respite Time

Caregivers who use their respite time to do what they intended to do often feel less burden and more satisfaction with their caregiving role. Please write down one to three specific goals of what you would like to accomplish during your respite time this week/month. Your goals can be anything (sleeping, cleaning, going to lunch with a friend), but they must be attainable during the respite time that is available to you. We recommend that you choose activities that:

- ◆ You have always enjoyed doing
- ◆ You did before you became a caregiver but may not have been doing lately
- ◆ Have religious or spiritual meaning to you
- ◆ May improve satisfaction with caregiving
- ◆ May reduce the stress you might feel from caregiving
- ◆ May increase your respite time
- ◆ Encourage you to use your respite more regularly

By: North Carolina Division of Aging and Adult Services

Parkinson's Support Group will meet Wed., June 19 and Wed., July 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.



CodeRED is an emergency alert and notification system. You can receive emergency communications for weather and general warnings. Your contact information remains private and will only be used for community notifications.

This service is provided to you by Lee County Office of Emergency Services. To subscribe go to leecountync.gov and click on the CodeRED logo. Or you may call 919-718-4670.

THANK YOU!

On behalf of the Enrichment Center Staff and older adults of Lee County we would like to say "Thank You" for your participation in The Enrichment Center of Lee County's 6th Annual "Helping Fund"

Golf Tournament. It is through your generosity and support that many older adults in Lee County will have warmth, food and necessary medications. The Enrichment Center's "Helping Fund" assists over 300 indigent older adults maintain the basic necessities of life each year. The "Helping Fund" is financed solely by community support and 100% of your tax-deductible donation stays in Lee County to help our most frail citizens.

Contributions made in honor or memory of individuals or groups are accepted. Please make checks payable to The Enrichment Center, Inc. Include acknowledgement name and address information with your contribution.

We would also like to give a special THANKS to Hunter Oil for the wonderful snacks and beverages provided throughout the day.

2013 Golf Tournament Winners Congratulations and THANK YOU For your participation!

1st in 1st Flight: Al White, Ed Hall, Tony Barnett, Willis Clark

2nd in 1st Flight: Walt Hersman, Dick Brown, Roger Brown, Bud Burgess

3rd in 1st Flight: Bud Greene, John Altenburger, Jack Steer, John Siara

1st in 2nd Flight: Stuart Forbes, Mike Bosnarger, Matt Jackson, Cecil Walters

2nd in 2nd Flight: Lou Poslharched, Michael Jordan, Bryan Parrant, George Davis

3rd in 2nd Flight: Bob Felicio, Arnie Kreisberg, Ronnie Eubanks, Richard Palmer

Closest to the Pin: Roger Brown

Longest Drive: Aaron Eubanks



Left to right: Willis Clark, E.D. Hall, Al White, Tony Barnett

Celiac Disease or Gluten Intolerance

Support Group will meet at 6 pm Monday, June 10. Cindy Julich, Nurse Practitioner with Community Family Medicine will facilitate the meetings. The group is open to the general public.

A gluten-free diet is a diet that excludes foods containing gluten. Gluten is a protein complex found in wheat (including kamut and spelt), barley, rye and triticale (hybrid of wheat). A gluten-free diet is the only medically accepted treatment for celiac disease. Being gluten intolerant can often mean a person may also be wheat intolerant as well as suffer from the related inflammatory skin condition dermatitis herpetiformis. There are a smaller minority of people who suffer from wheat intolerance alone and are tolerant to gluten.

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 Night Dance—Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. Bands for June: 1st Southern Exposure, 8th Bill Pollard Back Porch Country, 15th Lightnin' Band, 22nd Bill Pollard Back Porch Country, 29th The Souvenirs Band. Bands for July: 6th NO DANCE, 13th Southern Exposure, 20th The Fabulous Troubadours, 27th Bill Pollard Back Porch Country.

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

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.

**The following groups
will NOT meet June, July or August:**
Brick Capital Line Dance
Dixie Line Dancing

**The following groups
will NOT meet July or August:**
Cookie Cutters
Diners Club Red Hat

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.**

June Programs:

5th - Laurence Poindexter singing & playing guitar
5th - Liberty Home Care Diabetic Support Group
7th - Extra Bingo
10th - Blood pressures taken by Community Home Care & Hospice
12th - Refreshments provided by Miller Boles
14th - Father's Day Observance
19th - Make-up tips for Seniors with Stephanie of Lancome Cosmetics.
21st - "What are the Signs of Congestive Heart Failure?" Birtha Shaw RN, MHA
26th - "Home Alone? What to Do?" Safety Tips from Mike Sperico, EMS
28th - "Aging & Hospice" with Brian O'Hara

July Programs:

5th - NO Bingo
5th - at 10:30 am, "Tips on Saving Money with Your Electric Bill" with Janet Jackson of Central Electric
19th - Bob Lewandowski playing the accordion
22nd - "Keep Your House Safe from Burglars" with Lt. David Prevatte, Lee Co. Sheriff's Office



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.

Nifty Noggins are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. Volunteers will meet Thursday, June 13 at 10 am. The group will NOT meet in July or August. If you are interested in joining the group or would like a head covering contact **Carole at 919-776-0501 ext. 2205.**

Bible Study meets every Monday at 10:30 am with facilitators Joyce Billings and Hubert Stacker. 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.*

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27330
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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
Thursday, July 4, 2013 for Independence Day.**

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

Lead Sponsors:



HOME CARE
at ST. JOSEPH of the PINES



CENTRAL CAROLINA HOSPITAL



**Wednesday, August 28, 2013
10 am - 2 pm**

**Dennis A. Wicker Civic Center
1801 Nash Street, Sanford, NC
Free Admission and Parking**

**All Adults Welcome
FREE Health Screenings ~ 100+ Vendors**

Platinum Sponsors:

Total Life Care, Duke Cardiology of
Sanford, Family Chiropractic
Center, Bayberry Retirement Inn,
AARP of NC, Advanced Behavioral
Center, First Bank, FirstHealth of
the Carolinas, Liberty Home Care
& Hospice, The Sanford Herald,
WLHC-FM Life 103.1, WWGP/
WFJA, Outreach NC

Gold Sponsors:

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& Health Center, Harrington/
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Lucas, Laurels of Chatham, NC
Senior Medicare Patrol,
Community Home Care & Hospice