

The Center Post

Volume 22 Issue 3

MARCH 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...

- ♦ **Veterans information,**
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- ♦ **Card Party, pg. 2**
- ♦ **FREE Caregiver**
Classes, pgs. 3 & 4
- ♦ **Medicare News, pg. 5**
- ♦ **Golf to Raise Money**
for The Enrichment
Center's Helping
Fund, pg. 6

Home Delivered Meals



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.**

Piedmont Health Services, Inc.

Presents, "How to be Prepared for

Your Doctor Visit", Fri., March 1 at 11 am.

FREE and open to the general public. Registration not required.

Happy 65th Birthday!

Medicare is next...now

what? Thursday, March 21 at 6 pm an informational program will be presented explaining Medicare and all that comes along with it. The program is presented by **SHIIP, the Seniors Health Insurance Information Program.** To register or for more information, please contact 919-776-0501 ext. 2201.



Senior Games & Silver Arts of Lee

County is almost here! If you enjoy Olympic style athletic events and/or artistic competitions, we invite you to participate in **Senior Games & Silver Arts of Lee County!** **Early bird registration begins April 1, 2013.** Our program is sanctioned by NC Senior Games, Inc. and is sponsored state-wide by the NC Division of Aging and Adult Services. Contact **Jimmy Solomon** at 919-776-0501 ext. 2207 for complete details and to register!

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.**

Novel Approach Book Group, Tues., March 12 at 12 noon. The group will discuss Major Pettigrew's Last Stand by Helen Simonson. The group is open to the general public.

Social Security & Retirement

Thursday, March 14, at 6:00 pm by **Dargan Moore, CFP, CLU, Financial Advisor, Edward Jones.** **FREE PROGRAM!** Get your questions answered about Social Security and see if your plans are going to meet your needs. **Find out:**

- ♦ **When you should start taking Social Security**
- ♦ **Are your benefits going to be taxed**
- ♦ **Spousal benefits**
- ♦ **If being employed affects your benefits**
No products or services will be sold or offered. Information only. Call to register: The Enrichment Center 919-776-0501 ext. 2201.

Quilt Magic Craft Class Friday, March 15

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.

Nifty Noggins volunteers will meet Thurs., March 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.

Driver Safety Program with AARP

Instructor Phillip Bruce, Thursday, March 21, 10 am - 3 pm. Lunch provided. Cost: \$12 for AARP members, \$14 for non-members. Payable at class. This course covers age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements. Registration required, call 919-776-0501 ext. 2201.

VETERANS of Lee County: If you have not done so, please take a copy of your military discharge papers to the **Lee County Register of Deeds** office. This proof of service is very important in order to obtain benefits and services from the Veterans Administration. It can become especially important to surviving family members to obtain military honors and burial services. **If you have any questions, please call the Veterans Service Officer 919-776-0501 ext. 2209 or the Register of Deeds office 919-718-4585.**

Poaching Veterans' Pensions

From David M. DuBois, Office of Servicemember Affairs, Consumer Financial Protection Bureau

Veterans and their families are a target for some dishonest advisers who are claiming to offer free help with paperwork for pension claims. The schemes involves attorneys, financial planners, and insurance agents trying to get veterans to make decisions about their pensions, without giving them the whole truth. These unscrupulous brokers try to convince veterans to transfer their assets to a trust or to invest in insurance products. What they don't reveal is that these transactions could mean the loss of eligibility for Medicaid services or loss of access to their money for a long time. Adding insult to injury, the advisers are charging fees that range from hundreds to thousands of dollars for their services. Learn more: <http://www.consumer.ftc.gov/articles/0349-poaching-veterans-pensions> Your best defense against someone who wants to poach your pension to get you a better deal? A firm "no, thanks."

NC Division of Veteran Affairs, County Veterans Service Officers and representatives of the chartered Veterans Service Organizations NEVER charge for helping Veterans.

Veterans Remembrance Group Wed., March 13 at 2 pm with **Guest Speaker Bill Hicks, Sr.** Mr. Hicks was a mechanic on P47 and P51 Fighters during WWII. Mr. Hicks is 92 years young and will be accompanied by his son Bill Hicks, Jr. We are proud he has agreed to meet with us! Open to the general public.

