

The Center Post

Volume 23

MARCH 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...*

- ♦ *Grandparents
Raising
Grandchildren
Program, pg. 2*
- ♦ *Volunteers Needed
in Home Delivered
Meals Program,
pg. 3*

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

Regional Caregiver Educational Conference

*A one-day conference to address current trends in Alzheimer's care for family,
community, professional caregivers and people interested in knowing more about
this disease.*

Tuesday, April 8, 2014

9:00am - 4:00pm

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

presented by:

The Enrichment Center
of Lee County

Moore County
Department of Aging

ALZNC - Alzheimers North Carolina, Inc.

sponsored by:



HOME CARE
at ST. JOSEPH of the PINES



Registration required:

8:00am registration | 9:00am program | Lunch provided | CE contact hours: 4.5

Call Judi Womack, Family Caregiver Specialist

The Enrichment Center | 919.776.0501, Ext. 2230 jwomack@leecountync.gov

www.alznc.org. Family caregivers: assistance with your loved one is available if
needed for you to attend this conference.

SENIOR CENTERS ~ Experts at Living Well

corner

caregiver



Dear Family Caregivers,

What Is The Powerful Tools for Caregivers Class?

Research studies find high rates of depression and anxiety among caregivers and increased vulnerability to health problems. Family Caregivers frequently cite restriction of personal activities and social life as problems. They often feel they have no control over events, and that feeling of powerlessness has a significant negative impact on caregivers' physical and emotional health.

This 6-week Powerful Tools for Caregivers class has been shown to have a positive impact on caregiver health for a diverse group of family caregivers including rural, ethnic, minorities, adult children of aging parents, well-spouses caregivers at different stages in their caregiving role, living situations, financial and educational backgrounds.

Participants' evaluations indicate the following:

- ♦ Self-Care Behaviors: increased exercise, use of relaxation techniques and medical check-ups
- ♦ Management of emotions: reduced guilt, anger and depression
- ♦ Self-efficacy: increased confidence in coping with caregiving demands
- ♦ Use of Community Resources: increased utilization of The Enrichment Center of Lee County and community services

"I cannot express how meaningful and insightful these classes have been for me, let alone how much I have witnessed a transformation in each of the class participants. This program truly makes a difference!"

Judi, Family Caregiver Specialist

CONGRATULATIONS to the following participants completing the recent 6 week class of Powerful Tools for Caregivers: **Melinda Brewington, Karen Battle, Elizabeth Bass, Glenn Lee, Judy McNeil, Vivian Rosser, Phyllis W. Collins, Linda Truitt, Jeanne Simpson, Charles Frechette and Geanetta Gary-Turner.** *If you are interested in taking the next class, please call Judi 919-776-0501 Ext. 2230 or jwomack@leecountync.gov.*

Sanford/Lee County Stroke Support Group
Thursday, March 13, 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.**

Grandparents & Other Relatives Raising Grandchildren Luncheon

Thursday, March 13, 2014 at 12:00 Noon

Topic: Dealing with Anger and Anger Management

Speaker: **Linda Moore, RN MSN/P.A.**

For lunch reservations

please call 919-776-0501 Ext. 2230.

Grancare is a support group for grandparents and other relatives raising their grandchildren.

Facilitators: Carol Atwood & Judi Womack

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.**

North Carolina Symphony

Tuesday, March 18, 7:30 p.m. at the Dennis A. Wicker Civic Center. Tickets are available locally at The Enrichment Center, Temple Theatre Box Office and Capital Bank locations.

SAVE THE DATE - 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 MARCH:** 1st Southern Exposure, 8th Bill Pollard Back Porch Country, 15th The Fabulous Troubadours, 22nd Southern Exposure, 29th The Fabulous Troubadours.

A Novel Approach - Meeting Tuesday, March 11 at 12:00 p.m. to discuss Peace Like a River by Leif Enger. The group is open to the general public.

Veteran's Remembrance Group - Wednesday, March 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.

Nifty Noggins are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. Volunteers will meet Thursday, March 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, March 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.*

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

SAVE THE DATE!

The next Boomer, Senior & Caregiver Expo will be Wednesday, August 27, 2014. 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.

Dinner 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.

