

The Center Post

Volume 24

AUGUST 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...

- ◆ *Boomer, Senior & Caregiver Expo Schedule of Events and FREE Health Screenings, pg. 2*
- ◆ *E Books Class, pg. 3*
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FREE ADMISSION
All Adults
Welcome!

PRESENTED
BY
THE ENRICHMENT
CENTER
NC CERTIFIED SENIOR
CENTER OF EXCELLENCE
(919) 776-0501



WEDNESDAY
August 26, 2015
10:00 a.m. - 2:30 p.m.
Dennis A. Wicker Civic Center
1801 Nash Street, Sanford, NC

THE PREMIER
EVENT
IN THE AREA
CATERING TO
THIS MARKET!

100+ Vendors
Educational Seminars
Massages
20+ Health Screenings
Bingo
Painting Workshop
Hourly Prize Giveaways
Manicures & Hair Cuts
Grand Prizes

Carolina
Women's Fitness Center

Lead Sponsors

BRIGHT
Audiology
Brighter Hearing - Better Living

CENTRAL CAROLINA HOSPITAL

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Sanford
HEALTH & REHABILITATION

NORTH CAROLINA
DEPARTMENT OF
HEALTH & HUMAN SERVICES

The Sanford Herald

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OutreachNC
Helping Older Adults Live Better

Platinum Sponsors

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Walgreens
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Community
Home Care & Hospice

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JLP

Medi Home Health
A Division of
MEDICAL SERVICES OF AMERICA, INC.

WLC-FW
Life 103.1

HOME CARE
at ST. JOSEPH of the PINES

Gold Sponsors

Griswold Home Care ~ Cambridge Hills Assisted Living ~ Carolina Eye Associates
United Assist Medical Supply ~ Peak Resources-Pinelake ~ Dargan Moore-Edward Jones
Island Therapeutic Massage ~ Laurels of Chatham ~ Amedisys Home Health
Law Office of Fred D. Webb, Jr. ~ Health Innovations Pharmacy ~ LGFCU-Local Govt. Federal Credit Union
UNC Sanford Specialty ~ Total Life Care ~ OVM Financial, Inc. ~ Totally Committed Diabetic Supply Co., Inc.

Schedule Of Events & Seminars



FREE Health Screenings

9:45 A.M. WELCOME - REMARKS - RIBBON CUTTING

FRONT ENTRANCE

10:30 A.M. What Customers Should Know Before Purchasing

Hearing Aids - Dr. Angela Bright Pearson, Bright Audiology

AUDITORIUM

10:30 A.M. Lose Weight - Be Fit - Master Your Metabolism

**Simplified with a Personal Trainer, Carol Daniels, Personal Trainer
and Motivational Speaker**

CLASSROOM 102

11:05 A.M. Don't Give Up Anything but Stress! Why Residents

**Move to Retirement Communities, Julie Tampa, Marketing Director,
Penick Village**

AUDITORIUM

11:05 A.M. Advance Treatment Options in Back Pain & Spinal

Stenosis, Dr. James Wilkley, FirstHealth of the Carolinas

CLASSROOM 102

11:35 A.M. End of Life Care, Nicole Kirk, MSU, Liberty

Healthcare

AUDITORIUM

11:35 A.M. Congestive Heart Failure and COPD Management,

Debra Chapman, RN, Medi Home Health

CLASSROOM 102

12:05 P.M. What is SNF-Skilled Nursing 101, Kirby Ellis,

Marketing Director, Sanford Health & Rehabilitation

AUDITORIUM

12:05 P.M. The Diabetic Foot, Dr. Elene Papakostas, DPM, Central

Carolina Hospital

CLASSROOM 102

12:35 P.M. How to Stay Young the First 100 Years, Dr. Rachel

Myers, Ammons Chiropractic Clinic

AUDITORIUM

12:35 P.M. Shining a Light on Dementia: Answering Your

Questions about Alzheimer's Disease and other Dementias, Lisa

Levine, Program Director, Alzheimers NC, Inc.

CLASSROOM 102

1:05 P.M. Silver and Fit Exercise Demo, Diane Foushee and Wanda

Harrington, Carolina Women's Fitness & Olympic Fitness

AUDITORIUM

1:05 P.M. Asthma, Cynthia Julich, Family Nurse Practitioner, TRP

CLASSROOM 102

1:35 P.M. Mom Needs Home Care, How Do I Get Started? Sandra

Bridges, RN, First Choice Home Care

AUDITORIUM

1:35 P.M. Medicare Fraud: Think You Can't Become a Victim?

