

The Center Post

Volume 22

SEPTEMBER 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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Remember, pg. 3*
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Other Relatives
Raising
Grandchildren, pg. 4*
- ♦ *Medicare Updates,
pg. 6*

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

SENIOR CENTERS



Experts at Living Well

CELEBRATING SENIOR CENTER MONTH
SEPTEMBER 2013



FREE
workshop to
help you take
control of your
diabetes!
An Evidence Based
class developed
by Stanford University
to help you:

- Manage symptoms including fatigue and depression
- Use relaxation techniques
- Eat healthy
- Improve your communication skills
- Use Medication effectively
- Monitor your blood sugars
- Solve problems and set goals
- Increase your self-confidence

Classes Meet Thursdays
Sept. 5 – Oct. 10, 2013
2 pm - 4:30 pm

At The Enrichment Center
Class size limited to 12. Call (919) 776-0501
ext. 2201 to register.

Co-Sponsored by Triangle J
Area Agency on Aging

Tai Chi Classes by the Arthritis Foundation, 10:45 am Mondays and Wednesdays, Sept. 9 - October 16 & 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.

AARP Smart Driver Course, 10 am - 3 pm, Thursday, Sept. 26 with **AARP Instructor Philip Bruce**. Cost: \$12 for AARP members, \$14 for non-members. Payable at class. Lunch provided. This course covers age-related physical changes, declining perceptual skills, rules of the road and local driving problems. Registration required. Call (919) 776-0501 ext. 2201.

Flu Vaccination Clinic, Friday, Sept. 13, 10 am - 2 pm by **Brick City Primary Care**. Bring your Medicare card. Registration required. Call (919) 776-0501 ext. 2201.

FREE Ballroom Dance Lessons with **Instructor Judith McDonald, Member, USA Dance**. Mondays, September 9 - October 14, 6:45 pm. This is a beginner class. Registration is required. Call (919) 776-0501 ext. 2201.

Boomer, Senior & Caregiver Expo Special Thank You!

On behalf of The Enrichment Center of Lee County, we would like to thank the Expo Committee, vendors, volunteers and The Enrichment Center staff for making the 11th Annual Boomer, Senior & Caregiver Expo a huge success!

Because of such tremendous community support, the 2013 Boomer, Senior & Caregiver Expo was able to expand the variety of services, special seminars and entertainment offered in the packed-filled day.

With this being Sanford's premier exhibitor event for this market, it has become a wonderful opportunity to showcase our community and services to the citizens of Lee County and surrounding areas.

And on a special note...Debbie Davidson, Executive Director of The Enrichment Center, wishes to extend a heartfelt thank you to The Enrichment Center staff. They have dedicated countless hours and hard work to make the 2013 Boomer, Senior & Caregiver Expo a continued reality and success for our community.

Thank you loyal and first time sponsors!

On behalf of The Enrichment Center of Lee County, we would sincerely like to thank our continuing loyal as well as our new sponsors this year for their support, time and participation in making our 11th Annual Boomer, Senior & Caregiver Expo so successful!

This event would not have been a success without the generous support you have provided us throughout the years. We deeply appreciate the willingness in which you have and continue to sponsor our efforts to make Sanford and Lee County a healthier, happier place in which to live.

Always and above all, we give our sponsors our respect and heartfelt thanks.

~Judi Womack, Expo Coordinator

LEAD SPONSORS:

Advance Behavioral Center, Inc., Ammons Chiropractic, Bright Audiology, Carolina Women's Fitness, Central Carolina Hospital, St. Joseph of the Pines, UNC Physicians Network

PLATINUM SPONSORS: The Sanford Herald, The Bayberry Retirement Inn, Outreach NC, WWGP AM1050/WFJA 105.5, Liberty Medical Specialties, FirstHealth of the Carolinas, Liberty HomeCare & Hospice, First Bank, AARP, WLHC-FM 103.1, Total Life Care, Kerr Drug, Family Chiropractic Center, Duke Medicine of Sanford.

