

The Center Post

Volume 23

AUGUST 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...**

- ◆ **BSCG Expo
Schedule of Events
& Health
Screenings, pg. 2**
- ◆ **Recruit a Vet, pg. 3**
- ◆ **Living Healthy with
Diabetes, pg. 3**
- ◆ **The Diners Club, A
Daily Celebration,
pg. 4**
- ◆ **Alzheimer's Disease
& Dementia
Education Classes,
pg. 5**

*"Come Celebrate
Living Well"*
12th Annual

**Presented by
The Enrichment
Center of Lee
County
NC Certified
Senior Center of
Excellence**



**Wednesday
August 27,
2014**

**10 am - 2:30 p.m.
Dennis A. Wicker
Civic Center
1801 Nash Street
Sanford, NC**

**Free Admission!
All Adults Welcome!**

The premier event in the area catering to this market!

- 100+ Vendors
- Educational Seminars
- Massages
- 20+ Health Screenings
- Bingo
- Painting Workshop
- Hourly Prize Giveaways
- Manicures & Hair Cuts
- Grand Prizes



Lead Sponsors



**AMMONS
CHIROPRACTIC
CLINIC**



HOME CARE
at ST. JOSEPH of the PINES



Platinum Sponsors

The Sanford Herald

**The Bayberry
Retirement Inn**

Total LifeCare

**NORTH CAROLINA
SMP
Empowering Seniors To
Prevent Healthcare Fraud**

**WLEC-FM
Life 103.3**

**FAMILY
CHIROPRACTIC
CENTER PA.**

**WVGP
AMIGO**

**WFLA
CLASSIC HITS
103.5**

OutreachNC

**FirstHealth
OF THE CAROLINAS**

**Thompson
Chiropractic Center**

**Walgreens
AT THE CORNER OF HAPPY & HEALTHY**

Gold Sponsors

**Griswold Home Care ~ First Bank ~ Cambridge Hills Assisted Living ~ Carolina Eye Associates
United Assist Medical Supply ~ Peak Resources-Pinelake ~ Dargan Moore/Edward Jones
CaptionCall ~ Quality Home Healthcare ~ THRIVENT FINANCIAL ~ Modern Woodmen of America
Laurels of Chatham ~ Health Innovations**

2014 Schedule Of Events



9:45 a.m. **WELCOME** - OPENING CEREMONY
& RIBBON CUTTING (Front Entrance)

10:30 a.m. **"How Your Health Affects Your Hearing"**
Dr. Angela Bright Pearson, Bright Audiology
(Auditorium)

10:30 a.m. **"Advances in Orthopedic Treatment of Hip and Knee Degeneration"** Dr. Andrew Bush, Central Carolina Hospital
(Classroom 102)

11:05 a.m. **"All Hospice Has to Offer: It's about Living Well"**
Meg Moss, Hospice Care Consultant, Community Home Care & Hospice
(Auditorium)

11:05 a.m. **"Balance and Prevention"** Ginny Barbour, Physical Therapist, FirstHealth of The Carolinas
(Classroom 102)

11:35 a.m. **"Food as Medicine: Dietary Approaches to Stop Hypertension - The Dash Eating Plan"** Brittany Ferguson, RD, LDW, Central Carolina Hospital (Auditorium)

11:35 a.m. **"Health Care and Your Retirement"**
Dargan Moore, Edward Jones (Classroom 102)

12:05 p.m. **"Medicare 101"** Michele Beasley, Director, Billing & Finance, Sanford Health & Rehab (Auditorium)

12:05 p.m. **"Lung Cancer Screening Guidelines"**
Dr. Sonal Arora, Pulmonologist, Pinehurst Medical Clinic
(Classroom 102)

12:35 p.m. **"Silver Sneaker Program"** Diane Foushee & Wanda Harrington, Carolina Women's Fitness & Olympic Fitness
(Auditorium)

12:35 p.m. **"Is This Normal or Something More? The Warning Signs of Dementia"** Melanie Bunn, RN, Dementia Specialist, Alzheimers NC (Classroom 102)