Think Again!, Stephanie Bias, NC Senior Medicare Patrol, SHIP,

NC Dept. of Insurance

CLASSROOM 102

2:00 P.M. Elder Investment Fraud & Financial Exploitation

**Prevention, Lauren Benbow, Investor Ed. Spec., NC Secretary of
State's Securities Division**

AUDITORIUM

2:30 P.M. GRAND DOOR PRIZE

MAIN HALL

10 A.M. - 2:00 P.M. Bingo with Prizes

CLASSROOM 103

SPONSORED BY CENTRAL CAROLINA HOSPITAL AUXILIARY

SEMINARS: Auditorium & Classroom 102 (Door Prizes)

MAIN SCREENING ROOM

Central Carolina Hospital

- ♦ CHOLESTEROL (non-fasting)
- ♦ BLOOD GLUCOSE
- ♦ BODY MASS & BODY FAT PERCENTAGE
- ♦ BONE DENSITY MEASUREMENT
- ♦ PULMONARY FUNCTION TEST ASSESSMENT
- ♦ ASK THE PHYSICAL THERAPIST
- ♦ NUTRITION - ASK THE DIETICIAN
- ♦ ASK THE PHARMACIST
- ♦ BLOOD PRESSURE
- ♦ BREAST HEALTH
- ♦ CPR (CARDIO PULMONARY RESUSCITATION)
- ♦ CARDIAC AND STROKE AWARENESS

CONFERENCE ROOM

Bright Audiology

- ♦ HEARING SCREENING

LOBBY

Pinehurst Medical Clinic

- ♦ BONE DENSITY

Walgreens

- ♦ ASK THE PHARMACIST
- ♦ FLU SHOTS
- ♦ BLOOD PRESSURE

Ammons Chiropractic Clinic

- ♦ SPINAL AND POSTURE SCREENING

Duke Univ. Medical Center

Alzheimer's Disease Research Center

- ♦ MEMORY SCREENING

Carolina Eye Associates

- ♦ VISION SCREENING

UNC Sanford Specialty Clinic

- ♦ BONE DENSITY

STAGE

Linda Moore, RN, MSN & Katie Thomas, MSW, P/LCSW

- ♦ DEPRESSION SCREENING

MAIN EXHIBIT HALL

Sanford Nautilus

- ♦ BODY FAT ASSESSMENT

Carolina Women's Fitness Center

- ♦ HEIGHT & WEIGHT

FirstHealth Behavioral Services

- ♦ STRESS TEST

**The following groups will NOT meet
August 2015**

**Veterans' Remembrance Group, Nifty Noggins,
Brick Capital Line Dance, Dixie Line Dancing,
The Cookie Cutters**

E Books Class Thursday, August 13, 2015 at 10:30 a.m. with Instructor **Mark Coggins**. Learn how to access your favorite book on your Kindle, Nook, Ipad or Android phone or tablet! Enjoy reading the easiest way. *Before class you will need a library card and password for your E Books. You can get this at the Main Library located at 107 Hawkins Ave., Sanford.* To register for E Books Class call 919-776-0501 ext. 2201.



Let's Build a Birdhouse

with Instructor **Dan Dawkins**. Monday, August 24, 2015, 10:30 a.m. - 11:30 a.m. Cost is \$10. Pick your pattern when you register and make payment. Dan will have your pattern cut and ready for assembly at

class. Bring your hammer. All other supplies included in your kit. Call 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 August:** 1st - Southern Exposure, 8th - Bill Pollard Back Porch Country, 15th - Trace Jazz, 22nd - Southern Exposure, 29th - Fabulous Troubadours.

Nifty Noggins are head coverings for cancer patients and come in a variety of materials and styles. We, the volunteers at **Nifty Noggins**, would be most happy to share, free of cost, the head coverings that we make just for you. We are located at The Enrichment Center, 1615 S. Third St., Sanford, NC. The next time volunteers will meet is Thursday, September 10th at 10 a.m. Feel free to join us!! If you would like a head covering, contact **Carole** at 919-776-0501 ext. 2205.

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.

UP AND COMING FOR FALL 2015

Funeral Planning Seminar and Understanding

Cremation Monday, September 28, 2015 at 6:15 p.m.

Sponsored by **Miller Boles Funeral Home**. Losing a loved one suddenly or after a prolonged illness or diagnosis is never easy. After death is the question, "What's next, literally." **Miller Boles Funeral Home** will provide an evening seminar that will answer any questions you have in regards to funeral services and cremation pre-planning. A light meal will be served. Reservations are required. Call 919-776-0501 ext. 2201.

