

# The Center Post

Volume 23

MAY 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...*

- ♦ *Diners Club, pg. 4*
- ♦ *Caregiver Updates,  
pg. 5*
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Essential, pg. 7*
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Diabetes, pg. 8*



## *Let's Celebrate...*

**Come and Celebrate  
National Senior  
Fitness Day!**

Thursday, May 15, 2014  
~FREE Classes for All~

9 am - Aerobics  
10 am - Walk The Enrichment Center Trail  
11 am - Chair Exercise  
11:30 am - Diners Club Fun Exercise  
5:30 pm - Fitness Yoga  
6:30 pm - Fitness Room Orientation  
Prizes will be awarded! Join the fun!  
Registration not required. It's a great time to  
try a new form of exercise.

**A Novel Approach** - Tuesday, May 13  
at 12:00 p.m. to discuss the reading list for  
the next year. The group is open to the  
general public.

**Veteran's Remembrance Group** -  
Wednesday, May 14 at 2:00 p.m. Speaker Bill  
Lancaster, Sniper in Vietnam.

### **Gay 90's Luncheon 2014**

Our Annual Gay 90's Luncheon will be held  
on Wednesday, May 21, 2014 at 12:00 noon  
at The Enrichment Center. This luncheon is  
hosted each year to honor Lee County  
residents age 90 years and better.  
If you or someone you know wishes to attend  
please contact **Debbie Williams at 919-776-  
0501 ext. 2203**. In 2013 over 70 ladies and  
40 men were honored. It's a very special time  
in which to share with some of Lee County's  
most valued older adults. **Registration is  
required.**

**Rex UNC Healthcare Mobile  
Mammography will be at The  
Enrichment Center** Friday, May 2, 2014,  
10 am - 3 pm providing free mammograms for  
women at least 35 years old. There are other  
eligibility requirements and registration is  
required. **Call the Lee County Health  
Department at 919-718-4640 ext. 5317.**

**Happy 65th Birthday! Medicare is  
next...now what?!?! On Thursday, May  
22, 2014 at 6:00 p.m., an informational program  
will be presented explaining Medicare and all  
that comes along with it. The program is  
presented by SHIP, Seniors Health Insurance  
Information Program, a division of the NC  
Dept. of Insurance. To register or for more  
information call 919-776-0501 ext. 2201.**

**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.

**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**

# Safety Tips:

## Talk to Your Healthcare Provider

- Discuss physical activities that are appropriate for you. Regular exercise helps to improve endurance, strength, balance, and coordination.
- Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road, and in the community.

Learn more about safely managing your medications, activities, and lifestyle.



## Prevent Falls

- Install handrails and grab bars wherever they are helpful, especially around stairs and in bathrooms.
- Ensure ample lighting inside and outside of your home, particularly around frequently used walkways. Add one or more nightlights between your bedroom and bathroom.
- Choose shoes with non-slip soles that provide support without bulk that could cause you to trip.
- Use a walking aid, if needed to improve balance and stability.

## Prevent Fires and Burns

- Set your water heater to 120 degrees. You can also install anti-scald devices on sinks, tubs, and showers.
- Test smoke detectors regularly. Be sure you have a smoke alarm in or very near your cooking area. Alarms should also be installed in all bedrooms.

## Manage Medications

- Be aware of how your medications interact with other prescription and over-the-counter drugs, certain foods, alcohol, and other medical conditions.
- Learn how medications may make you unsteady on your feet or impact your ability to operate a motor vehicle.
- Create a medication schedule or use a scheduler box to make sure you take no less or more than prescribed.
- Ask your pharmacist for help. Large-print labels, medication-tracking devices, and easy-open containers may be available.
- When cooking, wear snug-fitting or short-sleeve clothing and high-quality oven mitts that cover the lower part of your arms.
- Do not smoke in your home, especially if oxygen therapy is used.

## Drive Wisely

- Plan your route before you drive and use the safest routes that are well-lit, familiar, and offer easy parking. Daytime driving in good weather conditions is best.

Wear your seat belt, even during short trips.



- Eliminate distractions inside the vehicle and stay focused on the road.
- Know when it might be time to limit or stop driving, and learn how to get around town without driving.