MARCH 2014 Programs at 11 a.m.:

5th—Student Nurses Program
7th—Roger Bailey, Stevens Center
12th—Student Nurses Program
14th—Laurel of Chatham with Elliott Armstrong - playing Bingo
14th—ACC Day—wear your favorite team shirt or colors!
17th—St. Patrick's Day Program
18th—Sassy Red Hatters 10:30 a.m.
19th—Refreshments by Miller Boles
21st—Games
26th—Student Nurses Program
28th—Extra Bingo

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.**

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.

Let's travel in 2014!

The Enrichment Center
1615. South Third Street, Sanford
919-776-0501 x 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.

More detailed information is available at the front desk of The Enrichment Center or by calling 919-776-0501 x2201.

Please reference the trip policy on the next page.



Trip Gift Certificates are available!

Birthday ~ Anniversary ~ Mother's Day ~ Father's Day ~ Just Because!
Come by The Center or call 919-776-0501 ext. 2201.

The Enrichment Center of Lee County Trip Policy

Priority is given to Lee County residents, Boomers and Better- born before 1964). Those who are younger than Boomers or non-Lee County residents may be placed on the waiting list and will be allowed to register after a 45-day waiting period, space permitting.

Payment in full is due upon registration of day trips in order to maintain payment terms with our vendors, **unless otherwise stated on trip flyer.**

You must be of serious interest when placing your name on a desired trip. If you sign up for a trip that interests you, you must pay a non-refundable deposit of \$50 (unless otherwise requested) at the time of registration for an overnight trip. **No names will be accepted unless accompanied by a deposit or payment in full.** The remaining balance terms will be on the trip information flyer.

If you would like to cancel your plans to take a trip on a chartered bus with us, we will do everything in our power to refund any money you have paid towards the trip. Please understand that when a chartered trip is planned, we must send in a deposit which the charter company will not refund. In such cases, we will assist in finding someone to take your place-if there is a waiting list. **Paid reservations are non-transferable.** It is highly recommended that for overnight trips you purchase trip insurance coverage which is available through the motor coach company.

Occasionally, there is not enough interest in a trip causing us to cancel the event. In this case, you will receive a refund in full. If alternate vehicles are used for the trip (instead of a bus), a partial refund will be made to you. (The cost of fuel/vehicle rental will be divided equally amongst the participants.)

Please remember that our trips depart on time. When departing from the Riverbirch parking lot, **please park behind the pond in front of the J.C. Penney's/Belk stores - as close to the pond as possible.**

Seating on the bus is on a first come, first served basis. Saving of seats is NOT allowed except in the case of one (1) travelling companion. Since it is necessary for the staff/volunteer escort(s) to communicate with the driver, he or she will occupy the front seat on the van(s) or the first seat on the passenger side of the bus.

It is our desire to provide you with a pleasurable and memorable experience.
If you have any questions, please contact Janice Holmes at 919-776-0501 x2206.

The Enrichment Center-Certified Senior Center of Excellence
1615 S. Third Street, Sanford, NC 27330 919-776-0501

Trip policy revised and approved by the Lee County Senior Services Advisory Board
(Board members appointed by the Lee County Commissioners)

October 20, 2010



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.**

Inclement Weather

If Lee County Government offices are **delayed** or **closed**, then automatically Senior Services, COLTS and Veterans Service are included. Closings will be announced on WRAL TV 5, WFJA 105.5 FM, WWGP 1050 AM, WLHC 103.1 FM and WXXL 1290 AM.

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

Spring and Senior Games & Silver Arts

of Lee County are almost here!

Senior Games and Silver Arts of Lee County is a year-round health promotion program. **We are excited to announce that in 2014, for the first time, individuals are invited to participate that are aged 50 and better!** That's right, anyone who will turn 50 on or before December 31, 2014 is eligible to participate in Senior Games and Silver Arts of Lee County. Senior Games and Silver Arts of Lee County is part of a network of 53 Local Games across North Carolina that serves over 60,000 participants in all 100 counties. **Registration for Senior Games and Silver Arts of Lee County will be held April 1 – 30, 2014 with competitions held May 13 – 23, 2014.** For more information, contact Jimmy Solomon, Local Coordinator at 919-776-0501 ext. 2207 or via email at jsolomon@leecountync.gov.



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**.

