

The Center Post

Volume 22

NOVEMBER 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.

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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.*

Veterans Appreciation



Thursday
November 7, 2013
Breakfast Served at 8 a.m.
Program Begins at 8:30 a.m.

Full Breakfast
Space Limited
Reservations Required
Call 919-776-0501 ext. 2201

To show our appreciation for
your service and dedication to
our country,
we invite you to breakfast.
All Veterans and current military
personnel are invited
at no charge.

*Co-sponsored by Miller-Boles
Funeral Home
& Image One Advertising*

Guest Speaker
LTG Anderson
XVIII Airborne Corps
Commanding General



11TH ANNUAL FAMILY CAREGIVER AWARD LUNCHEON

Thursday, November 14, 2013
11:30 am at Carolina Trace

Sponsored by:
The Enrichment Center,
Liberty Commons,
Westfield Rehabilitation
& Health Center
and Liberty Home Care
& Hospice.

Please join us as we recognize
Sanford/Lee County
2013 Family Caregiver of the Year.
For more information
call 919-776-0501 ext. 2230
or jwomack@leecountync.gov.

Nominate Someone for The Family Caregiver of the Year Award

This award recognizes and honors
the efforts of persons who care
for a loved one. Anyone caring
for a loved one, friend or neighbor
is eligible for the award.
Nominations are accepted
through November 12, 2013.
To nominate a family caregiver
contact Judi Womack.
(919) 776-0501 ext. 2230.

SENIOR CENTERS ~ Experts at Living Well

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, 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".

Announcing the 2014 BIG Trip..... **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.

Yada Yada Sisters

Tuesday, November 5 at 5 pm. All Yada Sisters will meet at Cracker Barrel to eat dinner and then go to The Enrichment Center 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.*

Legal Aid of NC, Inc.

Available at the Enrichment Center the first Wednesday of the month, 9 am - 12 pm. Types of cases reviewed for acceptance: housing/evictions, foreclosures, domestic violence, unemployment, consumer/debt collection and public benefits denials or appeals. For more information call 1-800-672-5834.

A Novel Approach

Book group will meet Tuesday, November 12 at 12 pm to discuss Still Alice by Lisa Genova. Registration is not necessary and the group is open to the general public.

Low Vision Support Group

Wednesday, November 13 at 1 pm. Registration not required.

Nifty Noggins

Stylish head coverings for cancer patients. They come in different styles, colors and fabrics. **Volunteers** will meet Thursday, November 14 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.

Don't Let Gluten Free SCROOGE Your Christmas!

Monday, November 4 at 6 pm. NOTE date change; this group normally meets on the 2nd Monday. **Marsha Kenner, MS, RD, LDN** will give us tips on overcoming the Gluten GRINCH. This group is open to all adults and registration is not required. If you need additional information call 919-776-0501 ext. 2203.

Veteran's Remembrance Group

Wednesday, November 13 at 2 pm. Special Guest **Mile Wise** will speak about his 31 years of service in the Army and Air Force. Registration encouraged, call 919-776-0501 ext. 2201.

SCAM JAM! Fraud Alert!

Tuesday, November 19 at 6:30 pm with Barbara Bennett, Investor Education Specialist with the Secretary of State Securities Division. There are new scams every day! Thieves are getting more sophisticated in their strategy to steal the hard-earned money of honest people. Barbara will tell us the warning signs and how to protect ourselves. All adults welcome. Call 919-776-0501 ext. 2201 to register.

Saturday Nite Dance

Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for NOVEMBER: 2nd—Southern Exposure, 9th—NO DANCE (Veterans Day), 16th—Bill Pollard Back Porch Country, 23rd—The Fabulous Troubadours, 30th—NO DANCE (Thanksgiving).**

Bible Study

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

Governor's Volunteer Service Award 2014

You probably know of someone in the community, at church, work or right next door who volunteers in Lee County. Whether it's a group, individual or business please consider nominating them for the Governor's Volunteer Service Award. The Awards honor the true spirit of volunteerism by recognizing folks who make a significant contribution to their community through person, group or business from the public, non-profit and private sector may be nominated for an award. **Nomination forms are available at The Enrichment Center or by calling or emailing Janice Holmes 919-776-0501 ext. 2206, jholmes@leecountync.gov.**



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r****Dear Family Caregivers,****November is National Family Caregivers Month.**

It is a time to acknowledge the important role that family, friends and neighbors play in providing care for their loved ones.

