

The Center Post

Volume 23

DECEMBER 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.

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information on...*

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**Merry
Christmas
From
The
Enrichment
Center, Inc.**



**We need your assistance
in replenishing
The Enrichment Center, Inc.
Helping Fund.**

Our Helping Fund assists lower income older adults in Lee County who are in a crisis situation with the basic necessities of life. Heating costs are expensive. Please consider making a donation to The Enrichment Center, Inc. Helping Fund. Every \$1 assists an older adult in need!

*Thank you and Merry Christmas,
Margaret Murchison, President
The Enrichment Center, Inc.
Board of Directors*

**Make checks payable to
The Enrichment Center, Inc.**

**Mail or drop off your contribution:
1615 S. Third Street, Sanford, NC
27330. Thank you for choosing The
Enrichment Center as your way of
making a difference in our community!
The Enrichment Center is a 501(c)(3)
charitable organization.
Donations are tax deductible.**

ATTENTION!

**The Medicare Part D Annual
Enrollment Period began October 15
and continues until December 7.
This is the ONLY TIME you may
change plans for 2015!**

***The final walk in-clinic for Lee
County citizens will be
Wednesday, December 3.
8:30 a.m. - 11:30 a.m.
And 1:00 p.m. - 4:00 p.m.
Assistance will be available without
an appointment.***

You MUST bring your Medicare card and your
medications to the walk-in clinic for assistance.

Please contact Janice Holmes,
SHIP Coordinator,
919-776-0501 ext. 2206.

Please keep in mind that individual
appointments are no longer available.
This clinic will allow for SHIP counseling to as
many Lee County beneficiaries as possible.

***Do you live outside of Lee County?
Medicare assistance is available in every
county in North Carolina.***

Medicare beneficiaries can call SHIP
at 1-855-408-1212 and talk with a trained
counselor who can assist them or you may
contact the office in your county.
SHIP contact numbers in neighboring
counties:

***Chatham County: 919-542-4512
Harnett County: 910-893-7579
Moore County: 910-215-0900***

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 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.

June 3 - 9, 2015 Boston, Salem and the North Shore Includes a guided tour of the historical city of Boston, a visit to the JFK Presidential Library, guided tours of Lexington, Concord and Salem. More information available at the front desk.

THANK YOU S.A.P - Sanford Area

Photography Club for displaying the beautiful pictures in our hallway. SAP meets the 3rd Thursday of each month at 6 pm. Come share ideas and methods with fellow photographers. Open to the general public.

Veterans Remembrance Group Wed., Dec. 10 at 2 p.m. with Guest Speaker Eric Pittard. Mr. Pittard will discuss his military service, including time in Vietnam. Open to the general public. All adults welcome.

ZUMBA gold! Get active with great people at the dance party workout that moves at your pace! Mondays at 6:45 p.m. \$10 per month. Or, purchase our \$25 package and attend any of the evening fitness classes! The first class is always FREE. **Contact licensed ZUMBA gold instructor Cathy Andrew at 919-776-0501 ext. 2208.**

If you are interested in a Zumba Gold class on Thursdays at 4:00 p.m. contact Cathy Andrew, 919-776-0501 ext. 2208.

Yada Yada Sisters Tues., Dec. 2 at 5 pm at 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.*

Dinner'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: 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.*

DECEMBER 2014 Programs at 11 a.m.:

3rd—Laurence Poindexter singing and playing guitar
3rd—Walking Club
5th—Extra Bingo
10th—Walking Club
10th—Refreshments with Miller Boles
12th—High Hopes Chorus
17th—Walking Club
17th—Playing Christmas Music
19th—Santa's Coming!
31st—Nat the Mad Scientist and Egor

Home Delivered Meals



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.

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.

BIBLE STUDY Mondays at 10:30 a.m. with facilitators **Joyce Billings** and **Hubert Stacker**. 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 Thurs., Dec. 11, 2014 at 10:00 a.m. If you are interested in joining the group or would like a head covering, **contact Carole at 919-776-0501 ext. 2205.**

Blood Pressure Screenings

provided by Walgreens on the 2nd Tuesday each month at The Enrichment Center 10:30 a.m. - 11:30 a.m.

corner

caregiver



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.

