

The Center Post

Volume 23

APRIL 2014

**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...***

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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.

2014 VOLUNTEER APPRECIATION DINNER

Tuesday, April 1, 2014

Laissez les bon temps rouler!
(Let the good times roll!)

**Join us as we celebrate our
WONDERFUL Volunteers!**

Doors open at 5:30 p.m.

Please RSVP by calling 919-776-0501 ext. 2201.
ONE additional ticket may be purchased for \$8.00.
Reservations and payments required before the event!



Volunteering is a selfless activity that
promotes good or improved quality of
life for the recipient
as well as the volunteer.

Volunteers are key to the success of
programs and services at The
Enrichment Center! **THANK YOU!**

SENIOR CENTERS ~ Experts at Living Well

Our volunteers at The Enrichment Center use their personal skills and even develop some new ones along the way! Youth and adult volunteers give of their time at The Center for development, socialization, and fun. It can even establish contacts for possible employment. Volunteers give their time on a regular and as-needed basis.

Call Janice today at 919-776-0501 ext. 2206 if you are interested in volunteering.

These volunteers assist our **Social Work Department** with various needs such as housing and home repair, and delivery to Angel Tree recipients. **Mark Ariy, Bill Carter, Fred Glass, Joe Lanier, Willis McNeill, Andy Siegner, Richard Holshouser, John Lyczkowski, Brian Lyczkowski, Daniel Egbert, Pat Vanderhoek, Charles Sylvant, Michael Carter, Amanda Rodgers, Bob Smith, Joyce Smith, Ernest Murchison and Jimmy McInnis.**

Senior Services Advisory Board members are appointed by the Lee County Commissioners and are responsible for reviewing policies, fiscal budget, grants, center programs and services and assist with building rental requests. **Woody Beale, Karen Oldham, Alice Beardslee, Janet Fasick, Brenda Ingram, Donese Pulley, Jim Payne, Jim Turner, Esther Siler, Commissioner Ricky Frazier and Mary Upchurch.**

Support Groups Leaders. **Linda Moore, Marge Kanning, Nora Gunter, Bob Brickhouse, Joy Phillips Murphy, Arnie Kreisberg, Gail Valentine, Carol Atwood, Rosemary McLeod and Theresa Miller.**

Caregiver Time Out volunteers are available on Tuesday afternoons to offer a break to caregivers. **Dorothy Matthews, Madison Carter, Donna Kelly and Willie Jourdan.**

Saturday Night Dance Volunteers are responsible for securing the bands, refreshments and set up of the dance held every Saturday night at 7 p.m. **Harold Harrington, Ron Klepper, Jim Foster, Mary Foster, Lois Moore, Bob Bolsinger, Bev Bolsinger, Sidney Dean, Shirley Dean, Carl Nunnery, Mary Nunnery, Ruth Lerche and Peggy Lanier.**

Enrichment Center, Inc. Board members are responsible for overseeing the expenditures of private donations. **Bud Greene, Tom Joyner, James Emerson, Ruby McSwain, Margaret Murchison, Bob Will, June Gunter, Janice Scoins, Jeff Ward, Jim Foster, Bob Garrett, Allison Goodwin, Cheryl Clegg and Lee Setzer.**

The following volunteers are responsible for planning and implementing the **Senior Games of Lee County** program. Local games are held in May and State Finals in September and October. **Bob Garrett, Mike Neal, John Payne, Bill Shuey and Jim Turner.**

Nifty Noggins volunteers make coverings for "smart" heads. The coverings are free to cancer patients. From classy berets to handy bandannas, this group has it "covered." **Ann Beale, Darlene Christiansen, Leona Cox, Mary Parker, Sue Wagenhauser, Marian Carlson and Eva Warrick.**

S.H.I.I.P. (Seniors' Health Insurance Information Program) volunteers help Lee County citizens with questions regarding Medicare, Medicare Prescription Drug Plan, Medicare bills and supplemental insurance policies. **George Miller and Jim Glines.**

These volunteers represent Lee County older adults at the **Area Agency on Aging's Advisory Board.** **Mary Upchurch, Esther Siler, Donese Pulley and Karen Oldham.**

