

# The Center Post

Volume 23

NOVEMBER 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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## Veterans Appreciation



**Friday  
November 7, 2014  
Breakfast Served at 8 a.m.  
Program Begins at 8:30 a.m.**  
**Full Breakfast**  
**Space Limited**  
**Reservations Required**  
Call 919-776-0501 ext. 2201

To show our appreciation for your  
service and dedication to our  
country, we invite you to breakfast.

All Veterans and current military  
personnel are invited at no charge.

**Co-sponsored by Miller-Boles  
Funeral Home**

**Guest Speaker**  
Mabry Everette “Bud” Martin  
Brigadier General (Retired)

**The Vet Center Mobile Van**  
Will be available at The EC Veterans  
Breakfast. This unit is able to  
provide a broad range of free  
counseling, outreach and referral  
services to combat Veterans and  
their families.



**The Enrichment  
Center  
of Lee County,  
Liberty Home  
Care & Hospice,  
Liberty Commons of Lee  
and Westfield Rehabilitation  
& Health Center**



Cordially invite you to our  
11th Annual Family Caregiver Luncheon  
as our guest in honor  
of National Family Caregiver Month

**Thursday, November 6, 2014  
11:30 a.m.**

**Carolina Trace Country Club  
2100 Country Club Drive  
Sanford**

Join us for lunch, entertainment, door  
prizes and fellowship as we recognize the  
2014 Family Caregiver Award recipient.

**Registration requested.**  
**Call Judi 919-776-0501 Ext. 2230.**



**THE ENRICHMENT CENTER  
OF LEE COUNTY**  
*Certified Center of Excellence*

**SENIOR CENTERS ~ Experts at Living Well**

**Veterans Remembrance Group** Wednesday, November 12 at 2:00 p.m. with **Guest Speaker Larry 'Doc' Oldham**. Mr. Oldham will speak about his experiences serving in the US Army Intelligence. 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.**

**Mexican Train Dominos** 2nd and 4th Tuesdays, 2:00 p.m. - 4:00 p.m. The group welcomes new players! Want to learn how to play dominos? We will teach you.

**Yada Yada Sisters** Tuesday, November 4 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.*

**AARP Smart Driver Course** Wednesday, November 12, 2014 from 9:00 a.m. - 2:00 p.m. **AARP** members \$15, non-members \$20. **AARP Instructor Phil Bruce** will cover: safe strategies to avoid a crash, increasing confidence, driving safely while sharing the road with others and much more. NO formal lunch break. Bring a bagged lunch or snack. Registration required. Call 919-776-0501 ext. 2201.



**Medication Management Program** Provided by **Moncure & Siler City Health Centers**

Friday, November 14, 2014 at 11:00 a.m. Learn about medication management and how working with a pharmacist can optimize one's health! Registration not required.

**Saturday Nite Dance** Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for NOVEMBER: 1st Southern Exposure, 8th NO DANCE, 15th The Fabulous Troubadours, 22nd Bill Pollard Back Porch Country, 30th NO DANCE.**

**A Novel Approach \*NOTE LOCATION CHANGE DUE TO HOLIDAY CLOSING AT The Enrichment Center.** The group will meet Tuesday, November 11 at 12 p.m. at Elizabeth's Pizza to discuss **Orphan Train** by Christina Baker Kline. The book for the Dec. 9 meeting will be **Mary Coin** by Marisa Silver. Registration is not necessary and the group is open to the general public.

## SHIIP News

### Seniors' Health Insurance Information Program

#### Medicare Part D Annual Enrollment Period

Is October 15 - December 7

**This is the ONLY TIME you may change plans for 2015!**

Do you need help choosing the BEST Medicare Prescription Drug Plan for your individual needs?  
Want to save the most \$\$\$ possible?