**Live a longer, healthier life by taking control of your safety today!**

Learn more about Older Americans Month and find additional resources at <http://acl.gov/olderamericansmonth>

**Yada Yada Sisters**, Tuesday, May 6, 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 MAY:** 3rd—Southern Exposure, 10th—Bill Pollard Back Porch Country, 17th—The Fabulous Troubadours, 24th—NO DANCE -HOLIDAY, 31st—The Fabulous Troubadours.

**Saturday Nite Dance Group** is sponsoring a trip to Cherokee on June 17, 2014. Leaving Riverbirch Shopping Center in Sanford at 6:00 a.m. and returning that evening. Cost is \$55 per person with a \$25 coin bonus. **For more information and to register contact Ron Klepper at 919-777-9956.**

**Nifty Noggins** are stylish head coverings for cancer patients. They come in different styles, colors and fabrics. Volunteers will meet Thursday, May 8 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.**

**Sanford/Lee County Stroke Support Group** Thursday, May 8, 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.

**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.**



Opening Ceremonies and dinner Tuesday, May 13, 2014 at 5:30 p.m. Guest tickets are \$8.00. All Senior Games & Silver Arts participants are invited. Please register to reserve your meals. Games held May 12 - 25, 2014.

**ATTN:**  
**Age 50 and Better!**

Join the fun of Olympic style athletic events and artistic competitions!

**Athletic:**

Corn Hole ~ Bocce  
Horseshoes ~ Bowling  
Cycling ~ Shuffleboard  
Golf & More!

**Artistic:**

Heritage ~ Literary  
Music ~ Painting

**Sponsored Locally By:**



This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored state-wide by the NC Division of Aging and Adult Services.

**Come by The Enrichment Center or contact Jimmy Solomon at 919-776-0501 ext. 2207 for complete details!**



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

**Pot Luck Dinner Thursday**, May 29 at 6:00 p.m. Come for fellowship, food and (maybe) some dancing! Call 919-776-0501 ext. 2201 to register.

## ***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.

## **Volunteering in Lee County**

Interested in volunteer service? Not sure where to look for more information?

Go to the web site

[www.volunteerlee.com](http://www.volunteerlee.com) to see what is available in our community!

Various opportunities are available for all ages!

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'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.*

### **MAY 2014 Programs at 11 a.m.:**

- 2nd—Extra Bingo
- 5th—Cinco de Mayo
- 9th—Mother's Day Program
- 14th—Refreshments provided by Miller Boles
- 15th—21st Annual Senior Fitness Day!
- 16th—High Hopes Chorus
- 21st—Gay 90's Luncheon—Diners Club CLOSED
- 28th—Games

### ***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.



## corner

caregiver



### Dear Family Caregivers,

Here are simple strategies to put the **spring** back in your caregiving steps:

- ♦ **Have the right bite for breakfast.** If you start on an empty stomach, you'll be in a slump before lunch. But the wrong breakfast also can sabotage your stamina. Sweet cereals, doughnuts, and other simple carbohydrates all offer a quick jolt of energy. Your meals should be a mix of **fiber-rich complex carbohydrates** (whole grains, vegetables, fruit), **protein** (eggs, meat, low-fat dairy) and a **little healthy fat** (olive or nut oil).
- ♦ **Eat more often.** A large meal will make you feel lethargic. So, what's your best bet for all-day invigoration? Eat smaller-portion meals or snacks about every four hours to keep your blood sugar, and energy, on an even keel. And limit your snacks to about 200 calories so you do not overeat.
- ♦ **Fill your tank.** If you're low on water, you'll likely feel fatigued. Getting the equivalent of about six to ten cups of water a day is essential for energy since water helps us digest and metabolize our food.  
Tip: If your urine is the color of pale lemonade, you're getting enough fluid. Darker, apple-juice colored urine indicates you're dehydrated.
- ♦ **Get more Vitamin C.** Stressed-out caregivers may benefit from extra Vitamin C. According to a recent German study, people who have high blood levels of vitamin C don't show the expected mental and physical signs of stress when subjected to psychological challenges.
- ♦ **Rev Up exercise.** When you're pooped, the last thing you want to do is jog or hit the gym. But a workout can recharge your batteries by releasing feel-good brain chemicals and pumping energizing oxygen to your brain.
- ♦ **Lighten the overload.** A schedule that leaves no room for R&R is guaranteed to wipe you out, says Mary Ann Bauman, MD, author of *Fight Fatigue*. Her advice, "On weekends, pare down your to-do list to high-priority activities and ask for help, if necessary, so you don't spend all your time tending to others and doing chores that steal your stamina."
- ♦ **Soak up some sun.** Evidence suggests that early morning exposure to bright light increases energy. Sunlight increases your level of serotonin, a hormone that helps elevate mood and decrease fatigue.