Tax Aide Volunteers assist older, low to moderate income people with their income tax filing. The service is free and provided in cooperation with AARP and the IRS. **Carole Barnette, Robena Black, Judy Barton, Robyn Carpenter, Louise Cox, Nancy Johnson, John Koneski, Henry Merritt, Jim Payne, Vickey Sistare, Joyce Smith, Billy Tew, George Thompson, Gayle Anderson, Larry Foran, Mary Upchurch, Patricia Garrett and David Kennedy.**

These volunteers represent Lee County older adults at the **Senior Tarheel Legislature**, which was created by the NC General Assembly in 1993 to provide seniors a voice on matters being considered by NC General Assembly, promote citizen involvement and advocacy concerning aging issues and assess the legislative needs of older citizens. **Mary Upchurch and Esther Siler (Alternate).**

Cookie Cutters Volunteers are the ones to thank for the delicious homemade cookies that are often served at the Center. *Ruth Conder, Donna Jackson, Diane Davis and Sylvia Thomas.*

The **front desk** area of The Enrichment Center is an extremely busy place. From greeting guests as they arrive, answering the ever-ringing phone, and directing guests to the various activities, these volunteers are very much appreciated. *Joyce Billings, Judy Warf and Linda Battle.*

These **volunteers assist with various events** that are held each year, such as the Gay 90's luncheon, the Boomer and Senior Caregiver Expo and the Alzheimer's conference. *Betsy Jungkind, Jim Payne, Vivian McRae, Ruth Conder, Brenda Ingram, Janet Fasick, Peggy Rowles, George Miller, Theresa Miller, Esther Siler, Mary Upchurch, Bud Greene, Mark Coggins, Kathy St. Clair, Hugh Pembleton, Ginny Pembleton, Gladys Thomas, Frank Kaufman, Charles Stone, Melvin Griffin, Patricia Edmonds, Maria Rodriguez, George McBryde, Dora McCutchen, Janice Scoins, David Piggie, Linda Rapp, Joyce Smith, Ollie McLucas, Alberta Williams, Linda Battle, David Kennedy, Judy Warf, Margaret Cox, Arnie Kreisberg, Nancy McLendon, Charlene Watson and Pat Maguire.*

BINGO Volunteers are responsible for the coordination of BINGO games. *George A. McBride and Earl Thompson.*

Much to the delight of our **Diners' Club** participants, these volunteers regularly share exercise & dancing activities, Bible study, and music. *Shirley Buchanan, Robert Lewandowski, Patricia Lewandowski, Joyce Billings, Laurence Poindexter, Jim Annis, Elba Annis and Mark Coggins.*

Administrative Volunteer assists staff members when needed-everything from tallying survey results to making phone calls to alert participants to upcoming events and activities. *Linda Rapp.*

Fitness Room Volunteers assist with fitness orientations, fill in for instructors, and keep towels in the fitness room for participants. *Carol Bates, Trudy Forrest and Carol Battersby.*

CENTER POST volunteers meet the last Wednesday of every month to fold, tape and label approximately 350 newsletters for bulk mail out. *Ruby Belsma, Ruth Conder and Jennifer Kelly.*

Diners' Club Volunteers assist Monday through Friday in taking lunch meals to the tables, overseeing donations and reservations for the following day's lunch. *Joyce Billings, Earl Thompson, Alberta Williams, Maria Rodriguez, James Baker, Frank Kaufman, Barbara Miller, Maggie Siara, Mary Chalmers, Carol Giles, Joyce Smith, Patricia Edmonds, David Piggie, Dorothy Matthews, Curtis Champion, Delphine Walters, Linda Nelson, Melvin Griffin, Mary MacDonald, Peggie Goodbar, and Ed Barkwell.*

Volunteer Program Facilitators regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Dot Boaz, Mark Coggins, Norman Findley, Robena Black, Carolyn Arnold, Richard Palmer, Margaret Murchison, June Gunter, Pam Rose, Phil Bruce, Susan Hooper, Judy McDonald, Shirley Buchanan, Brenda Ingram, Ruth Conder, Laurence Poindexter, Virginia Mattson, Jerry Batchelor, Sandy Scott, Cornelia Olive, Peggy Rowles, Earl Thompson, Ann Beale, Don Schreiner, Barbara Bedore, Hubert Stacker, Joyce Billings, Betsy Jungkind, Priscilla Tarleton, Alberta Williams, George Miller, Theresa Miller, Rosemary McLeod, Louise Ross, Joyce Smith, Virginia Vick, Sylvia Thomas, Donna Patton, Barbara Bentley and Mike Bentley.*