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

FREE Hearing Screenings with Bright

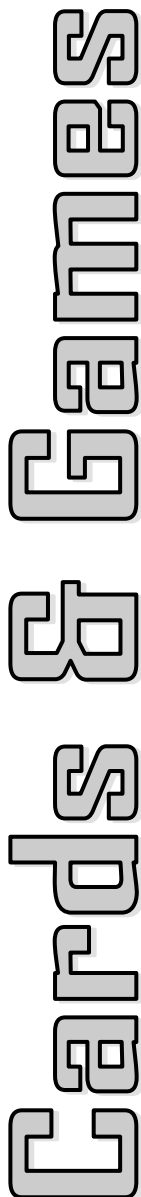
Audiology Thursday, September 17, 2015, 9:00 a.m. - 3:00 p.m. Registration is required, call 919-776-0501 ext. 2201.

Rex UNC Healthcare Mobile Mammography is coming to The Enrichment Center Friday, October 9, 2015 to provide FREE mammograms for those at least 35 years of age. There are other requirements. Call **Sharon Lucas** at the **Lee County Health Department, 919-718-4640 ext. 5317** for more information and to register.

A Matter of Balance Many older adults experience concerns about falling and restrict their activities. **A Matter of Balance** is an award-winning program designed to manage falls and increase your activity levels. To register for the next series call **Debbie Williams** at 919-776-0501 ext. 2203.

Fall Festival Saturday, October 24, 2015 from 8:00 a.m. - 2:00 p.m. Browse and purchase from more than 40 tables filled with woodcarving, jewelry, paintings, baked and canned goods, homemade soaps and lotions, hand-sewn items and much more! Come out and enjoy a GRILLED HOTDOG OR SAUSAGE DOG with all the trimmings. Chips, drinks and fresh baked goods will be available for purchase. **All food proceeds benefit The Enrichment Center Helping Fund. The Helping Fund assists Lee County older adults who are in a crisis situation with the basic necessities of life.**

Rada Cutlery items will be available for purchase and ordering. Proceeds benefit The Enrichment Center, Inc. Helping Fund.



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, 12:30 p.m.

4th Friday Bridge

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

Are You Interested in Playing Pinochle?

It's a card game played with a 48-card pack containing two each of A, K, Q, J, 10, 9 in each suit with the object to score points by melding certain combinations of cards or by winning tricks that contain scoring cards. If you are interested in playing Pinochle call **Debbie Williams** at 919-776-0501 ext. 2203.

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

Crafty Creators offer their homemade craft items for sale the first Monday of each month in the Diner's Club 10:00 a.m.—11:30 a.m.

Organizers Seeking WWII Veterans for

D.C. Trip Each year Dunn, NC businessman Irvin Warren, owner of Warren Oil Co., sponsors an overnight bus trip for World War II veterans a traveling companion to visit the World War II Memorial, Arlington National Cemetery and other memorials and sights around the capital. The trip is paid for totally by Mr. Warren, no cost to those attending. This year's trip will be October 29-30, 2015. The group leaves from Dunn at 8 a.m. and returns the next day by 6 p.m. He has sponsored trips since 2009 and has taken more than 150 WWII veterans to visit D.C. The contact is Ray Stone at 910-892-2810. Leave a message if no answer. Or email raystone@embarqmail.com.

SilverSneakers Fitness Location!

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. If you are part of a Medicare health plan or a group retiree, you may already have benefit. Eligible participants receive FREE participation in our qualifying fitness programs at The Enrichment Center: yoga, fitness room, land aerobics, stretch & tone & Zumba! **To enroll bring your membership card to The Enrichment Center and complete an information form from one of our fitness instructors.**



A Novel Approach

The group will NOT MEET over the summer and will resume **Tuesday, September 8, 2015 at 12:00 noon at The Enrichment Center**. Registration is not necessary and the group is open to the general public. **Selections for 2015-16:** September - Shaman by Noah Gordon, October - Necessary Lies by Diane Chamberlain, November - Peony by Pearl S. Buck, December - Cry, the Beloved Country by Alan Paton, January - The Rosie Project by Graeme Simsion, February - Leaving Time by Jodi Picoult, March - Boys in the Boat by Daniel James Brown, April - Rebecca by Daphne DuMaurier, May - Nightingale by Kristen Hannah or All The Light You Cannot See by Anthony Doerr.

Questions about your personal financial situation? Richard L. Palmer, ChFC, Volunteer

Financial Counselor, provides one hour appointments on Wednesday or Friday afternoons to discuss and 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.



Let's travel in 2015!

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

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.

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!



Happy 65th Birthday!

