

The Center Post

Volume 24

APRIL 2015

**The Enrichment Center
Hours of Operation:**
Monday—Thursday
8 a.m. - 8 p.m. and
Friday 8 a.m. - 5 p.m.
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...

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Party, pg. 4*
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Silver Arts of Lee
County, pg. 6*
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News, pg. 7*
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To:
All Enrichment Center Volunteers



You are invited to the annual Volunteer Appreciation Dinner

Tuesday, April 14, 2015

Doors will open at 5:30 p.m.

Join in our Roaring 20's theme!

Don't be a "Rag-a-muffin"- put on your "Glad Rags"
Dress To Impress - Costume Contest

It's gonna be the Bee's Knees!



Please RSVP by calling 919-776-0501 x2201.

Deadline to register is Wednesday, April 8, 2015.

ONE additional ticket may be purchased for \$6.00.

SENIOR CENTERS ~ Experts at Living Well



In 2014 over 200 volunteers were registered and they served 7,436 hours for The Enrichment Center.

Our volunteers use their personal skills and even develop some new ones along the way! Youth and adult volunteers give of their time at The Center for development, socialization and fun. It can even establish contacts for possible employment. Volunteers give their time on a regular and as-needed basis. ***Call Janice today at 919-776-0501 ext. 2206 if you are interested in volunteering.***

These volunteers assist our **Social Work**

Department with various needs such as housing and home repair, and delivery to Angel Tree recipients. ***Mark Ariy, Bill Carter, Fred Glass, Richard Holshouser, Daniel Egbert, Michael Carter, David Glass, Tilla Minter, Rosetta Coleman, Bob Smith, Joyce Smith, Ed Barkwell, Ernest Murchison and Sam Carter.***

Senior Services Advisory Board members are appointed by the Lee County Commissioners and are responsible for reviewing policies, fiscal budget, grants, center programs and services and assist with building rental requests. ***Woody Beale, Karen Oldham, Alice Beardslee, Donese Pulley, Jim Payne, Jim Turner, Esther Siler, Commissioner Ricky Frazier and Mary Upchurch.***

Support Groups Leaders. ***Linda Moore, Marge Kanning, Ruth Stone, Bob Brickhouse, Joy Phillips Murphy, Gail Valentine, Carol Atwood and Rosemary McLeod.***

Caregiver Time Out volunteers are available on Tuesday afternoons to offer a break to caregivers. ***Dorothy Matthews, Madison Carter, Donna Kelly, Sarah Gladden and Willie Jourdan.***

Saturday Night Dance volunteers are responsible for securing the bands, refreshments and set up of the dance held every Saturday night at 7 p.m. ***Harold Harrington, Ron Klepper, Jim Foster, Mary Foster, Shirley Dean, Carl Nunnery, Mary Nunnery, Ruth Lerche, Coleen Carter, Jerry Clendenen, Georgia Clendenen and Peggy Lanier.***

Enrichment Center, Inc. Board members are responsible for overseeing the expenditures of private donations. ***Bud Greene, Tom Joyner, James Emerson, Margaret Murchison, Bob Will, June Gunter, Janice Scoins, Jeff Ward, Jim Foster, Bob Garrett, Allison Goodwin, and Lee Setzer.***

The following volunteers are responsible for planning and implementing the **Senior Games & Silver Arts of Lee County** program. Local games are held in May and State Finals in September and October. ***Bob Garrett, Gael Hogan, Mike Neal, John Payne, Bill Shuey, Sarah Solomon and Jim Turner.***

Nifty Noggins volunteers make coverings for "smart" heads. The coverings are free to cancer patients. From classy berets to handy bandannas, this group has it "covered." ***Ann Beale, Darlene Christiansen, Leona Cox, Mary Parker, Sue Wagenhauser, Marian Carlson and Eva Warrick.***

S.H.I.I.P. (Seniors' Health Insurance Information Program) volunteers help Lee County citizens with questions regarding Medicare, Medicare Prescription Drug Plan, Medicare bills and supplemental insurance policies. ***George Miller and Jim Glines.***

These volunteers represent Lee County older adults at the **Area Agency on Aging's Advisory Board**. ***Mary Upchurch, Esther Siler, Donese Pulley and Karen Oldham.***