In the past year, **Home Delivered Meal Volunteers** delivered more than 6,400 hot lunches to homebound older adults in Lee County. Approximately 30 clients on 4 routes are served each day, Monday through Friday. *Judy Warf, Jack Warf, Dan Jones, Jerry Kennedy, Nancy Kennedy, Hugh Pembleton, Ginny Pembleton, Eric Pittard, Eugene Rackley, Don Roundy, Ginny Roundy, Sam Sillaman, Bob Smith, Joyce Smith, Jim Payne, Norbert Miller, John Corbett, Donna Corbett, Kathy St. Clair, Jeff Ward, Janice Scoins, Judy Garner, Gayle Matthews, William Matthews, Robbie Castleberry, William Henning, Velma Rogers, Geneva Frye, Georgia Garner, Betsy Jungkind, Candy Cole, David Aycock, Maureen Aycock, Mike Bentley and Rosemary McLeod.*



*You are cordially
invited to a
reception
honoring*

Kaye Hall Cummings

and

Timothy Luke Fowler

*Recipients of the 2014 Governor's Award
for Outstanding
Volunteer Service for Lee County*

The reception will be held

*Thursday, April 10, 2014
beginning at 9:00 am*

*At The Enrichment Center
1615 S. Third Street, Sanford, NC
Refreshments will be served.*

Please register by calling 919-776-0501 Ext. 2201.

**The following groups are open
to the general public
and registration is not required.**

Mexican Train Dominos meets the 2nd and 4th Tuesday, 2:00 p.m. - 4:00 p.m.

S.A.P. - Sanford Area Photography meets the 3rd Thursday of the month at 6:00 p.m. Come and share ideas and methods with fellow photographers. Contact Bob Smith at 919-498-0621.

Canasta meets every Friday, 12:30 p.m. - 4:00 p.m. with Instructor Carolyn Arnold.

4th Wednesday Cards, 2:00 p.m. - 5:00 p.m. Bring cards and friends and play the game of your choice.

Hand N Foot, a form of Canasta, meets Mondays, 12:30 p.m. - 4:00 p.m. with Facilitator Donna Patton.



Early Bird Registration
April 1 - 20, 2014.
Registration accepted
through Wed., April
30. Games held May
12 - 25, 2014. Opening
Ceremonies and dinner
Tuesday, May 13,
2014.

Sponsored Locally By:



**Sponsorship of fees by request. Made possible by Health
Promotion/Disease Prevention Grant Funds.**

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!**



Bible Study - Mondays at 10:30 a.m. with facilitators **Joyce Billings and Hubert Stacker**. Open to the general public.

Legal Aid of NC, Inc. - First Wednesday of the month 9:00 a.m. - 12:00 p.m. at The Enrichment Center. Appointments preferred. For more information call 1-800-672-5834.



AARP
Smart Driver Course
 Thursday, April 3, 2014
 9:30 a.m. - 2:00 p.m.
 AARP Members - \$15.00
 Non - Members - \$20.00

AARP Instructor Phil Bruce

This course includes: Safe strategies to reduce the likelihood of a crash; increasing confidence; driving safely while sharing the road with others; new safety and advance features in vehicles; understanding when driving may no longer be safe. Effective January 2014 this curriculum has been revised into a new guidebook. No formal lunch break; bring a bagged lunch or snack. Registration is required call 919-776-0501 ext. 2201.



We need you and so does The Helping Fund! Co-sponsored by Miller-Boles Funeral Home Join us **Thursday, April 17** for our Cards & Games Party, 2:00 p.m. - 5:00 p.m. and/or 7:00 p.m. - 9:00 p.m. \$4 per person, per session. 100% of all dollars raised at the party assist Lee County older

adults who are in a crisis situation with fuel, electricity and other necessities of life. Enjoy refreshments, door prizes and fellowship! Register by calling 919-776-0501 ext. 2201.