1:05 p.m. **"Are You Kidding? Now What Do I Do?"**
Sandra Bridges, First Choice Homecare & Brenda Weaver, Lee County Social Services (Auditorium)

1:35 p.m. **"Finding the Right Place...When It's Time to Transition"** Deanna Heck, RN, St. Joseph of the Pines Home Care (Auditorium)

1:35 p.m. **"Advanced Directives"** Wendy Tomzack, MSW, Liberty Health Management (Classroom 102)

2:30 p.m. **GRAND DOOR PRIZE (MAIN HALL)**
BINGO 10 a.m. - 2 p.m. WITH PRIZES (CLASSROOM 103)
Sponsored by Central Carolina Hospital Auxiliary
Sheriff's Department Serving Ice Cream 11:00 a.m. and 1:00 p.m. (OUTSIDE)

2014 FREE Health Screenings

Central Carolina Hospital

CHOLESTEROL, BLOOD GLUCOSE, BODY MASS, BODY FAT PERCENTAGE, BONE DENSITY MEASUREMENT, PULMONARY FUNCTION TEST ASSESSMENT, ASK THE PHYSICAL THERAPIST, NUTRITION - ASK THE DIETICIAN, ASK THE PHARMACIST, BLOOD PRESSURE, BREAST HEALTH, CPR (CARDIO PULMONARY RESESUTATION) DEMONSTRATION, CARDIAC AND STROKE AWARENESS

Bright Audiology

HEARING SCREENING

Sanford Nautilus

BODY FAT

Walgreens

ASK THE PHARMACIST, FLU SHOTS, & BLOOD PRESSURE

Ammons Chiropractic Clinic

SPINAL AND POSTURE SCREENING

Carolina Women's Fitness Center

HEIGHT AND WEIGHT

Carolina Eye Associates

VISION SCREENING

Linda Moore, RN, MSN & Katie Thomas, MSW, P/LCSW

DEPRESSION ASSESSMENT

Chatham Social Health Council

HIV, SYPHILIS AND HEPATITIS C

Alzheimer's Disease Research Center

Duke University Medical

MEMORY SCREENING

Pinehurst Medical Clinic

BONE DENSITY

FirstHealth Behavioral Services

STRESS TEST

St. Joseph of the Pines Outreach Dental Semi-Truck

ADULT DENTAL

iOIL

HEALTH ASSESSMENT SCANS

Thank You Silver Sponsors Of the 2014 Boomer, Senior & Caregiver Expo!

AAA Vacations, Duke Cardiology of Sanford,
Performance Rehabilitation, Pinehurst Medical Clinic,
Mary Kay Cosmetics, Miller Boles Funeral Home,
Central Electric Membership, Rainbow Distributors,
Gary Tyner Insurance (Allstate),
Advance Hearing Care, Family Eye Care Optometry,
Spring Arbor Assisted Living,
Confident Home Solutions, iOIL, Adcock Real Estate,
Digital Benefit Advisors,
Emerald Health and Rehab Center



LIVING HEALTHY WITH DIABETES

*An evidenced based class
developed by Stanford University*

FREE - No Charge!
Contributions Accepted

- ⇒ 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

Thursdays, August 28 - October 2, 2014

2:00 p.m. - 4:30 p.m.

At The Enrichment Center

Instructors: Debbie Williams & Carole Nicely

Class size limited to 12.

Call 919-776-0501 ext. 2201 today to register.

Caring Connections Cancer Support Group

First Monday from 10:00 a.m. to 11:30 a.m. Facilitated by
Community Home Care & Hospice. Open to the general public.

