

The Center Post

Volume 22

MAY 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...**

- ♦ *Water aerobics, pg. 2*
- ♦ *National Senior Fitness Day, pg. 4*
- ♦ *Senior Games & Silver Arts of Lee County, pg. 4*
- ♦ *Medicare Summary Notices changing, pg. 4*
- ♦ *Celiac Support Group, pg. 5*

Regional Caregiver Educational Conference

A one-day conference to address current trends in Alzheimer's care for family, community, professional caregivers and people interested in knowing more about this disease.

Presented by



**The Enrichment Center of Lee County
& Moore County Department of Aging**

Special Guest Speakers:

Melanie Bunn,
MS, RN, GNP,
Dementia Training
Specialist

Martha-Lee Ellis,
author of "The Other Side
of Alzheimer's"

**Tuesday, May 21, 2013
Dennis A. Wicker Civic Center**

**1801 Nash Street - Sanford - North Carolina
8:00 a.m. - 3:30 p.m.**

Registration 8:00 a.m. ▪ Program Starts 9:00 a.m.
▪ Lunch Provided

**Continuing Education Contact Hrs. 4.5
Registration Required**

Call Judi Womack, Family Caregiver Advisor
(919)776-0501 ext. 2230
jwomack@leecountync.gov ▪ www.alznc.org
Respite care available upon request.



**GARNER
LAW FIRM, PLLC**

The Sanford Herald





Older Americans Month
May 2013

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

VOLUNTEERS NEEDED

The Enrichment Center is in need volunteers in the following program areas. Contact Debbie Williams at 919-776-0501 ext. 2203 or Janice at ext. 2206.

Beginner Line Dancing Instructor - Dancing is fun and an excellent form of exercise. Participants are asking for beginner classes.

Computer Instructor - We are in need of an instructor who will teach beginner and intermediate levels.

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.**

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.



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.**

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".



Lee County Veterans Council Memorial Day Observed

Monday, May 27, 2013 at 10:30 a.m.
305 Legion Drive, Sanford, NC
Everyone is invited!

Host: American Legion Post 382, Sanford, NC
With Keynote Speaker NC Senator Ron Rabin

WWII Veterans will be individually recognized.

Memorial Day is a United States federal holiday observed on the last Monday of May. Formerly known as Decoration Day, it commemorates U.S. soldiers who died while in the military service. First enacted to honor Union and Confederate soldiers following the American Civil War, it was extended after World War I to honor Americans who have died in all wars.

corner

caregiver



Simple Mother's Day

Gift Ideas for Caregivers

No matter how old you are, you always want Mother's Day to be meaningful and joyful for Mom. And if your mom's health and living situation has changed recently, you may have special concerns about gifts that are no longer appropriate or enjoyable.

Here are a few gift suggestions that are simple, but thoughtful. One of them may be a perfect way to let Mom know how much you love her, without adding stress to your already-busy life!

The Gift of Confidence: How about a new pair of shoes? Choose a shoe that is low-heeled, with a rubber sole that can grip surfaces, and hook-and-loop fasteners that can be snugged tightly. You'll both feel better knowing she's on secure footing!

The Gift of Comfort: Maybe your mom has worn sweaters all her life – the added layer of warmth makes her more comfortable when the temperature is low or the air conditioning is high. A bright colored, stylish shawl might be a nice change.

The Gift of Connections: Call or email friends and family to call her at a specified time. Mom can get a call throughout the day from out of state children, grandchildren away at college, friends from old neighborhood, and people she knows at church. She'll be blessed all day long, and you'll enjoy seeing her so happy!

The Gift of Care: If your mom needs help around the house and you aren't able to be there, you can hire a professional caregiver to fill in.

Don't put pressure on yourself to choose a "perfect" gift. The gift is only a symbol; the feelings it conveys are what your mom will remember. So, no matter what gift you decide to give Mom this year, make sure you also tell her in words and in hugs how much you love her!

Happy Mother's Day, 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.

Parkinson's Support Group will meet Wednesday, May 15 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.

Managing Your Loved One's Needs

Thursday, May 2, 2013 at 2:30 pm in the Game Room
Join us for an educational program for loved ones of those with Alzheimer's Disease, presented by a Nurse Educator
Brought to you by Novartis Pharmaceuticals Corporation
Registration suggested, call 919-776-0501 ext. 2201.

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?

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 Support Group: The group is open to anyone who has been touched by Alzheimer's disease. 1st Thursday of each month 2:30 pm at The Enrichment Center. We have guest speakers and learn from each other. Open to the general public.



Grancare will meet Thursday, May 9 at 5:30 pm for a picnic, fellowship and games. Please call to register, 919-776-0501 ext. 2230. *Grancare is made up of grandparents and other relatives parenting again. They meet for information, ideas and fellowship.*

SAVE THE DATE

Boomer, Senior & Caregiver Expo

Wednesday, August 28, 2013

Dennis A. Wicker Civic Center

10 am - 2 pm

If you would like to sponsor or reserve a booth contact Judi today! Space limited! 919-776-0501 ext. 2230.