**Take care,  
Judi, Family Caregiver Specialist**

## PICNIC



### Grancare Picnic

**Thursday, May 8, 2014**

**5:30 p.m. — 7:30 p.m.**

**The Enrichment Center**

Grandparents and grandchildren come join us for games, food and fellowship! Registration required. Call Judi at 919-776-0501 ext. 2230.

### **The Group Respite program is offered Free at The Enrichment Center of Lee County. Every Tuesday 1:00 p.m.-3:00 p.m.**

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. **For more information call Judi at 919-776-0501 Ext. 2230 or [jwomack@leecountync.gov](mailto:jwomack@leecountync.gov).**

**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.**

*Thank you*  
**2014 Regional Caregiver Conference**  
**Sponsors & Exhibitors!**

The annual Regional Caregiver Conference was held Tuesday, April 8, 2014 at the Dennis A. Wicker Civic Center. Over 200 attendees, sponsors and exhibitors were informed on the latest trends in Alzheimer's care. Family, community, professional caregivers and people interested in knowing more about this disease attend the annual conference. Many thanks to the sponsors, exhibitors, staff and volunteers who helped make this event a success!

**Presented by:** The Enrichment Center of Lee County, Moore County Dept. of Aging & Alzheimers NC, Inc.

**Sponsored by:** Pfizer, The Bayberry Retirement Inn, Central Carolina Hospital, Elmcroft of Southern Pines, First Choice Home Care, Garner Law Firm, The Laurels of Chatham, Liberty Commons of Lee, Liberty Home Care & Hospice, Outreach NC, Quality Home Health Care, Sanford Health & Rehabilitation, The Sanford Herald, St. Joseph of the Pines, Westfield Rehabilitation & Health Center and WLHC-FM.

**Exhibitors:** Peak Resources, Piedmont Health Senior Care (PACE), Magnolia Gardens Assisted Living, Aging Care Solutions, UNC Hospice, First Health of the Carolinas, Sunbridge Healthcare, Pinehurst Healthcare & Rehabilitation, Community Home Care & Hospice, Captel, NC Senior Medicare Patrol/SHIP, Alzheimers NC, Inc., Alzheimer's Support Group, Caregiver Time Out, ANGELS Support Group, Duke University Medical Center.

**If you need information about Alzheimer's disease, other dementia related diagnosis or family caregiving, contact Judi Womack, Caregiver Specialist at The Enrichment Center of Lee County, 919-776-0501 ext. 2230, 1615 S. Third Street, Sanford, NC.**

**SAVE THESE DATES!**

Contact Judi Womack at 919-776-0501 ext. 2230 for further details.

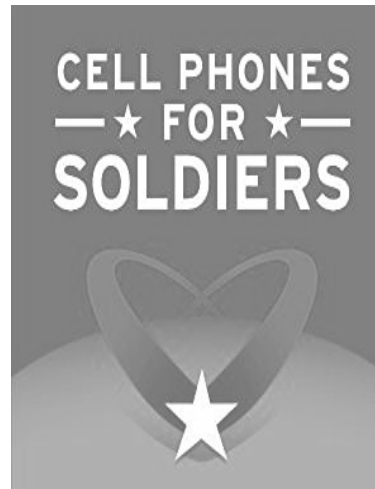
**Wednesday, August 27, 2014**

Boomer, Senior & Caregiver Expo

We are now accepting sponsorships and vendor requests. Look at photos from Expo 2013 at [www.leecountync.gov/ec](http://www.leecountync.gov/ec).

**Saturday, October 11, 2014**

Alzheimer's Walk & 5K Race to Remember  
 Kiwanis Family Park 1800 Wicker St., Sanford, NC  
 Now accepting sponsorships and teams. For further details contact Judi at 919-776-0501 ext. 2230.



