

# The Center Post

Volume 23

OCTOBER 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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## Fall Festival & Alzheimer's Walk



***Saturday, October 25, 2014***

***FALL FESTIVAL 8:00 a.m.—2:00 p.m.***

***ALZHEIMER'S WALK REGISTRATION 12:00 P.M.***  
***WALK BEGINS AT 1:00 P.M. on The Enrichment Center Trail***

### Join us for our annual FALL FESTIVAL!

Crafters, woodcarvers, woodworking, jewelry,  
painters, bakers, canners,

**NEW For 2014:**  
Farmers Market  
Garden & Landscaping  
Plants for  
Indoor/Outdoor

Christmas  
decorations  
and much, much  
more!

Purchase ham  
biscuits, hot dogs,  
sausage dogs, baked goods and drinks.  
Proceeds from these purchases will benefit  
Alzheimers NC, Inc.

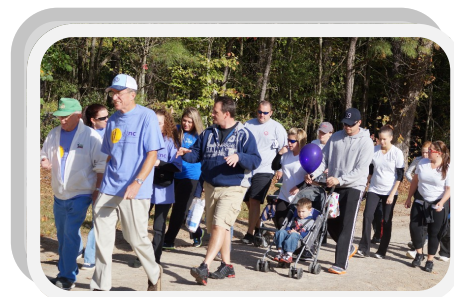


### Alzheimer's Walk

Registration at 12:00 p.m.

Walk begins at 1:00 p.m.  
on The Enrichment Center Trail.

Walk in honor or memory of a loved one or  
friend. Your contribution & participation will  
support family services to people in our  
community with Alzheimer's Disease.  
100% of all contributions remain in N.C.



Walking Team registration preferred but not  
required, (919) 776-0501 Ext. 2230.



### It's time for another **CARD & GAME PARTY!**

**Co-sponsored by Miller-Boles Funeral Home.** Tuesday, October 7, 2014, 2 p.m. - 5 p.m. and/or 7 p.m. - 9 p.m. \$4 per person, per session. Join us as we get together for a party that will raise money for **The Enrichment Center, Inc. Helping Fund.** Play any kind of cards or games...Bridge, Canasta, Dominoes, UNO, Scrabble...**The Enrichment Center, Inc. Helping Fund** assists Lee County older adults who are in a crisis situation with fuel, electricity and other necessities of life. 100% of every \$1.00 donated helps older adults who are in need. Prizes and refreshments! Call (919) 776-0501 ext. 2201 to reserve your tables!

**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 or all of the evening fitness classes! The first class is always FREE. **Contact licensed ZUMBA gold instructor Cathy Andrew at 919-776-0501 ext. 2208.**

**Rex Mobile Mammography** Wednesday, October 8, 2014 at 9:00 a.m. at The Enrichment Center. To get a FREE mammogram, eligibility criteria includes: have no previous history of breast cancer, be at least 35 years old for a baseline (first time) mammogram, be at least 40 years old for an annual mammogram. **All patients must pre-register with the Lee County Health Dept. Call 919-718-4640 ext. 5317.**



**Tai Chi** by the Arthritis Foundation with Instructor **Peggy Rowles.** Mondays and Wednesdays from 10:45 a.m. to 11:45 a.m., October 20 - November 26, 2014. This program is designed by the **Arthritis Foundation** and is

recommended as a starting point for beginners. It is suitable for all people with or without arthritis or other health problems. No charge. Made possible by the **Health Promotion/Disease Prevention Grant.** Contributions accepted. Open to all adults. Registration required, space is limited. Call 919-776-0501 ext. 2201.

**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.

### **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.

**Veterans Remembrance Group** Wednesday, October 8 at 2:00 p.m. with **Guest Speaker Bob Hattler.** Mr. Hattler will discuss his military service, including time in Vietnam. Open to the general public. All adults welcome.

**A Novel Approach** book group will meet Tuesday, October 14 at 12:00 p.m. to discuss **Light Between Oceans** by M.L. Stedman. The book for the Nov. 11 meeting will be **Orphan Train** by Christina Baker Kline. Registration is not necessary and the group is open to the general public.

**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.

**Saturday Nite Dance** Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for OCTOBER: 4th—Southern Exposure, 11th—Bill Pollard Back Porch Country, 18th—The Fabulous Troubadours, 25th—Trace Jazz.**

### **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 and 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.

**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.

## 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, October 21** *The NC State Fair* This is the day devoted to YOU! Special events are planned for the day.

**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.

Announcing the BIG Trip for 2015...  
Boston, Salem and the North Shore

6 nights (4 consecutive in the Boston area)  
Guided tours of Boston, Lexington, Concord and Salem! See flyer available at the front desk for more information.