THANK YOU 2013 Boomer, Senior & Caregiver Expo Sponsors, cont'd

GOLD SPONSORS: First Choice Home Care, Inc., Piedmont Health Services, Inc., Quality Home Healthcare, Liberty Commons Nursing and Rehab Center, Cambridge Hills Assisted Living, Carolina Eye Assoc., United Assist Medical Supply, Cape Medical, Inc., Peak Resources Pinelake, Westfield Rehabilitation & Health Center, Harrington/Gilleland/Winstead/Feindel & Lucas, Laurels of Chatham, NC Senior Medicare Patrol, Community Home Care & Hospice, CaptionCall, LLC, Thompson Chiropractic, United Hospice, Cancer Centers of NC, Pinehurst Surgical Women's Center.

SILVER SPONSORS: Miller Boles Funeral Home, Humana MarketPOINT, Inc., Central Electric Membership, Rainbow Distributors, Comfort Keepers, Gary Tyner Insurance (Allstate), Griswold Home Care, Sanford Health & Rehabilitation, Spring Arbor Assisted Living, Re-Bath of the Triangle, Senior Resource Services, Inc., Adcock Real Estate, Digital Benefit Advisors, Advance Hearing Care, Family Eye Care Optometry

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, 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 of volunteers in the following program areas.

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

Computer Instructor volunteers are needed to teach beginner, intermediate and advanced classes to baby boomers, seniors and family caregivers. Classes would also include how to use an iPad and Internet.

5K Race to Remember & Alzheimer's Walk Saturday, October 19. Volunteers are needed to assist 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.

SLC 5K Race to Remember & Alzheimer's Walk

Saturday, October 19, 2013

Kiwanis Family Park

The Sanford/Lee County 5K Race & Alzheimer's Walk provide awareness and fund raising dollars for programs, services and support for families 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 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.



It's time for another CARD & GAMES PARTY!

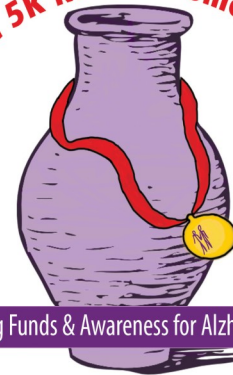
Co-sponsored by Miller-Boles Funeral Home. Tuesday, October 1, 2013, 2 p.m. - 5 p.m. and/or 7 p.m. - 9 p.m. \$4 per person, per session. Join us as we get together for a party that will raise money for **The Enrichment Center, Inc.**

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!

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.**

SLC 5K Race to Remember



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

When: Saturday, October 19, 2013

Where: Kiwanis Family Park
1800 Wicker Street, Sanford, NC

Shirts for all participants
and bandana for dogs!

Registration starts at 7:30 am.

Run starts at 8:30 am

Fee: 5K Run-\$25, After October 12-\$30

Prizes will be awarded to the top male and female in each of the following age categories:
Age 19 & Under, 20-29, 30-39, 40-49,
50-59 and 60 & Better.

Registration Options:

www.leecountync.gov/ec

Pick up forms:

Carolina Women's Fitness Center, Sanford
Nautilus, and The Enrichment Center
of Lee County

**Mail in your registration form, check payable to
Alzheimers North Carolina, Inc., and fee to:**
The Enrichment Center of Lee County 1615 S. Third St.
Sanford, NC 27330

Questions?

Contact Judi Womack, (919) 776-0501 ext. 2230.

corner

caregiver



Health Risks associated with unpaid family caregiving. Where can you find help?

Dear Family Caregivers,

Many studies have proven conclusively that unpaid family caregivers suffer a higher level of anxiety and stress which ultimately leads to depression or emotional difficulties. Nearly 100% of unpaid family caregivers neglect their own physical health which ultimately leads to a variety of illnesses and health issues for the caregiver.

There are practical ways to lower the stress burdens on unpaid family caregivers:

- ◆ Participating in formal caregiver education programs and classes
- ◆ Participating in support groups
- ◆ Receiving information on resources available to help family caregivers. Including practical methods to reduce physical stress burdens.

Family caregivers, we want you to thrive not just survive. Join us at The Enrichment Center for our Family Caregiver Program. Call Judi at (919) 776-0501 ext. 2230.

Sincerely, Judi, Family Caregiver Specialist



Caregiver Time Out Enjoys Pet Therapy

J.R. Poe and "Buddy", Pet Partner, joined CTO in August which was enjoyed by all of our participants. Buddy brightened the room with nothing more than his presence; bringing smiles to the faces of everyone!