Chair Massage



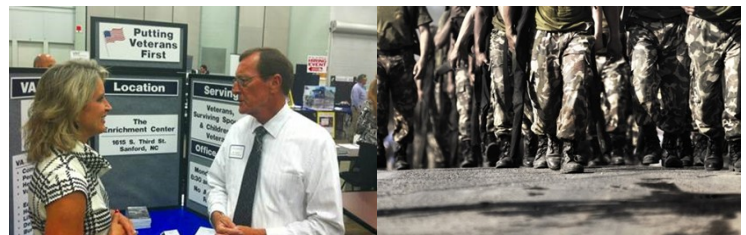
**Thursdays and Fridays
in August**
9:00 a.m. - 4:00 p.m.
Body Therapy Institute
Student Interns
Appointment Required
Call 919-776-0501 ext. 2201

Recruit-A-Vet Employment Fair

Answer The Call, They Did

... Hire a Vet

Hosted by Congresswoman Renee Ellmers



For all of the sacrifices made by our military as they serve our country, we need to do everything possible to ensure they have the best career opportunities available when they return home.

We owe our veterans gratitude for their service
to insure our freedoms.

August 13, 2014

10:00 AM – 1:00 PM

The Dennis Wicker Center

1801 Nash Street, Sanford, NC

**Contact – Pat Fitzgerald 910.230.1910 or
pat.fitzgerald@mail.house.gov**

Sanford/Lee County Stroke Support Group

Thursday, August 14, 2014 at 6:00 p.m. at The Enrichment Center. **NOTE TIME CHANGE FOR THIS MEETING.** Dr. David Throneburg will talk about how stroke can affect your eyes and maintaining healthier eyes. Open to the general public. This group offers networking, education and motivation to stroke survivors and their family caregivers. **Joy Phillips Murphy, Facilitator.**

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.



Tuesday, October 21 *The NC State Fair* This is the day devoted to YOU! Special events are planned for the day.

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.

Volunteers Needed

Would you like to make a difference in someone's life?

Boomer, Senior & Caregiver Expo volunteers are needed! Wed., August 27, 2014 is the BIG DAY! Volunteers are needed to assist with set up, clean up, vendor assistance, registration and information. REMINDER: Our volunteers are allowed into the BSCG Expo 1 hour before the public!

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.

If you need further details or would like to volunteer at The Enrichment Center, contact Janice Holmes, Volunteer Services Coordinator, 919-776-0501 ext. 2206.

You may also view volunteer service opportunities by going to www.volunteerlee.com to see what is available in our community. There are various opportunities for all ages!

Saturday Nite Dance - Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for August:** 2nd *Southern Exposure*, 9th—*Bill Pollard Back Porch Country*, 16th—*The Fabulous Troubadours*, 23rd—*Southern Exposure*, 30th—*NO DANCE-Labor Day Holiday*.

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:** Pork chop, chef salad, lasagna, marinated chicken, vegetables, fruit, bread, 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.*

August 2014 Programs at 11 a.m.:

1st—10:30 a.m. All About Scams, Lee Co. Sheriff's Dept.
4th—Crafty Creators!
6th—Laurence Poindexter Singing & Playing Guitar
6th—Walking Club
8th—Back to School Program with Debbie & Carole
12th—Blood Pressure Checks by Community Home Care & Hospice
13th—Walking Club
15th—Diabetic Education
19th—Sassy Red Hatters
20th—Miller Boles Serving Refreshments
22nd—Stroke Information by Joy Murphy
27th—Boomer, Senior & Caregiver Expo—NO Diners Club
29th—End of Summer Picnic & Games

Water Aerobics will be held through mid September.

Classes are held Mondays/Wednesdays/Fridays at 11:00 a.m. and Mondays/Wednesdays at 5:30 p.m. at OT Sloan Pool. Cost is \$10 per month. The first class is always FREE! Register now at The Enrichment Center. Open to all adults. Priority given to baby boomers and better.

Yada Yada Sisters, Tuesday, August 5, 2014 at 5:00 p.m. Bring your favorite sandwich. After eating stay to 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.* Call 919-776-0501 ext. 2201 to register.

FREE Financial Counseling Available

Richard L. Palmer, ChFC, Volunteer Financial Counselor, is available by appointment at The Enrichment Center to discuss and help you better understand your personal financial situation. Meetings will be held in the strictest of confidence and are not intended to replace a financial or legal professional. Call 919-776-0501 ext. 2201 for an appointment.

