

The Center Post

Volume 23

JANUARY/FEBRUARY 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.

**To save on cost,
the January
and February
2014
Center Post
Newsletters
have been
combined.**

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



Annual Alzheimer's and Dementia Workshop

Teepa Snow, MS, OTR/L
Dementia Care Specialist
Monday, January 6, 2014

1:00 p.m. - 4:00 p.m.
4:00 p.m. - 4:30 p.m. Questions

Dennis A. Wicker Civic Center
1801 Nash Street
Sanford, NC
Sponsored by

The Enrichment Center
NC Certified Senior Center of Excellence
FREE to the General Public
For more information
call 919-776-0501 ext. 2230.

Dementia itself is not a disease. It is a general term for a broader set of symptoms that accompany certain disease or physical conditions. Some of the degenerative diseases that cause dementia include Alzheimer's disease, vascular disease, Parkinson's disease, Huntington's disease, Frontotemporal dementia and Dementia with Lewy bodies. Other physical conditions may cause or mimic dementia such as depression, brain tumors, head injuries, nutritional deficiencies, alcoholism, drug reactions and thyroid problems. *(Taken from NC Division of Aging & Adult Services web site, 'Alzheimer's Disease and Other Dementias')*

To register or for more information,
please contact The Enrichment Center
at 919-776-0501 ext. 2201.

Happy 65th Birthday! Medicare is next...now what? Thursday, January 16, 2014 at 6:00 p.m., an informational program will be presented explaining **Medicare** and all that comes along with it. Program is presented by **SHIIP, the Seniors Health Insurance Information Program.**

FREE Beginner Ballroom Dance
Mondays, Jan. 6 - Feb. 17, 6:45 p.m. with instructor **Judith McDonald.** Class size is limited; please register!

Living Healthy with Diabetes, an evidenced-based healthy aging program, Thursdays, Jan. 23 - Feb 27, 2 p.m. with instructors **Debbie Williams and Carole Nicely.** Class size is limited; please register!

FREE Computer Classes January 2014. Call for dates and to register.

FREE Vision Screening Monday, Feb. 17, 9:00 a.m. - 12 p.m. Screening is FREE on behalf of **The Kate B. Reynolds Foundation** and **Prevent Blindness North Carolina.** Registration is required.

Black History Celebration Friday, February 28 at 10:30 a.m. in the Grand Hall. **Master of Ceremonies will be Pam Glover,** AAS, BA, MPA, Adolescent Health Coordinator of Lee County. Special music by **Mr. Wesley Holmes,** Pianist and The Singing Angel of Broadway. Guest Speaker **Evangelist Kimberly McLean.** Open to general public.

SENIOR CENTERS ~ Experts at Living Well

corner

caregiver



Dear Family Caregivers,

After the hectic pace of the holidays, a new year provides a welcome “fresh start”; a chance to adjust our habits and attitudes in ways that make us healthier and happier. As a family caregiver, a new year provides a chance to reflect on the joys and challenges of caregiving in the past year, and look for ways to make the experience more positive for both you and your loved one in the year ahead. To help you on that journey, consider some of the following for the New Year.

Ask for - and accept - help. Prepare a list of caregiving activities. When someone offers to help, refer to the list. As a family caregiver, you may feel an unrealistic expectation to “do it all.” Remember, you are only human, and you need (and deserve) all the help you can get.

Complete necessary paperwork. Take the time to discuss your loved one’s wishes for medical treatment, and get all the necessary paperwork in order to ensure those wishes will be carried out. Make sure the person under your care has a current will, trust, durable financial power of attorney (POA), as well as a medical power of attorney and advanced health care directive (sometimes called a “living will”).

Make and keep preventive care appointments. You can’t take good care of your loved one if you aren’t feeling well yourself. Be sure to keep important doctor’s appointments like mammograms and prostate screenings.

Be kind to yourself. Shake off any self-criticism or guilt that you aren’t doing all you could be doing. Remind yourself daily that you’re doing the best you can for your loved one and your family.

Learn about local resources. Most family caregivers don’t take full advantage of the support available nearby. **Start by contacting The Enrichment Center Family Caregiving Program, Medicare or Medicaid offices, and a local chapter of a national disease-specific organization.**

Like all resolutions, you are more likely to stick with your goals if you write them down, verbalize them to others and track your progress. Most importantly, acknowledge you have a lot on your plate, and be kind to yourself and set reasonable timelines for accomplishing your resolutions.

I wish you a happy and healthy New Year!

Judi, Family Caregiver Specialist

Sanford/Lee County Stroke Support Group, Thursday, January 9 & February 13, 2014 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.**

Give Yourself a Break! Powerful Tools for Caregivers Classes will be held Mondays, 3:00 p.m. - 5:00 p.m., January 13, 2014 through February 10 (no class Jan. 20-Holiday). The **Powerful Tools for Family Caregivers** program is FREE and led by a trained facilitator. Classes will provide you with tools and strategies to better handle the unique caregiver challenges you face. The tools learned in the six-week series benefit caregivers by helping reduce stress, improve caregiving confidence, establish balance, communicate needs, make tough decisions and locate helpful resources. Call Judi to register, 919-776-0501 ext. 2230.

Alzheimer’s Support Group meets the first Thursday (January 2 and February 6, 2014) 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. Facilitator Judi Womack, Caregiver Specialist. Open to the general public.

