

# The Center Post

Volume 23

JUNE/JULY 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 June  
and July 2014  
Center Post  
Newsletters  
have been  
combined.**

**Water Aerobics** will be held June 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 \$25 for the summer or \$10 per month. Register now at The Enrichment Center. Open to all adults. Priority given to baby boomers and better.

**Yada Yada Sisters**, Tuesday, June 3 and Tuesday, July 1, 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.

**Saturday Nite Dance** - Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for June 2014:** 7th—Southern Exposure, 14th—Bill Pollard Back Porch Country, 21st—The Fabulous Troubadours, 28th—Bill Pollard Back Porch Country. **Bands for July 2014:** 5th—NO DANCE, 12th—Southern Exposure, 19th—The Fabulous Troubadours, 26th—Bill Pollard Back Porch Country.

**NOTE:** The Saturday Nite Dance Group's trip to Cherokee in June has been canceled due to lack of interest.

**Veteran's Remembrance Group** - Wednesday, June 11 at 2:00 p.m. with guest speaker **Carla Stancil**, a daughter and further descendant of many veterans. She will speak about her military ancestry. Open to the general public. The group will NOT meet July or August.

**The Group Respite program is offered Free at The Enrichment Center of Lee County.**

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

Are you a family caregiver in need of a break? The Group Respite program is offered FREE at the Enrichment Center of Lee County from 1:00 p.m.– 3:00 p.m. on Tuesdays. Group Respite allows individuals who are caring for family members an opportunity to have a break from caregiving responsibilities. It also gives the loved one receiving care a chance to enjoy activities, exercise, music and interaction with peers while in a safe and trusting environment with close supervision.

- Safe and secure setting
- Participation in recreational and social activities
- Involvement in educational and cultural programs
- Intergenerational experiences and stimulating activities for persons with all backgrounds

In addition to providing respite care and enjoyable group activities that build on the strengths and abilities of participants the programs offer family caregivers access to services such as counseling, support groups, information and referral, training and educational classes. This program is made possible by the National Family Caregiver Grant. Contributions accepted. **For more information call Judi at 919-776-0501 Ext. 2230 or [jwomack@leecountync.gov](mailto:jwomack@leecountync.gov).**

**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**



## LIVING HEALTHY WITH DIABETES

*An evidenced based class developed by Stanford University*

**FREE - No Charge!**

- ⇒ 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.**

### The following groups

**will NOT meet June, July or August:**

***Brick Capital Line Dance, Dixie Line Dancing***

### The Cookie Cutters

**will NOT meet July or August:**

**Nifty Noggins** are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. Volunteers will meet Thursday, June 12 at 10 am. The group will NOT meet in July or August. If you are interested in joining the group or would like a head covering contact **Carole at 919-776-0501 ext. 2205.**

### **Sanford/Lee County Stroke Support Group**

Thursday, June 12 and July 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.**

**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.

**Grief Support Group** Thursday, June 5 at 1:00 p.m. The group will meet the 2nd Thursday in July (10th) and August (14th) at 1:00 p.m.

**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.

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



### **Pot Luck Dinner Thursday**

**July 31 at 6:00 p.m.**

Fellowship, food and (maybe) some dancing!

Bring your favorite dish to the Pot Luck dinner. Call 919-776-0501 ext. 2201 to register.

### **Get Answers to Your Retirement Health Plan**

**Questions! -Information provided by NC State Health Plan for Teachers and State Employees**

Thinking about retirement? There's a lot to consider before you embark on your well-deserved retirement journey. Let us help you navigate through your **State Health Plan options!**

You're invited to attend a **State Health Plan informational session** on how to make the most of your health plan options in retirement. To maximize your retirement health plan options, timing is everything.

Did you know that **State Health Plan members** should submit retirement paperwork 120 days before their retirement date to ensure the most options available through the State Health Plan?

**These sessions are designed for people who are turning 65 in the next year and planning retirement, not for members who are already 65 and retired.**

**Sessions will be conducted through July 29, 2014 across N.C. For a list and to RSVP to a date and time, go to the State Health Plan's website at [www.shpnc.org](http://www.shpnc.org), type OUTREACH in the search box.**

## 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, 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.

## Volunteers Needed

### ***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.

Volunteers are needed for the **Boomer, Senior & Caregiver Expo** to be held Wednesday, August 27, 2014.

**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.**

## 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.*

### June 2014 Programs at 11 a.m.:

- 2nd—Crafty Creators
- 4th—Walking Club
- 4th—Laurence Poindexter singing & playing guitar
- 6th—Extra Bingo
- 10th—Blood pressure checks by Community Home Care & Hospice
- 11th—Sheriff Tracy Carter
- 13th—Father's Day program
- 17th—Sassy Red Hatters, 10:30 a.m.
- 18th—Miller Boles brings refreshments
- 20th—Games
- 25th—Walking Club
- 27th—Jubilee Choir

### July 2014 Programs at 11 a.m.:

- 2nd—Laurence Poindexter singing & playing guitar
- 7th—Crafty Creators
- 8th—Blood pressure checks by Community Home Care & Hospice
- 9th—Walking Club
- 11th—Extra Bingo
- 15th—Sassy Red Hatters, 10:30 a.m.
- 16th—Miller Boles brings refreshments
- 18th—Bob Lewandowski playing the accordion
- 23rd—Walking Club
- 25th—Extra Bingo
- 30th—Walking Club
- 31st—Pot Luck Dinner, 6:00 p.m.