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

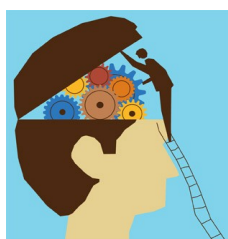
You are invited to join us for our 12th Annual Boomer, Senior and Caregiver Expo on Wednesday, August 27, 2014 at the Dennis A. Wicker Civic Center from 10 am-2:30 pm.

Celebrate Living Well at the premier exhibition event where you can learn hundreds of ways to improve your health and extend your life.

This is a perfect opportunity for family caregivers to gather information, product and resources for themselves and their loved ones. At the Expo, you can learn and explore options available in comfort living, travel, housing, medical programs, leisure activities, community and government services, healthy living and much more!

Looking forward to seeing you! - Judi, Caregiver Specialist

Attention Family Caregivers We offer you two (2) hours of respite each Tuesday here at The Enrichment Center from 1:00 p.m. to 3:00 p.m. This allows you time away and offers crafts, snacks, cognitive stimulation and socialization to the care recipient. This program is staffed by our Family Caregiver Specialist and volunteers that serve 8-12 clients each Tuesday. Our program has grown continuously in the past year. This is a free program for all family caregivers and is made possible by the **National Family Caregiver Grant**. Contributions are accepted. For more information contact Judi at 919-776-0501 ext. 2230.



Brain Health as You Age

**Get the latest information
on this hot topic!**

Thursday, August 7, 2014 at 2:30 p.m.

Bobbi Matchar, MSW, MHA

Duke Family Support Program (Project Care)

Refreshments will be served and registration is not required. This program is sponsored by the Alzheimer's Support Group.

ANGELS— Angels Now Getting Empathy, Love and Support. All family caregivers are welcome to join us for fellowship, support and refreshments. We meet the 2nd and 4th Tuesday of each month at 6:00 p.m. at the Enrichment Center. **Gail Valentine, Facilitator.**

Alzheimer's & Dementia Educational Classes

Tuesdays

September 2 - October 7, 2014

5:30 p.m. - 7:30 p.m.

The Enrichment Center

1615 S. Third St., Sanford

Registration requested.

Call 919-776-0501 ext. 2230.

Do you find yourself asking,

Is it Alzheimer's? Can I legally do that?

Can we financially handle this?

I'm losing my mind lately!

Can you help me find it?

**Through information presented by professionals,
you will walk away with answers, confidence,
knowledge and resources.**

September 2nd

**The Basics of Alzheimer's
Disease and Dementia**

Dr. Karen Sullivan, PhD
Psychologist

September 23rd

**Emotions, Behaviors and
Communication**

Melanie Bunn, RN, Dementia
Specialist,
Alzheimers NC, Inc.

September 9th

**Disclosure and Changing
Relationships**

Trish Orr, MS, Geriatric Care
Manager, Aging Outreach
Services, Inc.

September 30th

Medications

Charity Dodson, Phar.D.
Amy McDonald, Phar.D.
Medicine Park Pharmacy

September 16th

**Legal and Financial
Planning**

Bob Mason,
Elder Law Attorney

October 7th

**Maintaining Independence
and Exercise**

Malene Blair,
Occupational Therapist,
Liberty Healthcare Group

“FAMILY CAREGIVER AWARD”
NOMINATION FORM

**Families and friends caring for individuals are very special people!
We invite you to nominate someone
for our 2014 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. _____

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

Please send completed form to:
The Enrichment Center of Lee County
1615 S. Third Street, Sanford, NC 27330
Attention: Judi Womack, Family Caregiver Specialist
Or Email jwomack@leecountync.gov (919) 776-0501 ext. 2230

Lunch & Learn with the Social Security Administration "my Social Security"

Thursday, August 21, 2014 at 12:00 Noon

Join us for an informative presentation about the NEW initiative through the Social Security Administration. A representative will explain the benefits of "my Social Security". This FREE online account allows people quick, secure access to their personal Social Security information. Bring your lunch and learn how this new program can help YOU! Cookies and lemonade will be provided. Registration requested. Call 919-776-0501 ext. 2201.



Happy 65th Birthday!!!
Medicare is next...now
what?