Yada Yada Sisters, Tues., March 5 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 March: 2nd Southern Exposure, 9th Bill Pollard Back Porch Country, 16th The Fabulous Troubadours, 23rd Bill Pollard Back Porch Country, 30th NO DANCE.**

Grancare will meet Thursday, March 14 at 12 noon with **special guest speaker Corina Murray, Counselor, Lee Early College, CCCC.** 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.

Parkinson's Support Group will meet Wednesday, March 20 at 10 am for exercise with **Kathy McLeod-Edwards** and 10:30 am for a roundtable discussion. **Facilitators Bob Brickhouse, Marge Kanning and Hal Siler** welcome you to join them. The group is open to the general public.

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.

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.**

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.**



**Services & Programs
Available through
The Enrichment Center
919-776-0501**

Our goal is to provide services, programs, information and activities to seniors (age 50+), veterans, volunteers, baby boomers and family caregivers of Lee County. We welcome the general public (all adults) from Lee County and our neighbors as space allows. Please call or visit us anytime for complete details on these guidelines.

Congregate Meals (The Diners Club), Carole, ext. 2205
Home Delivered Meals, Laurie, ext. 2213
General & Medical Transportation, Jimmy, ext. 2207
Information & Assistance, Tami, ext. 2212
Home Repair, Tami, ext. 2212
Health Promotion/Disease Prevention, Debbie, ext. 2203
Family Caregiver Support & Resources, Judi, ext. 2230
Support Groups, Judi, ext. 2230
Grandparents Parenting Again, Judi, ext. 2230
Indigent Programs (Nutritional Supplement), Laurie, ext. 2213
EC Friendly Phone Connections, Tami, ext. 2212
Employment/Training Information, Tami, ext. 2212 or Debbie, ext. 2203

Fitness/Wellness, Kathy, ext. 2211 or Cathy, ext. 2208
Volunteer, Janice, ext. 2206
Medicare & Supplement Counseling, Janice, ext. 2206
Tax Filing, ext. 2201
Living Will/Healthcare Power of Attorney, Melanie, ext. 2214
Notary Public, Melanie, ext. 2214
Resource Library, Tami, ext. 2212
Community Outreach & Events, Melanie, ext. 2214
Financial Planning, Debbie, ext. 2203
Baby Boomer News, Melanie, ext. 2214
Trips, Janice, ext. 2206

Senior Games & Silver Arts, Jimmy, ext. 2207
Aging Provider Network, Tami, ext. 2212
Public Access Computers & Classes, Debbie, ext. 2203
Wireless Internet, Debbie, ext. 2203
Cards/Games/Dances/Drop In Activities, Debbie, ext. 2203

Do you have a suggestion for a program, activity or service you'd like to see offered at The Enrichment Center? Ask for Debbie Williams, Senior Center Program Director, ext. 2203.

Caregiver Connections Board

Are you looking to privately hire someone to help out in your home? Are you looking to privately work in an individual's home? If so, the Caregiver Connections Board may be what you are looking for. The Caregiver Connections Board allows caregivers looking for potential workers to come into The Enrichment Center and acquire their contact information from the board. Home care workers can post their contact information using a 3 1/2 x 2 inch size business card. The card may be handwritten or typed.

If you have any questions, contact Laurie Draughn at 919-776-0501 ext. 2213.

Note: Workers posted on the board are community resources and not employees of The Enrichment Center. You are privately hiring the individual to come into your home. References, background checks and work agreements are the responsibility of the family/individual. "Help for the Caregiver" A Guide for Hiring Home Care Workers booklet is available upon request.

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.

corner

caregiver



Discharge Planning Questions to Ask:

Once your loved one is admitted to a hospital or rehabilitation facility, your first question should be “who will be helping me in the discharge planning?”

There should be a designated discharger planner, social worker, or case manager working for the facility. It is important to start this process early because patients can be discharged on very short notice.

