

The Center Post

Volume 22

OCTOBER 2013

**The Enrichment Center
Hours of Operation:**
Monday—Thursday
8 am - 8 pm and
Friday 8 am - 5 pm.
919-776-0501

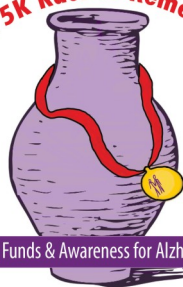
Our purpose
is to connect boomers,
seniors, family
caregivers and veterans
with meaningful
educational and
volunteer
opportunities; increase
their access to services,
benefits and resources
and offer tools to
manage health
and finances.

**Look inside for
information on...**

- ♦ **Announcing 2014
BIG TRIP, pg. 2**
- ♦ **Card Party Time!,
pg. 2**
- ♦ **Retirement, pg. 5**

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

SLC 5K Race to Remember



Raising Funds & Awareness for Alzheimer's

SLC 5K Race to Remember & Walk benefiting Alzheimers NC, Inc.

The Sanford/Lee County 5K Race & Alzheimer's Walk provide awareness and fund raising programs, support for coping with Alzheimer's disease in Lee County. Alzheimers NC, Inc. provides support, education and respite care for our community. To be successful, we need runners, walkers and teams to collect donations and sponsorships.



Here for you...
today and tomorrow

dollars for
services and
families
Alzheimer's

When: Saturday, October 19, 2013
Where: Kiwanis Family Park
1800 Wicker Street, Sanford, NC

Registration for Run 7:30 am

Run starts at 8:30 am

5K Fee:

\$25, After October 12-\$30

Registration for Walk 9 am

Walk starts at 10 am

**Turn in registrations, fees and fund
raising at The Enrichment Center.**

**Questions? Contact Judi Womack,
919-776-0501 ext. 2230.**

Fall Festival



**Saturday
October 26
2013**

8 a.m. - 2 p.m.

Browse and purchase from more than
40 tables filled with woodcarving,
jewelry, paintings, baked & canned
goods, homemade soaps and lotions,
candles, Christmas decorations,
hand-sewn items and much more!



**In addition,
there's something
special to benefit**

The Enrichment Center, Inc. Helping

Fund: Enjoy a grilled hotdog or sausage
dog with all the trimmings - chili, slaw &
onions. Chips, drinks and
fresh baked goods will be
available for purchase. All
proceeds benefit **The
Enrichment Center, Inc.
Helping Fund.** A fund
used to assist older
adults who are in a crisis
situation.



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, 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".

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.



It's time for another CARD & GAMES PARTY!

Co-sponsored by Miller-Boles Funeral Home. Tuesday, October 1, 2013, 2 p.m. - 5 p.m. and/or 7 p.m. - 9 p.m. \$4 per person, per session. Join us as we get together for a party that will raise money for **The Enrichment Center, Inc. Helping Fund.** Play any kind of cards or games...Bridge, Canasta, Dominoes, UNO, Scrabble...**The Enrichment Center, Inc. Helping Fund** assists Lee County older adults who are in a crisis situation with fuel, electricity and other necessities of life. 100% of every \$1.00 donated helps older adults who are in need. Prizes and refreshments! Call (919) 776-0501 ext. 2201 to reserve your tables!

Helping Fund. Play any kind of cards or games...Bridge, Canasta, Dominoes, UNO, Scrabble...**The Enrichment Center, Inc. Helping Fund** assists Lee County older adults who are in a crisis situation with fuel, electricity and other necessities of life. 100% of every \$1.00 donated helps older adults who are in need. Prizes and refreshments! Call (919) 776-0501 ext. 2201 to reserve your tables!

Rex UNC Healthcare Mobile Mammography

Friday, October 18 at The Enrichment Center. To be eligible for screening you must: have no previous history of breast cancer; be at least 35 years old for a baseline (first time) mammogram; be at least 40 years old for an annual mammogram. **Contact the Lee County Health Department for further eligibility and to pre-register 919-718-4640 ext. 5317.**

Volunteers Needed

The Enrichment Center

is in need of volunteers

in the following program areas.

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

5K Race to Remember & Alzheimer's Walk Saturday, October 19. Volunteers are needed to assist with set-up and registration.