On Thursday, September 11 at 6:00 p.m., an informational program will be presented explaining Medicare and all that comes along with it. This program is presented by

SHIIP, the Seniors Health Insurance Information Program. To register or for more information, please contact The Enrichment Center at 919-776-0501 ext. 2201.

ATTENTION!!! 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 2015!

Assistance will be available
without an appointment on these dates:

Wednesday, October 29
Friday, November 14
Wednesday, December 3

YOU MUST BRING YOUR MEDICARE CARD
AND YOUR MEDICATIONS TO THE
WALK-IN CLINIC FOR ASSISTANCE.

Please contact Janice Holmes, SHIIP Coordinator, at 919-776-0501 ext. 2206 for an appointment. Messages will be returned within two business days and appointments fill quickly. Walk-in clinics allow us to offer SHIIP counseling to as many Lee County beneficiaries as possible.

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.

Up & Coming!

Tai Chi by the Arthritis Foundation. Instructor Peggy Rowles. Mondays and Wednesdays, September 8 - October 15, 2014. No charge. Made possible by the Health Promotion/ Disease Prevention Grant. Contributions accepted. Open to all adults. Registration required. Call 919-776-0501 ext. 2201.

FREE Hearing Screening Wednesday, September 24, 2014 from 9:00 a.m. to 1:00 p.m. by **Bright Audiology**. Registration is required. Call 919-776-0501 ext. 2201.

Rex Mobile Mammography Wednesday, October 8, 2014 at 9:00 a.m. at The Enrichment Center. To get a FREE mammogram, eligibility criteria includes: 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. **All patients must pre-register with the Lee County Health Dept.** Call 919-718-4640 ext. 5317.

Fall Festival Saturday, October 25, 2014 from 8:00 a.m. - 2:00 p.m. Crafts, woodcarvings, woodwork, jewelry painters, baked & canned goods, Christmas decorations and much more! **NEW FOR 2014:** Farmers Market, Garden & Landscaping Plants for Indoor/Outdoor.

Purchase ham biscuits, hot dogs, sausage dogs, baked goods and drinks. Proceeds from these food & drink purchases will benefit **Alzheimers NC, Inc.**

Join us on The Enrichment Center Trail at 1:00 p.m. for the **Alzheimer's Walk**. Registration 12:00 p.m. Contributions accepted on behalf of **Alzheimers NC, Inc.**

AARP Smart Driver Course Wednesday, November 12, 2014 from 9:00 a.m. - 2:00 p.m. **AARP** members \$15, non-members \$20. **AARP Instructor Phil Bruce** will cover: safe strategies to avoid a crash, increasing confidence, driving safely while sharing the road with others and much more. NO formal lunch break. Bring a bagged lunch or snack. Registration required. Call 919-776-0501 ext. 2201.

Home Delivered Meals



If you or someone
you know is in need of a
home delivered meal,



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.

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

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

The following groups will NOT meet August:

*Brick Capital Line Dance, Dixie Line Dancing,
 The Cookie Cutters, Veterans Remembrance Group,
 Nifty Noggins*

GRIEF SUPPORT GROUP the group will meet the 2nd
 Thursday in August (14th) at 1:00 p.m. They will resume 1st
 Tuesdays at 1:00 p.m. in September.

A NOVEL APPROACH book group will not meet over the
 summer and will resume Tuesday, September 9, 2014 at
 12:00 p.m. to discuss Half Broke Horses by Jeanette Walls.
 Registration is not necessary and the group is open to the
 general public.

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.

MEXICAN TRAIN DOMINOS 2nd and 4th Tuesday,
 2:00 p.m. - 4:00 p.m. We will teach you how to play!

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 Fridays, 12:30 p.m. - 4:00 p.m. with Instructor
Carolyn Arnold. We will teach you how to play!

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
 Mondays, 12:30 p.m. - 4:00 p.m. with Facilitator **Donna
 Patton**. We will teach you how to play!

BIBLE STUDY Mondays at 10:30 a.m. with facilitators
Joyce Billings and Hubert Stacker. Open to the general
 public.

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