Saturday Nite Dance - Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for APRIL: 5TH—Southern Exposure, 12th—Bill Pollard Back Porch Country, 19th—NO DANCE—Easter, 26th—The Fabulous Troubadours.**

Saturday Nite Dance Group is sponsoring a trip to Cherokee on June 17, 2014. Leaving Riverbirch Shopping Center in Sanford at 6:00 a.m. and returning that evening. Cost is \$55 per person with a \$25 coin bonus. For more information and to register contact Ron Klepper at 919-777-9956.

A Novel Approach - Meeting Tuesday, April 8 at 12:00 p.m. to discuss Caleb's Crossing by Geraldine Brooks. The group is open to the general public.

Veteran's Remembrance Group - Wednesday, April 9 at 2:00 p.m. Registration encouraged, call 919-776-0501 ext. 2201.

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

Diner 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: Spaghetti, marinated chicken, 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.

APRIL 2014 Programs at 11 a.m.:

2nd—UNC Student Nurses
 4th—Learn about Westfield & Liberty Commons, Lark Owens
 7th—Crafty Creators
 9th—UNC Student Nurses
 11th—Easter Fashion Show
 15th—Sassy Red Hatters
 16th—Miller Boles Visits
 16th—Student Nurses
 23rd—Medi Home Health, Debra Chapman
 25th—Extra Bingo
 30th—5 Wishes, Rhonda Jewel, United Hospice

CRAFTY CREATORS

Homemade craft items will be for sale the first Monday of each month in the Diner's Club, 10:00 a.m. - 11:30 a.m.

If you are a Diner's Club participant and have a craft you would like to sell contact **Carole Nicely** at 919-776-0501 ext. 2205.



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.

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.**

corner

caregiver



Dear Family Caregivers,

Dear Family Caregivers,

I just want to remind you of our Caregiver Education Conference with Alzheimers North Carolina, Inc.

"Empowered Caregiving-Dementia Education, Resources and Support" on Tuesday, April 8th at the Dennis W. Wicker Civic Center.

Alzheimer's Disease is one type of dementia. It is a progressive and terminal disease. The changes typically occur slowly, over months and years not hours and days.

We all have forgetful moments but it is wise to be aware of early signs of Alzheimer's by **Alzheimers North Carolina, Inc.**

- * Memory loss of recent events and information
- * Confusion about place and time
- * Familiar tasks become challenging
- * Trouble finding words, finishing thoughts and sentences, following directions
- * Decreased reasoning ability and altered judgment
- * Changes in mood and personality, frequent mood swings, disinterest or withdrawal, suspicion
- * Difficulty with complex mental tasks, planning, problem solving

If you would like more information on this disease go to alznc.org. Remember, early detection does matter.

Sincerely,

Judi, Family Caregiver Specialist

Sanford/Lee County Stroke Support Group

Thursday, April 10, at 1:00 p.m. 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.**

Grancare, a support group for grandparents and other relatives raising grandchildren, will meet Thursday, April 10 at 12:00 noon with **Guest Speaker Sgt. Dana Elliott, Lee County Sheriff's Dept.** "The Drug Scene: What's Really Going on & How to Guide Your Grandchildren to Make Right Choices." Lunch will be served and reservations are required. Call 919-776-0501 ext. 2230.

DATE CHANGE FOR APRIL ONLY: The Grief Support Group will meet April 10, which is the 2nd Thursday, at 1:00 p.m. **Facilitator: Linda Moore, MSN.** The groups provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

Caregiver Time Out!

Every Tuesday 1:00 p.m. - 3:00 p.m.

Are you a Family caregiver who needs a break from your caregiving responsibilities? If so, you may want to take advantage of The Enrichment Center Caregiver Time Out program. It gives caregivers a chance to take a break while their loved ones socialize and participate in group activities and chair exercises. The program is free for qualifying participants and is held on Tuesdays, from 1:00 p.m. - 3:00 p.m. ***If you are interested or would like more information call 919-776-0501, Ext. 2230 and let us help you be the best caregiver YOU can be!***

Alzheimer's Support Group meets the first Thursday at 2:30 p.m. and offers support, advice and understanding to caregivers as well as family and friends of Alzheimer's patients. Come familiarize yourself with this overwhelming disease, learn about community resources and help yourself and others deal with the present and plan for the future. **Judi Womack & Arnie Kreisberg, Facilitators.**

"ANGELS" Angels Now Getting Empathy, Love & Support meets the 2nd and 4th Tuesday at 6:00 p.m.