Did you know Family caregivers provide an estimated \$450 billion worth of uncompensated care to loved ones annually? In addition, according to the **Family Caregiver Alliance**, unpaid family caregivers will likely continue to be the largest source of long term care services in the U. S.

A **Family Caregiver** refers to "anyone who provides assistance to someone else who is, in some degree, incapacitated and needs help: a husband who has suffered a stroke; a wife with Parkinson's disease; a mother-in-law with cancer; a grandfather with Alzheimer's disease."

I would encourage all **Family Caregivers** to take time to celebrate who you are, and the importance of what you are doing. While November may be the official month to recognize your acts as a family caregiver, every day is one in which YOU make a difference.

This is a reminder of the importance of taking care of you, so take some time out for yourself. You deserve it, and it's a critical part of tending to your own wellbeing. Stress can wreak havoc on an otherwise healthy body. Let's face it, if you're not well, you won't be able to do the things you need to do.

So, I urge you to spend some time focusing on yourself. If you are a full time caregiver, ask a trusted friend to stay with your loved one for an hour or two, or perhaps consider a weekend of respite care if that's a possibility.

Judi, Family Caregiver Specialist

NOTE: The Alzheimer's Support Group and Grancare will NOT meet in November due to the November 14th Caregiver Luncheon.

Grancare Christmas Dinner & Party

Thursday, December 5, 2013

6:00 pm

Join us for dinner, entertainment and a special surprise for everyone!

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

We invite you to attend Candlelight

Reflections - Thursday, November 7, 6:30 pm - 7:30 pm at The Enrichment Center. This special time is in recognition of National Alzheimer's Disease Awareness Month & National Family Caregiver Month. **Candlelight Reflections** is a ceremony remembering those we have lost and honoring those currently living with Alzheimer's disease or other dementias and their dedicated caregivers. For more information call Judi at 919-776-0501 ext. 2230 or email jwomack@leecountync.gov.

Sanford/Lee County Stroke Support Group,

Thursday, November 14 at 1 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.**

Alzheimer's 5K Race to Remember & Walk

Many thanks to all of our sponsors, volunteers, CCCC Volleyball Team, Lee County High School Varsity and Jr. Varsity Cheerleaders, Alzheimer's Committee members, Alzheimers NC, Inc., The Enrichment Center staff, participants and families for making our first 5K Race & 8th Annual Alzheimer's Walk successful!

5K Race to Remember Awards:

Age 19 & Under - Nicholas Grubs

20-29 - Brittany Blackman

30-39 - Betsy Jungkind & Thomas Partridge

40-49 - Gary McNeely, Missy Faircloth & Candy Cole

50-59 - Chip Watts & Betsy Lucas

60 & Better - Greg Gelb & Denise Jones

Alzheimer's Walk Awards:

Individual Raising Most Funds: Ollie McLucas

Team Raising Most Funds: Akron

Team with Most Team Members: Akron

Thank You Sponsors!

Gold: Pfizer, Baptist Chapel Church, WFJA/WWGP, The Enrichment Center of Lee County & WLHC-FM 103.1

Silver: Ammons Chiropractic Clinic, R&N Motors, Moen, Westfield Rehabilitation & Health Center, Liberty Commons John Beverly Printing & St Joseph of the Pines

Bronze: First Bank, Central Carolina Hospital, Community Home Care & Hospice, Sanford Health & Rehabilitation, UNC Physicians Network, Liberty Home Care & Hospice & One Main Financial

Patrons: Central Electric Membership Corp., BB&T & Quality Home Healthcare



Need help choosing
the **BEST**
Medicare Prescription
Drug Plan for your
individual needs?
Want to save
the most \$\$\$ possible?

Assistance will be available
at The Enrichment Center

Friday, November 8
Thursday, November 21
Wednesday, December 4

8:30 - 11:30 am & 1:00 - 4:00 pm

*This assistance is brought to you by the
Seniors Health Insurance Information
Program (SHIIP), a division of the
NC Department of Insurance.