**GIVE A HERO  
A LIFELINE**

*Cell Phones  
for Soldiers  
is a nonprofit  
organization  
dedicated to  
providing cost-free  
communication  
services to  
active-duty military members and veterans.*

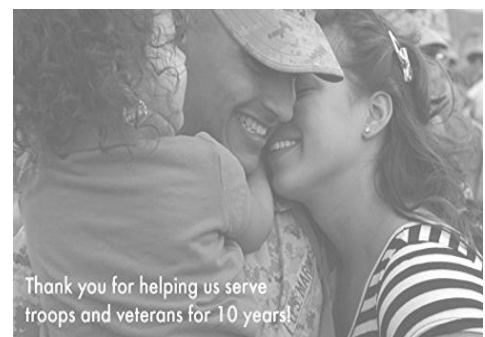
***May is National Military  
Appreciation Month***

Ten years ago, Robbie and Brittany Bergquist, then 12 and 13 years old, answered the call to serve the men and women donning United States military uniforms. Committed to providing free calls home for active-duty troops, the Bergquist teens founded Cell Phones For Soldiers. "Our sole mission and complete passion was to connect the world's bravest men and women with their greatest strength...their families," said Robbie. "But we also wanted to help veterans returning from duty." Fast forward 10 years and thanks to your generosity, Cell Phones For Soldiers has delivered more than 204 million "Minutes That Matter" to deployed troops and granted emergency funds for more than 400 returning veterans in need.

**Taken from the web site:**

<http://www.cellphonesforsoldiers.com>

**The Enrichment Center of Lee  
County remains an official drop  
off site for Cell Phones For  
Soldiers. Please donate today!**



Thank you for helping us serve  
troops and veterans for 10 years!

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## Volunteers are Essential for SHIIP's Operation



SHIIP Monthly Column

April 2014

Contact: Kerry Hall

919-807-6011

**Did you know that North Carolina has more than 1.5 million Medicare beneficiaries?**

**And all those beneficiaries are served by more than 1,000 volunteers and coordinators from SHIIP, the Seniors' Health Insurance Information Program. That equates to almost 1,500 beneficiaries for every SHIIP volunteer!**

Housed within the North Carolina Department of Insurance, SHIIP was established in 1986 to help educate Medicare beneficiaries and their caregivers about Medicare, Medicare supplements, long-term care insurance, Medicare Advantage, Medicare Part D prescription drug plans and other health insurance options for people with Medicare.

In addition to the program's professionally-operated call center, SHIIP has a volunteer base of 115 county coordinators and 1,033 volunteers who provide free, unbiased counseling about Medicare in all 100 counties of North Carolina. Without its remarkable and dedicated volunteers, SHIIP could not reach out to all the people using Medicare in our state.

Volunteers for SHIIP must successfully complete a computerized training course to become certified to better help people with Medicare. They are required to attend quarterly follow-up trainings and must provide 40 hours of counseling services annually to maintain their certification. Volunteers are also required to submit reports on each client they assist, and records show they have helped 102,740 Medicare beneficiaries in one-on-one counseling sessions during the past year as well as hosting 1,047 public and media events. This is an outstanding accomplishment.

**SHIIP staff is very grateful for the volunteers' hard work, and we can never thank them enough for all that they do to assist people with Medicare. SHIIP is always looking for new volunteers. Would you like to give back to your community? Do you have computer skills? Are you a people person? Do you have the ability to easily explain things to others? If you answered 'yes' to any of these questions, you may be a great addition to the SHIIP family of volunteers. To learn more about becoming a SHIIP volunteer, call our office today at 1-800-443-9354, or contact the SHIIP coordinating site in your county. Let us educate you about Medicare so you can help the citizens of this great state. It's time for you to become part of the SHIIP team!**

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***In Sanford, NC contact Janice Holmes, SHIIP Coordinator,  
at 919-776-0501 ext. 2206 or [jholmes@leecountync.gov](mailto:jholmes@leecountync.gov).***

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## 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 Monday, May 26, 2014  
in observance of Memorial Day.  
Have a safe and happy holiday!**

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



## 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 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.**