This group provides a forum for families and friends of individuals caring for loved ones. "ANGELS" shares experiences, information, discuss mutual problems and learn coping skills. **Gail Valentine, Facilitator.**

SAVE THESE DATES!



Wednesday, August 27, 2014

Boomer, Senior & Caregiver Expo

We are now accepting sponsorships and vendor requests. Contact Judi Womack at 919-776-0501 ext. 2230. Look at photos from Expo 2013 at www.leecountync.gov/ec.

Saturday, October 11, 2014

**Alzheimer's Walk
& 5K Race to Remember
Kiwanis Family Park**

**1800 Wicker St., Sanford, NC
Now accepting sponsorships and teams. For further details contact Judi at 919-776-0501 ext. 2230.**



Let's travel in 2014!

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



Monday-Friday May 5-9 Nashville Show Trip

5 days and 4 nights in the home of Country Music! The Grand Ole Opry, Country Music Hall of Fame, a behind the scenes tour of the Grand Ole Opry and much more await!

Tuesday, June 10 Groovin' at The Barn Dinner

Theatre This show will take you on a musical trip through the 60's and 70's. Delicious meal included!

Tuesday, October 21 The NC State Fair

This is the day devoted to YOU! Special events are planned for the day.

Saturday, December 13 The Real Christmas Story and The Billy Graham Library

Watch as Old Jerusalem comes to life as NarroWay Productions recreates **The Real Christmas Story**. Then we are off to **The Billy Graham Library** to experience highlights of Billy's amazing life and all the magic of the season.

Tuesday, December 16 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". Dinner included.

**Trip Gift Certificates
are available!
Birthday ~ Anniversary
Mother's Day
Father's Day
Or Just Because!
Come by The Center
or call
919-776-0501 ext. 2201.**



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).**

Veteran's Designation on North Carolina Driver's License

On March 7, 2014, demonstrating veteran status became a reality and is as simple as showing a NC driver's license. Veterans who have been honorably discharged from any branch of the U.S. Military can now get "VETERAN" designation on their license.

Any Department of Motor Vehicle office can issue the new license. A veteran does not have to wait until renewal if they wish to obtain a "VETERAN" designated license. To apply, an honorably discharged veteran must apply in person to any DMV office and present the following documents:

- ♦ Current driver's license
- ♦ DD214 - can be a copy as long as not altered
- ♦ \$10, same as duplicate license

The new driver's license will be mailed to the veteran within 8-10 days.



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 Friday, April 18, 2014
 for 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.**

**Rex UNC Healthcare Mobile
 Mammography will be at The
 Enrichment Center** Friday, May 2, 2014, 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 919-718-4640 ext. 5317. Registration
 forms are due by April 15, 2014.**

**Happy 65th Birthday! Medicare is
 next...now what?!?! Not sure what Medicare is,
 what Medicare costs and what Medicare pays? Why am I
 getting so much mail? What are my choices? Answers
 are available! An informational presentation is planned for
 Thursday, May 22, 2014 at 6:00 p.m. Program is brought
 to you by **SHIP, Seniors Health Insurance Information
 Program, a division of the NC Dept. of Insurance.** To
 register or for more information call 919-776-0501 ext.
 2201.**

Gay 90's Luncheon 2014

*Our Annual Gay 90's Luncheon will be held on Wednesday,
 May 21, 2014 at 12:00 noon at The Enrichment Center.
 This luncheon is hosted each year to honor Lee County
 residents age 90 years and better. If you or someone you
 know wishes to attend please
 contact Debbie Williams at 919-776-0501 ext. 2203.
 In 2013 over 70 ladies and 40 men were honored. It's a very
 special time in which to share
 with some of Lee County's most valued older adults.
Registration is required.*