Fitness Room volunteers assist with fitness orientations, fill in for instructors, and keep towels in the fitness room for participants. *Trudy Forrest and Cleo Bryant.*

Volunteer **Program Facilitators** regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Jochen Thomas, Dot Boaz, Mark Coggins, Norman Findley, Nancy Pickard, Carolyn Arnold, Richard Palmer, Margaret Murchison, Pam Rose, Phil Bruce, Susan Hooper, Shirley Buchanan, Ruth Conder, Virginia Mattson, Jerry Batchelor, Sandy Scott, Peggy Rowles, Ann Beale, Don Schreiner, Barbara Bedore, Hubert Stacker, Joyce Billings, Alberta Williams, Rosemary McLeod, Louise Ross, Joyce Smith, Pam Glover, Barbara Bentley, Donna Jackson and Janet Fasick.*

Administrative volunteer assists staff members when needed, everything from tallying survey results to making phone calls to alerting participants to upcoming events and activities. *Linda Rapp.*

Lee County Transportation Advisory

Board members are appointed by the commissioners to advise on the needs of transportation in the county *Bob McCarthy.*

Tax Aide volunteers assist older, low to moderate income people with their income tax filing. The service is free and provided in cooperation with AARP and the IRS. *Gayle Anderson, Judy Barton, Robena Black, John Burns, Robyn Carpenter, David Kennedy, John Koneski, Henry Merritt, Jim Payne, David Pierce, Joyce Smith, Billy Tew, George Thompson, Mary Upchurch and Nancy Johnson.*



These volunteers represent Lee County older adults at the **Senior Tar Heel Legislature**, which was created by the NC General Assembly in 1993 to provide seniors on matters being considered by NC General Assembly, promote citizen involvement and advocacy concerning aging issues and assess the legislative needs of older citizens. *Mary Upchurch and Esther Siler (Alternate).*

CENTER POST volunteers meet the last Wednesday of every month to fold, tape and label approximately 350 newsletters for bulk mail out. *Ruby Belsma, Ruth Conder and Jennifer Kelly.*

Cookie Cutters volunteers are the ones to thank for the delicious homemade cookies that are often served at the Center. *Ruth Conder, Donna Jackson, Diane Davis, Pam Stephens and Marie McLendon.*

The **front desk** area of The Enrichment Center is an extremely busy place. From greeting guests as they arrive, answering the ever-ringing phone, and directing guests to the various activities, these volunteers are very much appreciated. *Joyce Billings and Linda Battle.*

These volunteers assist with **various events** that are held each year, such as the Gay 90's luncheon, the Boomer, Senior & Caregiver Expo, and the Caregiver Education Conference. *Jim Payne, Vivian McRae, Ruth Conder, Janet Fasick, George Miller, Theresa Miller, Esther Siler, Mary Upchurch, Bud Greene, Mark Coggins, Kathy St. Clair, Hugh Pembleton, Ginny Pembleton, Gladys Thomas, Frank Kaufman, Melvin Griffin, Patricia Edmonds, Bettie Ervin, June Gunter, Maria Rodriguez, George McBryde, Jeanette Brown, Janice Scoins, David Piggie, Linda Rapp, Joyce Smith, Alberta Williams, Linda Battle, David Kennedy, Judy Warf, Jack Warf, Ollie McLucas, Nancy McLendon, Donese Pulley, Rosetta Coleman, Elizabeth Bass, Nettie Scotten and Pat Maguire.*



Bingo Volunteers are responsible for the coordination of BINGO games. *George A. McBride, Bettie Ervin and Earl Thompson.*

Much to the delight of our **Diners' Club** participants, these volunteers regularly share exercise & dancing activities, Bible study, and music. *Shirley Buchanan, Robert Lewandowski, Patricia Lewandowski, Joyce Billings, Laurence Poindexter, Jim Annis, Elba Annis, and Mark Coggins.*