**Assistance will be available without an appointment at The Enrichment Center**

**8:30 a.m. - 11:30 a.m. and 1:00 p.m. - 4:00 p.m.**

**Friday, November 14  
Wednesday, December 3**

#### Items you will need to bring to receive assistance:

Medicare card; home address with zip code where you receive your mail; phone number; bottles of medications or your pharmacy printout; current Medicare Prescription Drug Plan card; date of birth.

*This assistance is brought to you by the Seniors Health Insurance Information Program (SHIIP), a division of the NC Dept. of Insurance.*

### Medicare assistance is available in every county of North Carolina...

Medicare beneficiaries can call SHIIP at 1-855-408-1212 and talk with a trained counselor who can assist them.

Or, beneficiaries can call the SHIIP office in their county.

#### **SHIIP contact numbers in neighboring counties:**

**Chatham County: 919-542-4512**

**Harnett County: 910-893-7579**

**Moore County: 910-215-0900**

### Are you on Medicare and under 65 years old?

Need help understanding your prescription drug plan choices?



We will have a dedicated walk in clinic on **Monday, November 10, 9 a.m. - 3 p.m.** Preference will be given to individuals who are on Medicare due to a disability. No appointment is necessary.

**Bring with you:** Medicare card; home address with zip code where you receive your mail; phone number; bottles of medications or your pharmacy printout; current Medicare Prescription Drug Plan card; date of birth.

***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.

**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.

**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.

**Adult/Child CPR and AED Class**

Monday, November 10, 2014 from 1:00 p.m. to 4:00 p.m. This 3-hour class will provide instruction and education on how to administer CPR and how to use an AED machine. Instructor **Jospeh Werner is trained and certified with the American Heart Association**. FREE to those age 60 and better! Class size is limited. Register by calling 919-776-0501 ext. 2201.

**Blood Pressure Screenings**

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

**Walgreens**  
AT THE CORNER OF **HAPPY & HEALTHY®**

**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.

**NOVEMBER 2014 Programs at 11 a.m.:**

5th - Sanford Fire Dept. & Lee County EMS Discuss Fall Prevention  
5th - Walking Club  
7th - NO Bingo  
12th - Walking Club  
12th - Bingo with Walgreens  
14th - Moncure & Siler City Health Centers Medication Management Program  
19th - Walking Club  
19th - Refreshments with Miller Boles  
21st - Thanksgiving Program  
26th - Walking Club  
26th - Games

**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 Thursday, Nov. 13, 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.



## corner

caregiver



### November is National Family Caregiver Month

In 1994 the National Family Caregivers Association began promoting the celebration of family caregivers during the week of Thanksgiving, which is so appropriate in a time to be thankful. Each President since 1997 has signed the proclamation appreciating family caregivers. As interest grew in family caregiving issues, National Family Caregivers week became National Family Caregiver Month.

In addition to providing emotional and physical support, family caregivers often give much more to those in their care. **Nearly 40 percent of family caregivers reduce their work hours or quit their jobs, plus spend an average of more than \$5,500 of their own money annually to help provide the care they give. Yet amazingly, unpaid family caregivers provide 90 percent of the long-term care provided in the U.S.** This November be sure to recognize the family caregivers you know.

If you are a family caregiver, take time this month to celebrate who you are, and the importance of what you are doing. While November may be the official month to recognize your acts as a family caregiver, every month- and every day- is one in which YOU make a difference. Empower yourself, first by recognizing how great you are, and the honor in what you are doing. Family Caregivers Matter and we thank you for all you do!

- Sincerely, Judi, Caregiver Specialist

## Caregiver Time Out

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.



### Candlelight Reflections



to honor, hope and remember...

In cooperation with:  
Alzheimers NC, Inc.  
& NC Family Caregiver  
Support Program

**Thursday, Nov. 6, 2014  
6:30 p.m. to 7:30 p.m.**

**Inspirational Music ~ Welcome and Remarks  
Reflections to honor, hope and remember ...  
Governor's Proclamation ~ Poem Reading "Remember Me"  
Please join us outside at the rose garden in honor and  
memory of all Family Caregivers.  
The Lighting of Candles**

**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.

### Alzheimer's & Dementia Support Group

Thursday, Nov. 6 at 2:30 p.m. **Facilitator Judi Womack** invites family caregivers to this group that provides a forum for families and friends of individuals with forms of dementia to share experiences and information, discuss mutual problems and learn coping skills. The group is open to the general public.