“ANGELS” Angels Now Getting Empathy, Love & Support meets the 2nd and 4th Tuesday (Jan. 14, 28 & Feb. 11, 25) 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.

Grancare Luncheon Thursday, January 9, 2014 at 12:00 p.m. with facilitator Judi Womack. Grancare is a support group for grandparents and other relatives raising grandchildren. Lunch will be served. For a reservation call Judi at 919-776-0501 ext. 2230.

Give Yourself a Break! Family Caregivers remember the first rule for caregiving is to take time out for yourself! The Family Caregiver Program offers you a break every Tuesday 1 pm - 3 pm at The Enrichment Center. Bring your loved one to our game room where they will enjoy the fellowship of others, games, crafts, bingo, word search and much more! This is a free program for all family caregivers. For more information contact Judi at 919-776-0501 ext. 2230 or email jwomack@leecountync.gov.

TAX FILING AVAILABLE BEGINNING

FEBRUARY 2014 The AARP Tax-Aide volunteers are available to file your 2013 Income Tax return at The Enrichment Center. An appointment is required. If you are interested in becoming an AARP Tax-Aide volunteer contact The Enrichment Center by calling 919-776-0501 ext. 2201.

Let's Travel

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

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.

Saturday Nite Dance - Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for JANUARY:** 4th Southern Exposure, 11th Bill Pollard Back Porch Country, 18th NO DANCE, 25th The Fabulous Troubadours. **Bands for FEBRUARY:** 1st Southern Exposure, 8th Bill Pollard Back Porch Country, 15th The Fabulous Troubadours, 22nd Bill Pollard Back Porch Country.

A Novel Approach - Tuesday, January 14 at 12:00 p.m. to discuss One Thousand White Women by Jim Fergus. Tuesday, February 11 at 12:00 p.m. to discuss Peace Like a River by Leif Enger. Registration is not necessary and the group is open to the general public.

Veteran's Remembrance Group - Wednesday, January 8 at 2:00 p.m. **Special Guest Glen Mueller.** Mr. Mueller was a member of "The Old Guard," an organization that participated in the ceremonies at the White House and elsewhere. **Wednesday, February 12** at 2:00 p.m. **Special Guest Edwin Bruner.** Mr. Bruner served 30 years in the Army. He will speak about his experiences while serving. Registration encouraged, call 919-776-0501 ext. 2201.

Bible Study - Mondays at 10:30 am 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 Thursday, Jan. 9 and Feb. 13 at 10 am. 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 - Tuesday, January 7 and Tuesday, February 4 at 5 pm. 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 the perfect opportunity to receive support and encouragement from a sister.*

Diner'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: 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.

JANUARY 2014 Programs at 11 a.m.:

3rd—Extra Bingo
6th—Crafty Creators, 10:00 a.m.
8th—Laurence Poindexter singing & playing guitar
10th—Bowling
13th—Blood pressure checks with Betsy, Community Home Care & Hospice
15th—Miller & Boles serves refreshments
17th—Games
21st—Sassy Red Hatters
22nd—Humor
24th—Extra Bingo
29th—5 Wishes, Rhonda Jewel from United Hospice
31st—Chinese New Year, Year of the Horse, "Gung hay fat choy!" means may you be prosperous

FEBRUARY 2014 Programs at 11 a.m.:

5th—Laurence Poindexter singing & playing guitar
5th—Diabetic Support Group
7th—Extra Bingo
10th—Blood pressure checks with Betsy, Community Home Care & Hospice
14th—Valentine's Day Program
18th—Sassy Red Hatters
19th—Miller Boles serves refreshments
28th—Black History Day

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,



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.*

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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
January 1, 2014 for New Year's and
January 20 for Martin Luther King Jr.'s Birthday.

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

Inclement Weather

If Lee County offices are **delayed** or **closed**, then automatically Senior Services, COLTS and Veterans Service **is** included. If Lee County Schools are **closed**, The Enrichment Center's Diner's Club and Home Delivered Meals will be **closed**. If Lee County Government Offices are **closed**, so is The Enrichment Center and all programming for that day. Closings will be announced on WRAL TV 5, WFJA 105.5 FM, WWGP, WLHC-FM Life 103.1 and WXXL 1290 AM.

North Carolina SYMPHONY

Tuesday, March 18, 2014

7:30 p.m.

**Dennis A. Wicker Civic Center
Featuring "Sketchers from Pinehurst"
Grant Llewellyn, Music Director**

Tickets:

Adult - \$24 Senior (60+) & Military - \$21 Student - \$6
Available online www.ncsymphony.org
Or locally at The Enrichment Center,
Temple Theatre Box Office & Capital Bank Locations

COLTS - County of Lee Transit System

is a coordinated transit system that provides transportation services for the general public and human service agencies in Lee County.

How To Use COLTS

Passengers who are customers of a human service agency should contact the sponsoring agency to reserve their ride.

Ridership is Available for the General Public

COLTS vehicles travel daily Monday through Friday throughout the Sanford City limits and Lee County. If you need a ride and we can pick you up without veering too far from our established routes, we will be happy to assist.

Accessibility for Physically Challenged

COLTS has lift vans available for physically challenged persons who are in wheelchairs or have mobility concerns.

COLTS is funded through The NC Department of Transportation, the Federal Transit Administration, local resources and the general public. If you have a question about transportation services in Lee County, please call our office at **919-776-7201**.