In the past year, **Home Delivered Meal** volunteers delivered more than 6,000 hot lunches to homebound older adults in Lee County. Approximately 30 clients on 4 routes are served each day, Monday through Friday. *Judy Warf, Jack Warf, Hugh Pembleton, Ginny Pembleton, Eugene Rackley, Don Roundy, Ginny Roundy, Sam Sillaman, Bob Smith, Joyce Smith, Jim Payne, Norbert Miller, John Corbett, Donna Corbett, Kathy St. Clair, Janice Scoins, Allan Scoins, Judy Garner, Gayle Matthews, William Matthews, William Henning, Velma Rogers, Geneva Frye, Ed Angel, Rosetta Coleman, Sam Wilkinson, Louise Wilkinson, Bill Tannenbaum, Claire Tannenbaum, Meg Moss, Brandi Phillips, Jim Turner.*

Diners' Club volunteers assist Monday through Friday in taking lunch meals to the tables, overseeing donations and reservations for the following day's lunch. *Earl Thompson, Alberta Williams, Maria Rodriguez, James Baker, Frank Kaufman, Barbara Miller, Maggie Siara, Mary Chalmers, Joyce Smith, Patricia Edmonds, David Piggie, Dorothy Matthews, Delphine Walters, Linda Nelson, Melvin Griffin, Peggie Goodbar, Ed Barkwell, Hazel Roberts, Genevieve Lucas, Arnie Kreisberg, Virginia Vick, DeeDee McKenzie, Peggy Grimshaw, Gracie Leak, Sharon Embree, Bettie Ervin, Hazel Nickens, Clarence Norris and Shameka Dowdy.*

Cards & Games Party... *We need you! And so does The Helping Fund!*



Co-sponsored
by Miller-Boles Funeral Home
Thursday, April 23, 2015

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 electricity and other necessities of life.

Enjoy refreshments, door prizes and fellowship!
Register by calling 919-776-0501 ext. 2201.

Veteran's Remembrance Group Wednesday, April 8 at 2:00 p.m. with **Special Guest Speaker Craig Armstrong**. Mr. Armstrong is a Marine and Iraq War Veteran. He will speak about his experiences in Iraq. Open to the general public.

A Novel Approach The group will meet Tuesday, April 14 at 12 p.m. at The Enrichment Center to discuss **Postville** by Stephen Bloom. The group will discuss **A Land More Kind Than Home** by Wiley Cash at the May 12 meeting. Registration is not necessary and the group is open to the general public.

Latin Dance Tuesdays beginning April 21, 2015, 5:30 p.m.- 6:30 p.m. with **Certified Salsa Instructor Gilroy Buller**. Cost is \$5 per person, per session, payable at class. Wear comfortable clothes, suede leather or hard bottom shoes. Call 919-776-0501 ext. 2201 to register.

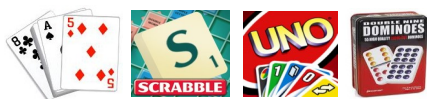


Saturday Nite Dance Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for APRIL 2015: 4th NO DANCE, 11th Southern Exposure, 18th Bill Pollard Back Porch Country, 25th The Fabulous Troubadours.**

Card & game groups listed are open to all adults. Drop in and join us for BRAIN FITNESS!

Brain fitness is our brain's ability to strengthen and promote connections in the brain to maintain important brain functions.

Brain fitness activities contribute to improved mental and physical health.



Cards No Partners

4th Wednesday, 2:00 p.m. - 4:00 p.m.
Bring cards and friends and play the game of your choice.

Hand N Foot - A Form of Canasta

Facilitator: Carolyn Arnold
Mondays, 12:30 p.m. - 4:00 p.m.

Canasta

Instructor/Facilitator: Carolyn Arnold
Fridays, 12:30 p.m. - 4:00 p.m.

Mexican Train Dominos

Instructor/Facilitator: Norm Findley
2nd & 4th Tuesday, 12:30 p.m. - 4:00 p.m.

Scrabble

1st Thursday & 3rd Thursday, 12:30 p.m.

4th Friday Bridge

Instructor: Ann Griffin
10:00 a.m. - 1:00 p.m.

If you would like to participate in a Chess Club, learn to play Chess or teach the game to others, please call

Debbie Williams
at 919-776-0501 ext. 2203.



Let's travel in 2015!