Opening Ceremonies and Performing Arts
Tuesday, May 14, 2013
at 5:30 pm. Dinner Served. Guest tickets are \$5.00. All Senior Games & Silver Arts participants are invited. Call Jimmy at 919-776-0501 ext. 2207 to RSVP. Events held May 14 - 24.



This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored state-wide by the NC Division of Aging and Adult Services.

Come by The Enrichment Center or contact Jimmy Solomon at 919-776-0501 ext. 2207 for complete details and a registration form!

Come and Celebrate National Senior Fitness Day

Thursday, May 16, 2013
FREE Events All Day!



9 am - Aerobics
10 am - Walk The Enrichment Center Trail
11 am - Chair Exercise
11:30 am - Exercise with Scarves

5:30 pm - Fitness Yoga
6:30 pm - Fitness Room Orientation

Prizes will be awarded! Join the fun! Registration not required. It's a great time to try a new form of exercise.



Come join the fun of Olympic style athletic events and artistic competitions!

Athletic:

Corn Hole ~ Bocce
 Horseshoes ~ Bowling
 Cycling ~ Shuffleboard
 Golf & More!

Silver Arts:

Heritage ~ Literary



PROTECT~DETECT~REPORT

to help you protect yourself from Medicare fraud, waste and abuse.

Participants will receive an NCSMP Education Kit that will assist the Medicare beneficiary in better understanding their Medicare Summary Notice.

Medicare Summary Notices: Are Those Charges Really Mine?"

Registration is required and limited to 25 people per session. Two sessions will be presented;

Monday, May 6 at 6:00 pm
and Thursday, May 30 at 4:00 pm.

For more information, please contact Janice Holmes, Seniors Health Insurance Information Program Coordinator for Lee County, at 919-776-0501 x2206 or via email at jholmes@leecountync.gov. *This program is brought to you by the NC Dept. of Insurance, Wayne Goodwin, Commissioner.*

IDENTITY THEFT - PROTECT YOURSELF!

CREDIT REPORTS

One of the best ways to protect yourself against identity theft is to check your credit reports. You are entitled to one free credit report every year from each of the three nationwide credit bureaus (Equifax, Experian and TransUnion). To get your free reports, go to www.annualcreditreport.com or call 1-877-322-8228.

SOCIAL SECURITY NUMBER

Your social security number is a very helpful tool for crooks who are trying to take out credit in your name. Protect it!

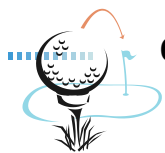
- ◆ Don't carry your Social Security card in your wallet.
- ◆ Don't print your Social Security Number on your checks.
- ◆ Don't give out your Social Security Number unless it is absolutely necessary.

SHRED

Whether they are paper or electronic, your records often contain confidential information.

Shred or erase hard drives from old copiers, printers and computers. Shred outdated tax records, credit card applications and old financial statements.

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.**

Veterans Remembrance Group Wed., May 8 at 2 pm with **Guest Speaker Ed Barkwell**. He will talk about his service in the Army and time spent in Vietnam. Open to the general public.

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

Celiac Disease or Gluten Intolerance Support Group will meet at 6 pm Monday, May 13 and Monday, June 10, 2013. **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.*

Yada Yada Sisters, Tuesday, May 7 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.*

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: 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.**

May Programs:

1st - Laurence Poindexter singing and playing guitar
 3rd - Safety in the home with Piedmont Health Services
 6th - Wii Fit Learning Day & Celebrate Cinco de Mayo with Salsa & Chips donated by San Felipe
 10th - Mother's Day Program
 16th - National Senior Fitness Day!
 17th - High Hopes Chorus
 21st - Sassy Red Hatters
 24th - Memorial Day Program
 31st - Falls Prevention with Andie Lee



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.

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

Nifty Noggins are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. Volunteers will meet Thursday, May 9 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**.

A Novel Approach book group will meet Tuesday, May 14 at 12 pm. They will discuss In the Garden of Beasts by Eric Lawson. Registration is not necessary and the group is open to the general public.

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 May: 4th Southern Exposure, 11th Bill Pollard Back Porch Country, 18th The Fabulous Troubadours, 25th NO DANCE/HOLIDAY.**



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
 Monday, May 27, 2013 for Memorial Day.**

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

NOTICE:

**Federal Government Sequester Budget Reductions
 Closes The Enrichment Center Diners Club
 and Home Delivered Meal Program
 Wednesdays May 15 - September 25, 2013**

Lee County Senior Services received information on Wednesday, April 10, 2013 regarding the sequestration cuts to the Home and Community Care Block Grant for the Triangle J Regional Area. Forty percent must be decreased by June 30, 2013 and the additional sixty percent from July 1 to September 30, 2013.

In the past our agency has been given the option to choose the service area that would be cut; however, the federal level mandated the cuts come from the Older Americans Act Title IIIB and IIIC services which forces the majority of the cut to be meals for our older adults.

Lee County Senior Services will absorb these cuts by reducing the Home Repair Ramp service and the Congregate Meal Site and Home Delivered Meal Services by closing the meal site on Wednesdays beginning May 15 through June 30. The remaining amount will be cut in the same manner through September 30, 2013. To save additional funding the Annual Gay 90's luncheon will not be held on May 8, 2013.

If you have any questions or concerns, please contact our agency at 919-776-0501.