Saturday Nite Dance—Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for OCTOBER:** 5th Lightnin' Band, 12th Southern Exposure, 19th The Fabulous Troubadours, 26th Bill Pollard Back Porch Country.

Tai Chi Classes by the Arthritis Foundation, 10:45 am Mondays and Wednesdays, October 21 — November 27. Cost \$50 payable at first class. **Instructor: Peggy Rowles.** This program is designed by the **Arthritis Foundation** and is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health issues. Open to all adults. Space limited. Registration required. Call Peggy at (919) 499-3959.

Legal Aid of NC, Inc. will be 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.

Low Vision Support Group will meet Wed., October 9 at 1 pm. Registration not required.

A Novel Approach book group will meet Tues., October 8 at 12 pm to discuss Man in the Blue Moon by Michael Morris. Registration is not necessary and the group is open to the general public.

Nifty Noggins are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. **Volunteers** will meet Thursday, October 10. If you are interested in joining the group or would like a head covering contact **Carole at 919-776-0501 ext. 2205.**

Ballroom Dance Lessons ~ Refresher Class, Mondays, October 21 - November 18 at 6:45 pm. Instructor **Judith McDonald, member of US Dance,** is providing this **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 limited. Call 919-776-0501 ext. 2201 to register.

corner**caregiver****Dear Family Caregivers,**

As many of you know my husband passed away on August 28th after a very long illness with COPD and other health issues. It was a complete shock as I was his primary caregiver and felt we would be dealing with this disease in our later years. It has been overwhelming and I know I must go through the grieving process. It is going to be a process that entails extremely hard work over a period of many painful months. My sense of loss is profound.

I am very thankful for my family, my pastor, friends and my co-workers. I have counted on them for support to get through the initial devastating shock, pain and anger. God is good and I know he will lead me on my path.

As a family caregiver, the death of someone close can be a life-changing experience. I know as my husband's caregiver, this experience will affect every aspect of my life for some time. It is natural to grieve the death of a loved one before, during and after the actual time of their passing. The process of accepting the unacceptable is what grieving is all about.

Thank you for your cards, flowers and prayers. Your thoughtfulness has been so dear to my heart.

***Yours in love,
Judi, Family Caregiver Specialist***

Thank You Sponsors!***Alzheimer's Walk &
5K Race to Remember*****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,
Wakefield Rehabilitation & Health Center, Liberty Commons
& John Beverly Printing*

Bronze

*First Bank, Central Carolina Hospital, Community Home Care &
Hospice, Sanford Health & Rehabilitation,
UNC Physicians Network, Liberty Home Care & Hospice*

Patrons

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

Grandparents Raising Grandchildren

Seminar**Tuesday October 22, 2013****6:00 pm - 7:30 pm**

Refreshments Served

- ♦ Legal Issues
- ♦ Changing Roles & Family Changes in Raising Grandchildren
- ♦ Surviving, Managing & Enjoying Preteen & Teenage Children

Registration is requested. Please call 919-776-0501 ext. 2230.

Alzheimer's Support Group will meet Thursday, October 3 at 2:30 pm at The Enrichment Center, **Facilitator Judi Womack**. Our support group provides a forum for families and friends of individuals with dementia to share experiences, information, mutual problems and coping skills. Open to the general public. All adults welcome.

Sanford/Lee County Stroke Support Group, Thursday, October 10 at 1 pm at The Enrichment Center. **"Importance of Staying Connected" with Judi Womack, Family Caregiver Specialist**. Open to the general public. All adults welcome. *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.**

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 8, 2013. The winner will be honored at our Family Caregiver Luncheon held at Carolina Trace.

To nominate a family caregiver simply complete the Nomination Form (page 4 of this newsletter) and submit to:

**The Enrichment Center of Lee County
1615 S. Third Street, Sanford, NC 27330**

Attn: Judi Womack.

**Forms are available at The Enrichment Center.
(919) 776-0501 ext. 2230**

ANGELS (Angels Now Getting Empathy, Love & Support) with Facilitator Gail Valentine. You're not alone. Our support helps you see that your situation is not unique, that you are not alone in your feelings and experiences. Join us the 2nd and 4th Tuesday at 6 pm at The Enrichment Center. Open to the general public. All adults invited.