The Enrichment Center
1615. South Third Street, Sanford
919-776-0501 ext. 2201

Tues., May 5, 2015 - Shatley Springs in the beautiful High Country of NC We will stop at the Ashe County Frescoes, enjoy a family style lunch at the wonderful Shatley Springs Restaurant before we go to the Ashe County Cheese Factory in beautiful West Jefferson, NC!

June 3-9, 2015 Boston, Salem and the North Shore Highlights include a guided tour of the historical city of Boston, a visit to the JFK Presidential Library, guided tours of Lexington, Concord and Salem.

Tues., September 1, 2015 - Smith Mountain Lake Lunch Cruise Upon arrival at Smith Mountain Lake, we will board The Virginia Dare for a delicious meal as we cruise one of the most beautiful lakes on the east coast!

Sept. 23-29, 2015 - Boston, Salem and the North Shore FUNdraiser \$50 of your payment goes towards The Enrichment Center, Inc. Helping Fund. This fund assists older adults in Lee County who are in an emergency situation with electricity, medications and other necessities of life. Highlights of the trip include a guided tour of the historical city of Boston, a visit to the JFK Presidential Library, guided tours of Lexington, Concord and Salem.

Tues., October 20, 2015- Senior Day at NC State Fair This is our annual trip to Raleigh for all the sights, sounds and FOOD at the State Fair!

More detailed information is available at the front desk of The Enrichment Center or by calling 919-776-0501 ext. 2201. Bring your checkbook! Payment required at the time of registration.



Open to ALL
residents of Lee
County and
surrounding
communities
aged 50 and better!

Sponsored locally by:



If you enjoy:

golf ~ swimming ~ painting ~ dancing ~ writing
table tennis ~ track ~ horseshoes
shuffle board ~ corn hole ~ knitting
photography ~ and the list goes on...

We invite you to register for:

Senior Games and Silver Arts
Early Bird registration
April 1 - April 20, 2015
Final registration April 30, 2015

Come join the fun in Olympic style athletic events and artistic competitions! This program is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc. is sponsored state-wide by the North Carolina Division of Aging and Adult Services.
www.ncseniorgames.org

For more information about Senior Games and Silver Arts of Lee County, and to obtain a registration form, call 919-776-0501 ext. 2207.
jsolomon@leecountync.gov
www.leecountync.gov/ec

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.

Diners 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.**

APRIL 2015 Programs at 11 a.m.

- 1st—UNC Nurses' Program
- 8th—Miller Boles serves refreshments
- 10th—Games!
- 15th—UNC Nurses' Program
- 17th—EXTRA Bingo
- 21st—Sassy Red Hatters, 10:30 a.m.
- 22nd—Diabetes Discussion with Kirby Ellis & Johanna Kelum, Sanford Health & Rehabilitation
- 24th—Lifeline Discussion with Natalie Harris
- 29th—Games!

**Walking Club EVERY WEDNESDAY
10:00 a.m. in the Diners Club!**



A Service Provided by
C.O.L.T.S.

County of Lee Transit System

**Public
Transportation
Stops
at the following
locations
Monday - Friday**

- ♦ Walmart
- ♦ Central Carolina Community College - Main Campus
- ♦ Sanford Estates
- ♦ Makepeace Apartments
- ♦ Riverbirch Shopping Center
- ♦ Lee County Government Center
- ♦ Central Carolina Hospital
- ♦ Central Carolina Community College - Vance Street
- ♦ Stewart Manor
- ♦ The Enrichment Center
- ♦ Kendale Shopping Center

Cost: \$2.00 each time boarding. Vouchers available.
Call C.O.L.T.S. at 919-776-7201 for the time schedule.

corner



caregiver

Holding a Family Meeting, Part 2

Caregiving is definitely one of the hardest roles any of us can play. The constant variety of emotions attached to it and all of the “should”, “why don’t you” and “why aren’t you” that keep bombarding our decision making can often be overwhelming. You, other family members, close friends and the patient, have to deal with fears, anxiety, confusion, guilt, helplessness, frustration, depression, loss and powerlessness. I hope you find the family meeting very helpful to you.

Financial concerns in caregiving

- How much will it cost?
- How much work can family members afford to miss?
- What financial help might be available from outside?

Who will make decisions. Financial, medical, hiring a caregiver, etc. and how will they be made?

