

The Center Post

Volume 24

DECEMBER 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.**

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information about...**

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from The Enrichment Center, Inc. & Staff Members

During this time of giving, please consider a gift to The Enrichment Center, Inc. Helping Fund. The Helping Fund assists lower income older adults in Lee County who are in a crisis situation with the basic necessities of life. Heating costs are expensive and the cold months are when the most requests for assistance are received. Every dollar donated assists an older adult in need.

*Thank you and Merry Christmas,
Margaret Murchison, President
The Enrichment Center, Inc. Board of Directors*

Make checks payable to The Enrichment Center Inc.

Mail or drop off your contribution:

1615 S. Third Street, Sanford, NC 27330

**The Enrichment Center, Inc. is a 501C(3)
charitable organization and donations are**

tax deductible. Thank you in advance for your donations.

ATTENTION - ATTENTION!

The Medicare Part D Annual Enrollment Period began October 15 and continues until December 7. This is the ONLY TIME you may change your drug plan for 2016.

**The FINAL WALK-IN CLINIC FOR LEE COUNTY CITIZENS
will be Wednesday, December 2, 2015
8:30 a.m. - 11:30 a.m. and 1:00 p.m. - 4:00 p.m.**

**YOU MUST BRING YOUR MEDICARE CARD AND YOUR MEDICATIONS
TO THE WALK-IN CLINIC FOR ASSISTANCE.**

*Individual appointments are no longer available.
You may also call the SHIIP, Seniors' Health Insurance Information Program,
office in Raleigh at 1-855-408-1212.*

SENIOR CENTERS ~ Experts at Living Well

Yada Yada Sisters will meet Tuesday, December 1 at 4:30 p.m. NOTE TIME CHANGE. We will have our Christmas party and play cards after we eat. *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.*



RADA CUTLERY OPEN HOUSE!

TUESDAY, December 1, 2015

11 a.m. - 2 p.m. and

4 p.m. - 6 p.m.

The Enrichment Center, Inc. is

fundraising with Rada Cutlery Products Proceeds from the sales of Rada Mfg. Co. are deposited to *The Enrichment Center, Inc. Helping Fund*. The Helping Fund assists Lee County older adults who are in a crisis situation with fuel, electricity and other necessities of life. Every dollar donated to The Enrichment Center, Inc. Helping Fund assists an older adult in need.

- ♦ **Selection of open stock available to purchase!**
- ♦ **Last day to place orders in time for Christmas gifts!**

To receive a catalog and place your orders contact Melanie, 919-776-0501 ext. 2214.

Veterans Remembrance Group Wednesday, December 9 at 2:00 p.m. Guest speaker **Pamela McCarthy** with Hibernia Film Productions will discuss the new development of a series of films, "Profiles of Courage." Registration encouraged call 919-776-0501 ext. 2201. Open to the public.

Saturday Nite Dance Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for DECEMBER:** 5th - Southern Exposure, 12th - Bill Pollard Back Porch Country, 19th - The Fabulous Troubadours, 26th - NO DANCE/Christmas holiday.

A Novel Approach Tuesday, December 8 at 12:00 noon at **The Enrichment Center**. Registration is not necessary and the group is open to the general public. **December** discussion: Cry, The Beloved Country by Alan Paton. **January 12, 2016** discussion: The Rosie Project by Graeme Simsion.

Wellness Works 2016!

Space is limited in these popular health and wellness programs. Register now by calling 919-776-0501 ext. 2201.

A Matter of Balance

Managing concerns about falls

Mondays 2-4 p.m. and Fridays 1-3 p.m.

January 11 - February 8, 2016

Or this option: Mondays 2-4 p.m. and Fridays 1-3 p.m.

February 15 - March 11, 2016

Who should attend: anyone concerned about falls; anyone interested in improving balance, flexibility and strength. **You will learn to:** set goals for increasing activity; make changes to reduce fall risks at home; exercise to increase strength and balance. **Open to all adults. Priority given to those age 50 & better. FREE—Contributions accepted.**

Tai Chi Classes

by the Arthritis Foundation

Cost: \$50 paid at class. Mondays and Wednesdays

January 25 - March 2, 2016

10:45 a.m.—11:45 a.m. Instructor Peggy Rowles.

Compelling evidence shows that **Tai Chi** prevents and treats an array of age-related health conditions. It stabilizes bone density, lowers blood pressure and cholesterol and improves Parkinson's patients' well-being. **Tai Chi** can improve your quality of life. This program is designed by the **Arthritis Foundation** and is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems. **Open to all adults. Priority given to those age 50 & better.**

Living Healthy with Diabetes

Evidenced-based class developed by Stanford Univ.

Thursdays Feb. 4 - March 10, 2016

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

Manage symptoms including fatigue and depression; use relaxation techniques; eat healthy; improve communication skills; use medication effectively; monitor your blood sugar levels; solve problems and set goals; increase your self-confidence. **Open to all adults. Priority given to those age 50 & better. FREE—Contributions accepted.**

Let's travel!

The Enrichment Center

More detailed information is available at the front desk of The Enrichment Center or by calling 919-776-0501 ext. 2201.

Payment required at the time of registration.

The BIG trip in 2016!

BRANSON SHOW EXTRAVAGANZA!

April 23 - May 1, 2016

Join us as we travel to Branson, the "Live Music Capital of the World!" Seven wonderful shows, a trip aboard the

Branson Belle Showboat, 14 meals, 8 nights lodging and motor coach transportation. See flyer at The EC front desk for more information or go to www.GroupTrips.com/EnrichmentCenter.

\$750 per person/double occupancy.

Make a Snowman with Lisa Orlando from Painted Petal Monday, December 14 at 10:00 a.m. Cost is \$3 per snowman. Registration is required, call 919-776-0501 ext. 2201.