“FAMILY CAREGIVER AWARD” NOMINATION FORM

Families and friends caring for individuals are very special people! We invite you to nominate someone for our 2013 Family Caregiver Award.

Contact Information for Individual Submitting Nomination

Name: _____

Address: _____

Telephone Number: _____

Are you (check one): ____ a family member ____ other _____

RELEASE: I hereby grant permission to the Enrichment Center of Lee County to publish and distribute the following nomination form. I understand this nomination will be returned with a Certificate of Outstanding Achievement to the individual I nominate.

Signature: _____

Date: _____

Name of Nominee: _____

List specific examples of how the individual being nominated goes above and beyond the regular call of duty to enhance the quality of life for their loved one. _____

Please send completed form to:

**The Enrichment Center of Lee County
1615 S. Third Street, Sanford, NC 27330
Attention: Judi Womack, Caregiver Advisor
919-776-0501 ext. 2230**

It is recommended that the nominator include a support letter of 100 words or less with the application.

Yada Yada Sisters Tues., October 1 at 6 pm. All Yada Yada Sisters will meet at The Enrichment Center Card Party to play cards for the evening. *Our sisterhood is a network with other females in an exciting and stimulating group. We offer you the perfect opportunity to receive support and encouragement from a sister.*

Retirement Matters

Be ready when the time is right for you!

Tuesday, October 15, 2013 at 6 pm
Lite Dinner Served at 5 pm
Reservations Required

Thomas Rosser, Jr., LUTCF,
 Financial Representative of Consolidated Planning, Inc.
 will give you the tools to **PLAN, ACT and REVIEW...**

Whether you will retire fully or partially, know how your incomes and savings will all come together for you.

This program is for education and information only.

All adults welcome.

Call (919) 776-0501 ext. 2201 to register.

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.

OCTOBER Programs at 11 a.m.:

2nd—Laurence Poindexter playing guitar and singing
 4th—10:30 am Dr. Deepak Voora, Cardiologist
 9th—How to use your cell phone, Gina Piers from Verizon
 11th—Joanna Rice playing piano
 15th—Sassy Red Hatters
 16th—Miller Boles with refreshments
 23rd—Games!
 25th—Extra Bingo
 30th—"Why Do We Need a Chiropractor?", Dr. Jodie Thompson



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.

Up & Coming Add to Your Calendars!

SCAM JAM! 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.

Computer Classes Thursdays October 17 - November 14, 10:00 am with instructor **Mark Coggins**. Call **Debbie Williams** to register, 919-776-0501 ext. 2203.



**Thursday
October 31, 2013
6 - 8 pm**

**Dress up in your favorite costume!
Bring your favorite**

**dish to the Pot Luck dinner. We will share food and fellowship.
Registration not required.**

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 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.*

NC Symphony

Tuesday, March 18, 2014 at The Dennis A. Wicker Civic Center
 Tickets available at The Enrichment Center.

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

Veterans Outreach of Central North Carolina

Veterans Stand Down 2013
 Homeless Veterans
Services Offered All Under Same Umbrella

Saturday, October 12, 2013

10 am - 2 pm at the National Guard Armory
 2214 Nash Street ~ Sanford ~ NC ~ 27330
 For more information please contact
 Mr. Leon Jackson (919) 775-2241 or
leon.jackson@nccommerce.com

Central Carolina Barber Schools ~ Haircuts
Psychosocial Services ~ Mental Health, Substance Abuse,
 Trauma Services, PTSD
Veterans Administration ~ Accessing VA Benefits &
 Services, Claims, Resources, Tri-Care
Health Screenings ~ Dental, HIV Testing, TB & STD Testing,
 Promotions and Preventions
Educational Services ~ Central Carolina Community
 College, Veterans Upward Bound
NC Vocational Rehabilitation ~ Educational Resources,
 Referrals

Reminder: The Medicare Part D Annual Enrollment Period
 will begin October 15 and continue until December 7. This is
 the only time you may change plans for 2014! **On November
 8, November 21 and December 4 assistance will be
 available without an appointment. More information is
 available at The Enrichment Center front desk.**

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
 Volunteer Service
 honor the true spirit
 recognizing folks
 contribution to their
 volunteerism. Any
 business from the
 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.



the Governor's
 Award. The Awards
 of volunteerism by
 who make a significant
 community through
 person, group or
 public, non-profit and