Caregiver Time Out Christmas Party

Tuesday, December 9 at 1:00 p.m.

Be our guest and join us for lunch, entertainment and fun for everyone! Please make reservations by calling Judi, 919-776-0501 ext. 2230.



Grancare Christmas Dinner & Party

Thursday, December 4, 2014 at 6:00 p.m.
Join us for dinner, entertainment and fun for everyone! Grandparents and their

grandchildren 15 years and under are welcome to attend.

Reservations required, call 919-776-0501 ext. 2230.

2014 Family Caregiver of the Year

Congratulations to Glen H. Lee III, recipient of the 2014 Family Caregiver of the Year.

He is a full time caregiver for his mother, who is battling Alzheimer's disease.

Glen's commitment to provide quality care is obvious. He has a passion for learning and strives to be the best at what he does. Glen's mission has always been to keep mom "happy and safe." This year's theme for the National Family Caregivers Month is "Care Comes Home" and our recipient has his mother in his home with his wife so they can enjoy family and the time spent together.

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.**

Sanford/Lee County Stroke Support Group

Thursday, Dec. 11 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.**

Parkinson's Disease Support Group

Facilitator: Bob Brickhouse & Marge Kanning

Wednesday, Nov. 19 at 10:30 a.m. Support, problem solving and education for persons with Parkinson's Disease, their families and caregivers.

Saturday Nite Dance Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for DECEMBER: 6th Southern Exposure, 13th Bill Pollard Back Porch Country, 20th The Fabulous Troubadours, 27th NO DANCE - Christmas.**

A Novel Approach The group will meet Tuesday, Dec. 9 at 12 p.m. at The Enrichment Center to discuss Mary Coin by Marisa Silver. The book for the Jan. 13 meeting will be Second Sight by Judith Orloff. Registration is not necessary and the group is open to the general public.



Tai Chi

by the Arthritis Foundation
with Instructor Peggy Rowles

Classes for beginners and advanced beginning January 2015. Cost is \$50 for 12 classes, payable at first class.

Programs are designed by the **Arthritis Foundation.**

Classes are suitable for all people with or without arthritis or other health problems. Registration required, space is limited.

Call 919-776-0501 ext. 2201.

*Merry Christmas
and Happy New Year
from the
Staff of The Enrichment Center!*



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
December 22-26, 2014 for Christmas.
January 1, 2015 for New Year's.

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

INCLEMENT WEATHER AND OPERATIONS AT THE ENRICHMENT CENTER

- ♦ If Lee County Government offices are delayed or closed, this includes Senior Services, COLTS and Veterans Service.
- ♦ Closings and delays will be announced on WRAL-TV 5, WFJA 105.5 FM, WWGP AM 1050, WLHC-FM Life 103.1 and WXXL AM1290.



Governor's Volunteer Service Award 2015

The Awards honor the true spirit of volunteerism by recognizing **individuals, groups** and **businesses** that make a significant contribution to their community through **volunteer service**. Any 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. Please return the completed forms to The Enrichment Center, 1615 S. Third Street, Sanford, NC 27330, no later than Friday, December 12, 2014. For more information contact Janice Holmes, 919-776-0501 ext. 2206.



Volunteers Needed

AARP Tax Assistance Program - Our counselors help persons with their income tax returns during Feb., Mar., and April each year at The Enrichment Center. No prior tax experience is necessary, but computer experience is helpful. Training takes place during January. If you are interested in becoming a tax volunteer please contact Nancy Johnson 919-499-5577 or email nanjohn@windstream.net.

Salvation Army - Bell Ringers are needed this Christmas season. All bell ringing takes place at Walmart, Piggly Wiggly, Hobby Lobby and JC Penney's. Contact **Chris Kelley**, Service Center Director, The Salvation Army of Lee County, 507 North Steele St., Sanford. Office: 919-718-1717, Cell: 919-669-0765.