Some questions you need to ask are:

- What are the discharge planners’ responsibilities?
- What are the family’s responsibilities in relation to discharge?
- Who is part of the discharge/care plan team (doctors, speech therapists, physical therapists, occupational therapists)?
- Can you have a copy of what the patient has been treated for and what still needs to be done?
- What does the insurance cover?
- Have the patients’ records been sent to their primary physician?

When you receive the discharge instructions, make sure you understand everything that is written. If medications were added, ask your pharmacist if the new drugs negatively interact with or duplicate the medications the patient was taking at home.

Make sure the follow up instructions are clear and that you are able to perform any duties required. If you are not able to do so, this is the time to say so.

Find out whom you can contact if you need additional information after leaving the facility. If you are told to contact the primary physician, this is the time to ask exactly when that physician will receive the facility records. Ask who at the facility you can contact until the records are sent.

The bottom line is to ask questions, and make sure records are shared.

With Warmth and Respect, *Judi*

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.

Free Class for Caregivers Powerful Tools for Caregivers March 4th and 11th 6:00 pm - 8:00 pm Call Judi, 919-776-0501 ext. 2230.

Class Descriptions:

March 4th: “**Learning From Our Emotions**” The overriding theme of this class is “our emotions are messages we need to listen to.” It emphasized that feelings occur for a reason and that feelings are neither good nor bad. Focus is on identifying constructive ways for dealing with difficult feelings, especially anger, guilt and depression, and resources for professional help.

March 11th: “**Mastering Caregiving Decisions**” Focus is on the internal emotional process caregivers go through when they experience a life change. Tools for dealing with changes and for making tough decisions, including a decision making model and the family meeting, are discussed.

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?

Thursday, March 14 at 1:30 pm with special guest speaker **Howie Shareff** author of “**Sit, Stretch, Smile.**” 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.***

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.

Let's Travel

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

SEE OUR INSERT IN THIS MONTH'S CENTER POST FOR TRIPS PLANNED IN 2013!



You are required by the U.S. Treasury to switch from paper checks to electronic payments by March 1, 2013. Electronic payments are SAFER and MORE RELIABLE than paper

checks. Call (800) 333-1795 or go to www.GoDirect.org.

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).

Getting Connected with Volunteer Lee

(GCVL) allows volunteers to pair up with organizations in Lee County who are looking for volunteers. Go to www.volunteerlee.com to join our group. Volunteer opportunities are available all over the area. While on the site, become a FAN of The Enrichment Center! Links are available to connect via Facebook. Check it out!

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: 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.**

March Programs:

- 1st—Moncure Clinic, "How to be Prepared for Your Doctor Visit"
- 6th—Laurence Poindexter singing and playing guitar
- 8th—Extra Bingo
- 13th—What is Celiac Disease? What is Gluten Intolerance? With Theresa Miller
- 15th—Food Safety for Older Adults with Pam Rose, Aramark
- 19th—Sassy Red Hatters
- 20th—Refreshments with Miller Boles
- 22nd—Extra Bingo
- 27th—Games



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.

Living with Vision Loss Support Group

Meetings are held the **2nd Wednesday of every month at 1 pm.** This group was created for people with vision impairments (including Macular Degeneration) and their loved ones to discuss ways to cope with low vision.

MARK YOUR CALENDARS!

Questions? Call 919-776-0501.

Wednesday, May 8 at 12 pm, Annual Gay 90s Luncheon Honoring Lee County's 90 & better. Call Debbie at ext. 2203 if you or someone you know wishes to attend.

Tuesday, May 21, Caregiver Education Conference, Dennis A. Wicker Civic Center.

Wednesday, August 28, Boomer, Senior & Caregiver Expo, Dennis A. Wicker Civic Center.



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.*

The Enrichment Center will be CLOSED
Friday, March 29, 2013 in observance of Good Friday.
Have a safe and happy holiday!

**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

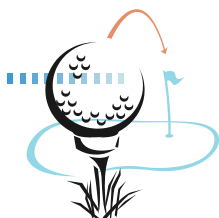
\$60 Per Person

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.**

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.

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 - Registration Required

Call 919-776-0501 ext. 2201.