What support role does each person want to play?

What sort of support does the primary caregiver need?

- Need for respite (a break from caregiving)
- Help with meals, shopping, cleaning, laundry, etc.
- Emotional support by telephone or email
- Help with chores, taking the care recipient to doctor’s appointments

How will the caregiving and support needs change as the illness progresses?

Problem Solving

- List of tasks

Summary of meeting and schedule for next meeting

It will probably be difficult to cover all these issues in one meeting, so additional meetings will be helpful. Each meeting should have a clear agenda and a definite beginning and ending time.

Love and Joy,
Judi Womack, Family Caregiver Specialist

If you are interested in holding a family meeting, please feel free to call Judi (919-776-0501 Ext. 2230) or email jwomack@leecountync.gov.

“Shining a Light on Dementia”

Regional Caregiver Educational Conference
Wednesday, April 8, 2015 9:00 a.m. - 4:00 p.m.
Dennis A. Wicker Civic Center | 1801 Nash St., Sanford, NC

SPECIAL GUEST SPEAKER

Melanie Bunn MS RN GNP
Dementia Training Specialist
Plus Other Experts in the Field!

A one-day conference to address current trends in Alzheimer’s care for family caregivers, community,

professional caregivers and people interested in knowing more about this disease. Family caregivers: assistance with your loved one is available if needed for you to attend this

conference. Registration required.

Contact: Judi Womack (919) 776-0501 Ext. 2230.

Presented by:

The Enrichment Center of Lee Co. & Alzheimer’s NC, Inc.

Sponsored by:



Powerful Tools for Family Caregivers

~ **CONGRATULATIONS** ~ The following have completed Powerful Tools for Caregivers: Jean Browne, Ava Davidson, Judy McCleney, Mary Jo Mills, Ismay E. Parrish and Ada Brown-Miller. These FREE classes are led by a trained facilitator. The program provides tools and strategies to better handle the unique caregiver challenges. If you are interested in taking this class, please call Judi at 919-776-0501 ext. 2230 or email jwomack@leecountync.gov.

Alzheimer’s Support Group Thursday, April 2 at 1:00 p.m. with **Special Guest Speaker Barbara Clayton, Director, The Bayberry Retirement Inn**. Registration not required. Open to the general public.

Caregiver Time Out If you are a family caregiver who needs a break from your caregiving responsibilities, **Caregiver Time Out** is an option for you and your loved one. This program meets Tuesdays and is staffed by our Family Caregiver Specialist and volunteers. Participants socialize and participate in group activities and chair exercise. **This is a free program for 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.



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.

The Enrichment Center will be CLOSED
Friday, April 3, 2015 for Good Friday.

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

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 WTVD-TV 11, WRAL-TV 5, WFJA 105.5 FM, WWGP AM 1050, WLHC-FM Life 103.1 and WXKL AM1290.

Do you or someone in your family have vision loss? The Low-Vision group welcomes you to attend their next meeting on Wednesday, April 8, 2015 at 1:00 p.m.

Gay 90's Luncheon Wednesday, May 6, 2015
 12:00 p.m. This luncheon is hosted each year to honor Lee County residents who are 90 and older. If you or someone you know wishes to attend please contact Debbie Williams at 919-776-0501 ext. 2203.

Rex UNC Healthcare Mobile

Mammography will be at The Enrichment Center Friday, May 15, 2015 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.**

NOTICE ABOUT SENIOR CENTER

PHONE MESSAGES Phone Number (617) 440-3507

Occasionally you may see a phone call coming in from the number above. This is a recorded phone message from us at The Enrichment Center letting you know about last minute programs, classes, trips or inclement weather delays and closings. Please be sure to answer your phone when you see this number. If you have not been receiving these calls and would like to, please let The Enrichment Center front desk know or call us at 919-776-0501 ext. 2201. Thank you~

SAVE THE DATE! Wednesday, August 26, 2015

13th Annual Boomer, Senior & Caregiver Expo
Dennis A. Wicker Civic Center, Sanford, NC

If you are interested in being a sponsor or exhibitor contact Judi at 919-776-0501 ext. 2230. If you would like to volunteer contact Janice at 919-776-0501 ext. 2206.