ANNUAL ENROLLMENT PERIOD **OCTOBER 15-DECEMBER 7**

Bring with you
to Medicare Part D Walk In Clinic:

- ◆ **Medicare Card**
- ◆ **Home Address** (including zip code where you receive your mail)
- ◆ **Phone Number**
- ◆ **Bottles of medications or pharmacy printout** (with name, strength and how often you take)
- ◆ **Current Medicare Prescription Drug Plan card**
- ◆ **Date of Birth**



Please consider adopting an Angel from
our tree. Angels will be available for
adoption starting

November 08, 2013

We will provide you with a list of items
that have been selected for our Angels
to receive.

All you have to do is:

- Stop by The Enrichment Center
- Pick an Angel from the tree
- Register at the front desk
- Purchase the items
- Label items with the Angel's number
- Return to The Enrichment Center

We will provide the container,
pack and deliver the boxes.

(For confidentiality purposes, all gift boxes will be
delivered by The Enrichment Center staff.)



Items should be returned **December 2nd—6th**

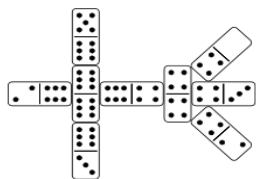
The Enrichment Center
1615 South Third Street,
Sanford, NC
919-776-0501 ext. 2212

This is a wonderful project
for families, church/civic organizations,
corporate groups and anyone who desires to
spread Christmas joy this holiday season.

Games

at The Enrichment Center

*Open to the General Public ~ Registration Not Required
Feel free to drop in one of these groups, introduce
yourself and join in the fun!*



Dominoes—NOTE TIME AND DAY CHANGES

Mexican Train, Chicken Foot and More!

The game of Dominoes evolved from dice and are believed to have originated in China in the 12th century. **Learn ~ Laugh ~ Fellowship** 2nd & 4th Tuesday 2 - 4 pm. Instructor: **Norm Findley**.

Card Game Canasta

Fridays 12:30 pm with Instructor **Carolyn Arnold**.



Cards

4th Wednesday of the month 2 pm - 5 pm. Bring cards and friends and play the game of your choice.

Hand & Foot Card Game

3rd Thursday at 12:30 pm with Facilitator Donna Patton.



Scrabble

1st Thursday at 12:30 pm.

INCLEMENT WEATHER AND OPERATIONS AT THE ENRICHMENT CENTER

- ♦ If Lee County Government offices are **delayed** or **closed**, then automatically Senior Services, COLTS and Veterans Service is included.
- ♦ If Lee County Schools are **closed**, The Enrichment Center Diner's Club & Home Delivered Meals will be **closed**.
- ♦ If Lee County Government Offices are **closed**, so is The Enrichment Center and programming for that day.
- ♦ **Closings will be announced on WRAL-TV 5, WFJA 105.5 FM, WWGP AM 1050, WLHC-FM Life 103.1 and WXKL AM1290.**

Diner's 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.**

NOVEMBER Programs at 11 a.m.:

- 1st—Extra Bingo
- 4th—Community Home Care & Hospice Blood Pressure Checks
- 6th—Laurence Poindexter Singing & Playing Guitar
- 6th—Liberty Home Care & Hospice Diabetic Support Group 10:00 am
- 8th—Bowling
- 11th—HOLIDAY—CLOSED
- 13th—Brian O'Hara, United Hospice
- 15th—Music with Carolyn & Jim
- 20th—Refreshments with Miller & Boles
- 22nd—Extra Bingo
- 27th—Thanksgiving Program



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.

SPECIAL NOTICE!

The State Health Plan is conducting Open Enrollment for benefits effective January 1, 2014. The Open Enrollment period was set to end October 31, 2013. To encourage members to take action and allow them more time, **the Plan has extended Open Enrollment until November 15, 2013.**

As a reminder, if Active/Non-Medicare primary members take no action during Open Enrollment, they and any enrolled dependents on their plan will be enrolled in the Traditional 70/30 Plan effective January 1, 2014. If Medicare Primary members take no action, any currently enrolled dependents, if applicable, will be enrolled into the Medicare Advantage Plan in which they were assigned effective January 1, 2014.



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.*

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, Nov. 11 in observance of Veteran's Day and
 Wednesday & Thursday, Nov. 28 & 29
 in observance of Thanksgiving.*

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

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

*Thank you for choosing The Enrichment Center as your way of making a difference in our community! The Enrichment Center, Inc. is a 501© (3) charitable organization.
 Donations are tax deductible.*