## 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!



## 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.**

## Club

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

- 1st - Laurence Poindexter singing & playing guitar
- 1st - Walking Club
- 3rd - Games
- 8th - Walgreen's Pharmacy
- 8th - Walking Club
- 10th - Extra Bingo
- 15th - Miller Boles serving refreshments
- 15th - Walking Club
- 17th - Richard & Friends Puppet Ministry
- 22nd - Walking Club
- 22nd - Games
- 24th - Games
- 29th - Bathroom Safety Tips with April Gaster, Westfield
- 31st - Dress up for Halloween

## 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, Oct. 9, 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

### Dear Family Caregiver

#### Specialist, Question:

I feel tired all the time and am having more health problems than usual. I have difficulty working with people and feel angry and negative. I worry it is affecting the quality of my caregiving. How can I improve my mood and attitude?

**Answer:** Family Caregivers are often under double strain because they care for their parents, children and sometimes even their grandchildren!

Bring in help from friends, family, a home care agency or use adult daycare. Reduce stress by putting off unnecessary projects. Doing things just for you is not wasted time, but very important to prevent burnout. Find something you enjoy; take baths, walk, relax with a magazine or book. If these small breaks don't help, consider seeking professional help. Remember, a support group of people who are going through the same things can do wonders to lift your spirits.

Families and friends are the backbone of America's care system. But today family caregiving is more complex, costly, stressful and demanding than ever before. Support from grant-makers to better recognize and address the needs of family caregivers would make a huge difference. After all, at some point in our lives, each of us will likely take care of somebody we are close to who needs help with daily living.

- *Sincerely, Judi, Caregiver Specialist*

**Attention 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.

**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, Oct. 9 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.**

## Powerful Tools For Caregivers *Thrive...not just survive*

**Mondays**

**Oct. 6, 13, 20, 27**

**& Nov. 3, 10, 2014**

**Time: 2:00 p.m. - 4:30 p.m.**

Powerful Tools for Caregivers, a best practices training course, provides family caregivers with the tools needed to take care of themselves while caring for others. Free to family caregivers. Contributions accepted.

### *This program helps family caregivers to:*

- ◆ Reduce stress
- ◆ Improve self-confidence
- ◆ Balance your life
- ◆ Better communicate your feelings
- ◆ Increase ability to make tough decisions
- ◆ Locate helpful resources

**For more information or to register call:**

**Judi Womack, Caregiver Specialist 919-776-0501 Ext. 2230.**



## Alzheimer's & Dementia Educational Classes

**Tuesday, October 7, 2014**

**5:30 p.m. to 7:30 p.m.**

### *Maintaining Independence and Exercise*

**Malene Blair, Occupational Therapist**

**Westfield Rehabilitation & Health Center**

Through information presented by a professional, you will walk away with answers, confidence, knowledge and resources.

For additional information call 919-776-0501 ext. 2230.

### **Alzheimer's & Dementia Support Group**

Thursday, Oct. 2 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.



**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  
Speaker: Ann Womble  
Author and Caregiver**

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

**Registration requested by  
Monday, November 3, 2014  
Call 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 from 6:30 p.m. to 7:30 p.m.**  
Please join us for a special and inspirational time to  
honor, hope and remember individuals, caregivers and  
families who have been touched by Alzheimer's and  
other dementias.

***"FAMILY CAREGIVER AWARD"*  
NOMINATION FORM**

**Families and friends caring for  
individuals are very special people!  
We invite you to nominate someone  
for our 2014 Family Caregiver Award.**

**Contact Information  
for Individual Submitting Nomination**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Are you (check one): ☐ a family member  
other \_\_\_\_\_

**RELEASE:** I hereby grant permission to the Enrichment  
Center of Lee County to publish and distribute the following  
nomination form. I understand this nomination will be  
returned with a Certificate of Outstanding Achievement to  
the individual I nominate.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name of Nominee: \_\_\_\_\_

On a separate page list specific examples of how  
the individual being nominated goes above and  
beyond the regular call of duty to enhance the  
quality of life for their loved one.

**It is recommended that the nominator include a  
support letter of 100 words or less  
with the application.**

**Please send completed form to:  
The Enrichment Center of Lee County  
1615 S. Third Street, Sanford, NC 27330  
Attention: Judi Womack,  
Family Caregiver Specialist Or Email [jwomack@leecountync.gov](mailto:jwomack@leecountync.gov) (919) 776-0501 ext. 2230**



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.*

*Grandparents & Other Relatives Raising Grandchildren  
Thursday, October 9, 2014  
Lunch served. Call 919-776-0501 Ext. 2230.*

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

**ATTENTION!!! REMINDER!!!**

**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 at The Enrichment Center  
8:30 a.m. - 11:30 a.m. and 1:00 p.m. - 4:00 p.m.**

**Wednesday, October 29**

**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.***

**Are you:**

Under 65 years old?  
On Medicare due to a disability?  
Have a Medicare Prescription Drug  
plan?



***Need help or more information?***

**Assistance will be available  
Monday, Nov. 10, 2014  
at The Enrichment Center  
1615 S. Third St., Sanford  
9:00 a.m. - 3:00 p.m.**

**No appointment required. Seen by order of arrival.**  
Seniors Health Insurance Information Program (SHIIP)  
trained counselors will be available to meet with individuals  
and explain their Medicare choices. The annual enrollment  
period is October 15 - December 7. Do not miss this  
opportunity!

**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. For more information contact Janice Holmes at  
919-776-0501 ex. 2206.