Medicare is next.... now what???
Not sure what Medicare is, what Medicare costs and what Medicare pays? Why am I getting so much mail? What are my choices?

Answers are available!

**An informational presentation is planned for
Thursday
September 24, 2015 at 6:00 pm.**

**Program brought to you by SHIIP.
(Seniors' Health Insurance Information Program)
A Division of the NC Department of Insurance**

To register or for more information, please contact:
919-776-0501 x2201

Did You Know?

Medicare is a major medical plan that provides a basic foundation of benefits. However, it does NOT pay 100% of all medical bills. Medicare beneficiaries are responsible for premiums, deductibles and coinsurance. These amounts can be significant. Because of these costs, most beneficiaries need some kind of plan, policy or program to fill in the "gaps." FREE assistance in understanding these options is available by contacting **SHIIP, Seniors' Health Insurance Information Program**, at 1-855-408-1212 or locally Janice Holmes, **SHIIP Coordinator for Lee County residents, 919-776-0501 ext. 2206.** SHIIP is a division of the NC Dept. of Insurance.



The Annual Enrollment Period is quickly approaching!

Reminder to check your
Medicare Prescription Drug Plan coverage
to ensure the best coverage available
for your unique situation!

**The dates are October 15 - December 7!
DON'T MISS IT!**

**Do you or someone you know need extra help
paying for Medicare coverage? If so, the**

Extra Help program may be able to help!

Extra Help is available for those who qualify, but you have to apply. An Extra Help application is easy to complete over the phone, on the Internet or by hand.

**These programs may save you money on the following:
Extra Help**

- Medicare Prescription Drug Plan premiums
- Medicare prescription drug deductibles and copayments
- Medicare Savings Program**
- Medicare medical coverage deductibles and copayments
- Medicare medical coverage premiums

**For more information about Extra Help or for help
completing an Extra Help application, contact:**

North Carolina

Seniors' Health Insurance Information Program
1-855-408-1212 www.ncshiip.com
Or locally 919-776-0501 ext. 2206.



Volunteering produces a feeling of self-worth and respect. Although there is no financial gain involved for the individual, volunteering is also renowned for skill development, socialization,

and fun. Volunteering has positive benefits for the volunteer as well as for the person and our community.

For those who are in college or interested in changing careers, volunteering is recognized and highly beneficial when included on college and work applications.

Volunteers are essential to the success of our programs at **The Enrichment Center**. Those age 18 and older may volunteer individually. Those age 16 and under may volunteer under the supervision of someone age 18 and older. We are currently in need of help in these program and service areas:

Home Delivered Meal Program

Volunteers are needed to deliver a hot, nutritious meal to a homebound older adult in Lee County. Routes usually take less than an hour. Regular and fill-in positions are available.

2015 Boomer, Senior & Caregiver Expo

Volunteers are needed on Tuesday, August 25 to assist with set up or on Wednesday, August 26 to assist with registration, information and clean up. We need at least 75 volunteers for this event to run smoothly and successfully.

Volunteers have access to the BSC Expo 1 hour before the general public! **Contact Janice Holmes at 919-776-0501 ext. 2206 for more information about volunteering in Lee County.**

Legal Aid Intake Days 2015

Legal Aid of North Carolina, Inc.
(919) 542-0475 Or 1-800-672-5834

1st Wednesday of Month * by appointment only

The Enrichment Center, 1615 S. Third St., Sanford

2nd Wednesday of Month

12:00 pm. - 2:00 p.m. Christian United Outreach Center
2885 Lee Ave., Sanford

3rd Tuesday of Month

10:00 a.m. - 12:00 p.m. Salvation Army of Lee County
507 N. Steele St., Sanford

4th Friday of Month

12:00 p.m. - 2:00 p.m. Christian United Outreach Center
2885 Lee Ave., Sanford

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.**

AUGUST 2015 Programs at 11 a.m.

- 3rd - Crafty Creators at 10:00 a.m.
- 5th - Laurence Poindexter singing and playing guitar
- 7th - Bingo at 9:00 a.m.
- 7th - Diabetic education 10:45 a.m. - 11:45 a.m.
- 12th - Miller Boles serving refreshments
- 14th - Dana & Sergio Guevara singing
- 18th - Sassy Red Hatters 10:00 a.m.
- 19th - Laughter Yoga with Kirby Ellis & Dana Guevara
- 21st - "Is it a Heat Stroke?" Dana Guevara
- 26th - **DINERS CLUB CLOSED** - Boomer, Senior & Caregiver Expo
- 28th - End of Summer Games and Celebration

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



Diners Club *Sassy Red Hatters*

Meets the 3rd Tuesday at 10:00 a.m.
Join these ladies for some fun and fellowship.
Wear your red attire on this day and make plans to be a part of a group of women 50 and better who enjoy life to the fullest!