### **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.

## corner

caregiver



### Caregiving in the Summertime Is...

Dear Family Caregivers,

As a caregiver, how does your life change during the summer? Is it easy? Are you exercising, meditating and eating lighter? How are you taking better care of yourself to be there for your loved one?

#### Let's look at some of the possibilities of summer.

The weather is warmer. This may give you more time to do outdoor activities with your loved one. A nice glass of lemonade may bring back childhood memories remember and enjoy. Opening a window to allow the fresh breeze to flow through can make a difference. Enjoy fresh vegetables available and what about fresh strawberries? Have you practiced a 10-15 minute power nap? This is another time to share stories from the past which can be emotionally healing for everyone.



**Summertime is when we clear out the clutter and debris from winter and fall.** Summertime can be a new season of gratitude and thanksgiving. The warm days and cool evenings bring on an attitude of renewal; a new beginning.

**Remember, as a caregiver, challenge yourself, laugh, take out special times just for you. You deserve it because caregivers need care, too. Enjoy your summer and please feel free to call me if I can assist you in any way.**

**Happy Summer!**

**Judi, Family Caregiver Specialist**

#### Six Ways to Enjoy the Warmer Weather

- 1) Take a walk
- 2) Plant a garden
- 3) Enjoy a local park
- 4) Take a picnic lunch
- 5) Sit outdoors and read
- 6) Breathe deep



**Grancare May Picnic** was very successful with 30+ attendees. We had fun with games; especially the corn hole. Veteran Services Officer, John Sandrock, grilled our hot dogs and we enjoyed all the trimmings! An ice cream bar was set up to make sundaes. **Grandparents Raising Grandchildren** will not meet during the summer months but will resume in September. Everyone is welcome.

**ANGELS-** Are you a family Caregiver needing empathy, love and support? Join us the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at 6:00 p.m. at the Enrichment Center. We welcome anyone that would like to join us.

#### **NEW! Alzheimer's Education/Support**

A six-week class will start this fall at The Enrichment Center. Classes will include the following: **Basics of Alzheimer's disease, Disclosure and Changing Relationships, Elder law Attorney-Legal/Finances, Behaviors & Communication, Medications, Maintaining Independence and Exercise.** You will hear from the experts in their field and receive the support of others in similar situations. If you are interested please call Judi at 919-776-0501 ext. 2230.

## 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.

#### **Caregiver Connections Board**

Are you looking to privately hire someone to help out in your home? Are you looking to privately work in an individual's home? If so, the Caregiver Connections Board may be what you are looking for. The Caregiver Connections Board allows caregivers looking for potential workers to come into The Enrichment Center and acquire their contact information from the board. Home care workers can post their contact information using a 3 1/2 x 2 inch size business card. The card may be handwritten or typed. If you have any questions, contact Laurie Draughn at 919-776-0501 ext. 2213. **Note: Workers posted on the board are community resources and not employees of The Enrichment Center. You are privately hiring the individual to come into your home. References, background checks and work agreements are the responsibility of the family/individual.**

# The Enrichment Center Golf Tournament



*Sponsorships and registrations  
being accepted now!*

**Saturday, October 11, 2014  
Quail Ridge Golf Course, Sanford  
\$60 Per Person**

**Includes Green Fees, Cart,  
Lunch and Two Mulligans  
Check In 11:45 am ~ Lunch Served  
~ PRIZES ~**

**919-776-0501 ext. 2201**

Proceeds and donations from the tournament will benefit The Enrichment Center Helping Fund. This benevolent fund assists Lee County older adults who are in a crisis situation with utilities and medication. **Every dollar you donate assists an older adult in need.**

**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**.

## **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.



**Presented by:  
The Enrichment Center of Lee County**

**Wednesday, August 27, 2014  
Dennis A. Wicker Civic Center  
10:00 a.m. - 2:30 p.m.**

## **Lead Sponsors**



## **Platinum Sponsors**

NC Senior Medicare Patrol Program ~ Total Life Care  
WLHC-FM 103.1 Life ~ Family Chiropractic Center  
Bayberry Retirement Inn ~ WWGP/WFJA  
FirstHealth of the Carolinas ~ Thompson Chiropractic Center  
The Sanford Herald ~ Walgreen's ~ Outreach NC

## **Gold Sponsors**

First Bank ~ Liberty Commons of Lee County  
Cambridge Hills Assisted Living ~ Carolina Eye Associates  
United Assist Medical Supply ~ Griswold Home Care  
Quality Home Healthcare ~ Dargan Moore-Edward Jones  
Peak Resources-Pinelake ~ The Laurels of Chatham



The Enrichment Center  
 1615 S. Third Street, Sanford, NC 27330  
 919-776-0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)  
 email: [enrichment.center@leecountync.gov](mailto: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, July 4, 2014  
 in observance of Independence Day.**

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

## **Transportation Service Available for the General Public Through COLTS - County of Lee Transit System**

*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 Dept. of Transportation, the  
 Federal Transit Adm., local resources and the general public.

For further information call our office at **919-776-7201**.



## **Volunteers Are Eligible for Membership!**

As a volunteer, you already play a key part in the  
 community and at The Enrichment Center! Did you  
 know that volunteering at The Center means you're  
 automatically eligible for LGFCU (Local  
 Government Federal Credit Union) membership?

Join today by stopping by or calling  
 the Sanford branch located  
 at 1002 Spring Lane, 919-774-8851.