Caregiver Time Out meets Tuesdays, 1 p.m. - 3 p.m.

Your care recipient will enjoy games, crafts, refreshments and much more! Call Judi today at (919) 776-0501 ext. 2230.

Alzheimer's Disease Family Program, Thursday, September 5, 2:30 pm with **Pat Myers, RN**, "Managing Alzheimer's Disease." Free and open to the general public.

Grandparents Raising Grandchildren



A workshop giving you information from experts in their field...

**Thursday
September 26, 2013
6:30 p.m. - 8 p.m.
FREE**

Topics presented by professionals:

- Legal Trends for grandparents' rights
- How to advocate for your grandchild in school
- Emotional health of your grandchild
- Taking care of you, the grandparent



For more information and to register, contact Judi at (919) 776-0501 ext. 2230.

Grancare Luncheon, Thursday, September 12 at 12 p.m.

Join us for lunch and connect with others in the same situation. This group is for grandparents and other relatives raising grandchildren. If you would like to reserve lunch, call Judi at (919) 776-0501 ext. 2230.

Sanford/Lee County Stroke Support Group,

Thurs., Sept. 12 at 1 pm, at Sanford Health & Rehabilitation. "Rehabilitation for Stroke" with **Angela Lipscomb-Hudson, MD, Psychiatrist, Physical Medicine & Rehabilitation, UNC CRC**. 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. Nominations are being accepted now.

To nominate a family caregiver simply complete the Nomination Form 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**

Nifty Noggins are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. **Volunteers will NOT meet in August.** The next meeting will be Thursday, September 12. If you are interested in joining the group or would like a head covering contact **Carole** at 919-776-0501 ext. 2205.

Yada Yada Sisters Tues., Sept. 3 at 5 pm. Bring your favorite sandwich and we'll play cards. *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.*

Low Vision Support Group will meet Wed., September 11 at 1 pm. Registration not required.

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 Nite Dance—Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for SEPTEMBER:** 7th Southern Exposure, 14th Bill Pollard Back Porch Country, 21st The Fabulous Troubadours, 28th Bill Pollard Back Porch Country.

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.

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.**

SEPTEMBER Programs at 11 a.m.:

4th - Bob Bridwell speaks about the City of Sanford Bond Referendum for Greenway & Trails, Parks & Recreation, Streetscape & Pedestrian Improvement, Sidewalk Improvement
6th - Grandparents Day
9th - Home & Community Care Hospice
11th - 9/11 Remembrance
13th - SHIP...We are Not a Boat, with Janice Holmes
17th - Sassy Red Hatters
18th - Miller Boles with Refreshments
20th - Fraud Prevention with Barbara Bennett, NC Sec. of State's Office
24th - SHIP...We are Not a Boat, with Janice Holmes
25th - What to Recycle, with Joe Cherry from Lee Co. Solid Waste
27th - Extra Bingo!



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.

Bible Study meets every Monday at 10:30 am with facilitators Joyce Billings and Hubert Stacker. Open to the general public.

FREE Computer Classes for Beginners

Wednesdays beginning September 4 at 10:30 am with **Instructor Mark Coggins**. Class will include: keyboard and mouse instruction, Internet introduction, how to use Google and Yahoo, Internet safety, email and much more. Registration is required, as space is limited. Call (919) 776-0501 ext. 2201.

Retirement Matters - Be ready when the time is right for you! Tuesday, October 15 at 6 pm with **Thomas Rosser, Jr., LUTCF**, Financial Representative. Education and information only. All adults welcome. Call (919) 776-0501 ext. 2201 to register. A lite dinner will be served.



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 Mon., Sept. 2, 2013
 in observance of Labor Day.**

**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**

Happy 65th Birthday! Medicare is next...

now what? On Thursday, September 12 at 6:00 pm,
 an informational program will be presented explaining
 Medicare and all that comes along with it. Program is
 presented by SHIP, the Seniors Health Insurance
 Information Program. To register or for more information,
 please contact The Enrichment Center at (919) 776-0501
 Ext. 2201.

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.**

SHIP - We are not a boat!

**Friday, September 13 at 11 a.m.
 and Tuesday, September 24 at 10 a.m.**
**Janice Holmes, SHIP Coordinator for Lee County,
 will explain the program and how it can help you!
 Registration not required.**