Do you or someone in your family have vision loss?

The Low-Vision group welcomes you to attend their meetings on the second Wednesday of the month at 1:00 p.m.

corner

caregiver



Dear Family Caregiver,

You are invited to join us for our 13th Annual Boomer, Senior & Caregiver Expo on Wednesday, August 26, 2015 at the Dennis A. Wicker Civic Center from 10:00 a.m.- 2:30 p.m.

Come celebrate **LIVING WELL** at the premier exhibition event where you can find hundreds of ways to improve your health and extend your life.

This is a perfect opportunity for family caregivers to gather information, product and resources for themselves and their loved ones. At the **BSC Expo** you can learn and explore options available in comfort living, travel, housing, medical programs, leisure activities, community and government services and healthy living. Free hair cuts, chair massages, make-up demonstrations and much more!

I look forward to seeing you!
Judi, Family Caregiver Advisor

Do not wait; the time will never be "just right." Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.
~Napoleon Hill

Alzheimer's & Other Dementia Support

Group Thursday, September 10, 2015 at 1:00 p.m. Meg Moss, Hospice Care Consultant with Community Home Care & Hospice will be our presenter. Registration not required. Open to the general public.

"Shining a Light on Dementia: Answering Your Questions About Alzheimer's and other Dementias" with Lisa Levine, Program Director, **Alzheimers NC, Inc.** Wednesday, August 26 at 12:35 p.m. at the Boomer, Senior & Caregiver Expo, 1801 Nash Street, Sanford. Sponsored by The Enrichment Center of Lee County. FREE to the general public.

Grancare Luncheon Thursday, September 3 at 12:00 p.m. with **Guest Speaker Sandra Thompson, "High School Completion Options."** Grancare is a support group for grandparents and other relatives raising their grandchildren. Please call Judi for lunch reservations 919-776-0501 ext. 2230.

Powerful Tools FOR Caregivers

Date: Tuesdays, Sept. 15, 22, 29 and Oct. 6, 13, 20, 2015

Time: 5:30 p.m.- 7:30 p.m. Light meal served.

**Location: The Enrichment Center,
1615 S. Third St., Sanford**

Call (919) 776-0501 ext. 2230 to register.

Assistance with your loved one is available if needed for you to attend classes.

Are you feeling stretched thin caring for a loved one?

It's a normal feeling as you try to get through each day giving the best care you can to your family member.

Powerful Tools for Family Caregivers is a series designed to provide you, the family caregiver, with the skills you need to take care of yourself.

This series will prove to be a valuable resource by benefitting both you and the person you provide care. It is a nationally recognized wellness program and is **FREE**.

Class meets two hours once a week and are led by a certified, experienced class leader. When you take care of yourself, everyone benefits.

Quote from a former class attendee:

"About the time the class began, I was about at my wits end. The communication tools will work toward maintaining a better atmosphere and contribute to improved attitudes for both of us... it will never be easy, but it is easier than it was 6 weeks ago!"

ATTENTION Family Caregivers: We offer you two (2) hours of respite each Tuesday at The Enrichment Center from 1:00 p.m. - 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 participants each Tuesday. The program has grown over the past year and we are having a great time each week! **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 mission of Lee County Senior Services
is to fashion an achievable vision of successful aging in Lee County.**



Alzheimer's disease and other dementias take away what it took a lifetime to build - memories, dignity and eventually life itself.

At present, more than 5.4 million people in the United States have Alzheimer's disease or other dementia. Alzheimer's disease is now the 3rd leading cause of death in the U.S.

There are no survivors. There is no cure.

Financial and in-kind contributions are needed if we are to meet the needs of the estimated 175,000+ families in North Carolina communities dealing with dementia.

Sanford AlzNC Walk

Saturday, October 17, 2015
Depot Park, 106 Charlotte Ave., Sanford

8:00 a.m. Registration
Opening Ceremony 9:00 a.m.
Walk Begins 9:15 a.m.

**Raise \$50 or more and receive
A 2015 Sanford AlzNC Walk T-Shirt.**

**Call today to participate:
Judi (919) 776-0501 Ext. 2230
Or Dana (919) 770-3333**

*Help us make a difference in the lives of
Sanford and Lee County citizens
affected by Alzheimer's disease and other
dementias by raising funds, awareness
and walking with us
on Saturday, Oct. 17th at Depot Park!*



SENIOR CENTERS ~ Experts at Living Well