### ANGELS— Angels Now Getting Empathy, Love and Support.

All family caregivers are welcome to join us for fellowship, support and refreshments. We meet the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at 6:00 p.m. at the Enrichment Center. **Gail Valentine, Facilitator.**

### Sanford/Lee County Stroke Support Group

Thursday, Nov. 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.**

### 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.

# Project Angel Tree



Please consider adopting an Angel from our tree. Angels will be available for adoption starting  
**November 12, 2014**

We will provide you with a list of items that have been selected for our Angels to receive.

## All you have to do is:

- Stop by The Enrichment Center
- Pick an Angel from the tree
- Register at the front desk
- Purchase the items
- Label items with the Angel's number
- Return to The Enrichment Center

We will provide the container, pack and deliver the boxes.

(For confidentiality purposes, all gift boxes will be delivered by The Enrichment Center staff.)



**Items should be returned**  
**December 1st - 5th.**

The Enrichment Center  
1615 South Third Street,  
Sanford, NC  
919-776-0501 ext. 2212

This is a wonderful project for families, church/civic organizations, corporate groups and anyone who desires to spread Christmas joy this holiday season.



Many thanks to our sponsors, volunteers, Lee Co. High School cheerleaders, Alzheimer's Walk committee members, Alzheimers NC, Inc.,

participants and families for making the Sanford/Lee County Alzheimer's Walk held Saturday, October 25 successful. A BIG THANK YOU to The Enrichment Center for donating the proceeds from the sale of hot dogs, sausage dogs and baked goods to Alzheimers NC, Inc.

## **LEAD SPONSOR**



## **GOLD SPONSORS**



THE ENRICHMENT CENTER  
OF LEE COUNTY  
Certified Center of Excellence

## **SILVER SPONSORS**



## **BRONZE SPONSORS**



Pinehurst Neuropsychology



## **FRIENDS**



Central Electric  
Membership Corporation

YOUR FRIENDS, YOUR NEIGHBORS, YOUR COOPERATIVE.

All proceeds benefit Alzheimers North Carolina, Inc. 100% of funds received remain in state to help North Carolina families.





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  
 Tuesday, Nov. 11 in observance of Veteran's Day and  
 Thursday & Friday, Nov. 27 & 28  
 in observance of Thanksgiving.

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



## **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.

***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.***

*You may also view volunteer service opportunities  
 by going to [www.volunteerlee.com](http://www.volunteerlee.com) to see  
 what is available in our community.*

*There are various opportunities for all ages!*

## **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 WXKL AM1290.

## **NC Senior Tar Heel Legislature**

The NCSTHL met in Raleigh October 9-10 for its final meeting of 2014. During the meeting various committees met to discuss resolutions and establish NCSTHL priorities for the next two years.

**The STHL 2014-15 new legislative priorities are: 1) Preserve or Restore Optional Medicaid Services; 2) Maintain funding for senior centers; 3) Strengthen and fund North Carolina's Adult Protective Services Program; 4) Notify Medicare Patients Admitted for Observation; 5) Home and Community Care Block Grant Funding. A more detailed explanation of these priorities can be found on the NCSTHL website at: <http://www.ncsthl.org>. Or, contact Melanie at The Enrichment Center, 919-776-0501 ext. 2214.**

*The STHL promotes citizen involvement and advocacy concerning aging issues before the General Assembly and assesses the legislative needs of older adults by convening a forum modeled after the North Carolina General Assembly. Please feel free to contact your local delegate, Mary Upchurch at 919-776-2868, or your local Area Agency on Aging. You can also visit the STHL website as well as the Facebook page, search for North Carolina Senior Tar Heel Legislature.*