Nifty Noggins are head coverings for cancer patients and come in a variety of materials and styles. The volunteers at **Nifty Noggins**, would be most happy to share, free of cost, the head coverings that they make just for you. Volunteers will meet Thursday, December 10 at 10 a.m. **If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.**

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

Meet Your NC Senior Tar Heel Legislator, Mary Upchurch

Monday, January 11, 2016 at 11:00 a.m. Mary will review the top priorities of 2016 passed to the NC General Assembly. Each of NC's 100 counties has one Senior Tar Heel Legislator and one delegate. They advocate about aging issues and concerns before the NC General Assembly.

Economic Update Thursday, January 28, 2016 at 6:15 p.m. With **Lisa Whalen, Financial Associate with Thrivent Financial**. Lisa will discuss economic outlook, growth, trends, market news, risk assessment and long term forecast. This update is for information purposes only. Products and services will not be solicited. Register by calling 919-776-0501 ext. 2201.

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.**

DECEMBER 2015 Programs at 11 a.m.

2nd—Laurence Poindexter singing Christmas music

4th—Common Threads Weaving Demonstration with Ann Blakely

7th—High Hopes Chorus Performing

9th—Enjoy refreshments provided by Miller Boles

11th—Craft Class with Diana Atkins

16th—Santa's coming to the Diners Club!

18th—Aging Skin and Skin Cancer Discussion with Dr. David DeVries, Central Dermatology

30th—Healthy Life Style Habits & Eating Right, Lisa Levine

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

Bible Study Each Monday at 10:30 a.m. with Facilitator Joyce Billings. Open to the general public.

Crafty Creators Homemade craft items will be for sale the first Monday of the month in the Diner's Club, 10 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.

Blood Pressure Checks are provided by **Liberty Home Care** every 2nd Tuesday of the month at The Enrichment Center from 10:30 a.m. - 11:30 a.m.

Diners Club Sassy Red Hatters

Meet the 3rd Tuesday at 10 am. 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!

corner

caregiver



Dear Family Caregivers,

For many families the holidays are a festive time. However, for those caring for a family member, festive times might come with anxiety, stress and new challenges that many do not face. I would like to offer a few tips that may help you, the caregiver, not just survive but thrive during the holidays!

- ♦ **Set reasonable expectations.** Can you really decorate like Martha Stewart or cook like Rachel Ray during the holidays? Remember, you've also got to be a nurse, confidant, driver and master organizer. Be realistic about what you can accomplish and keep your focus on providing the best care possible to your loved one and yourself. You can still remain connected with family and friends.
- ♦ **Take care of your spiritual self.** Regardless of your beliefs or your definition of spirituality, take the time to renew your inner spiritual resources. The holidays can be hectic, but they can also be a time of reflection and centering. Taking care of yourself now means you will have more to offer your family in months ahead.
- ♦ **Find humor everywhere you go; laughter is the best medicine.** Laughter releases tension, reduces pain, improves breathing and elevates moods. Keep smiling and find your own laughter even if it's at yourself. Your energy for others during the holiday season will only happen when you energize and empower your own life today!

*Merry Christmas
to you and your family,
Love, Judi, Family Caregiver Specialist*

For more information on Caregiving Support and Help, contact Judi, our Caregiver Specialist, 919-776-0501 Ext. 2230 or jwomack@leecountync.gov.

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.

12th Annual Family Caregiver Award Luncheon

The Family Caregiver Award recognizes an individual or family who embodies the courage to face the challenges of caregiving, the compassion to ensure dignity for their loved one and the wisdom to reach out for support. The 12th Annual Family Caregiver of the Year was awarded to Vivian McRae in recognition of her labor of love and endless dedication to caring for her husband and the contributions to her family, friends and community.

Judi Womack, Caregiver Specialist, presented the award along with the nominator Ann Kightlinger. Special thank you to Liberty Health Group, sponsor of the Family Caregiver Luncheon.



Pictured left to right: Donna Blakely, daughter of Vivian McRae, Vivian and Ann Kightlinger.

Alzheimer's & Dementia Support Group

Thursday, December 3 at 1:00 p.m. with Guest Speaker **Lisa Levine, Alzheimers NC, Inc.** will speak about "The Progression of Dementia." Refreshments will be served. Open to the general public.

Granparents and Other Relatives Raising Grandchildren

will attend *A Christmas Carol* at The Temple Theatre for their Christmas Party. Sunday, December 6, 2015 at 2:00 p.m. There is no cost to attendees; however, registration with Judi is required. Call 919-776-0501 ext. 2230.

Sanford/Lee Co. Stroke Support Group

Thursday, December 10 at 1:00 p.m. at The Enrichment Center with Facilitator Joy Murphy. Guest Speaker **Chip Watts, Speech Therapist.** Refreshments will be served. Open to the general public.



EXCITING NEWS FROM C.O.L.T.S.

County of Lee Transit System

*Public transportation taking you safely
to your destination.*

COLTS along with the assistance from the *Institute for Transportation Research and Education at NC State University and NCDOT Public Transportation Division* are pioneering a new zone structured scheduling system. Zoning public transportation in Lee County will offer **more options for passengers, increase efficiency, increase customer satisfaction, reduce overall costs to the system and streamline scheduling.**

What's different from before?

- Lee County has been divided into **zone sections**. They are Sanford Downtown, Deep River, Cape Fear, Broadway, Carolina Trace, Lemon Springs, Tramway, Pocket and West Sanford.
- Passengers **schedule their appointments** according to the zone section schedules.
- **Additional stops** on Sanford in-town loop.
- **Pinehurst medical** trips 5 days a week.
- **Options** for last minute appointments.

Debbie Davidson, "We appreciate the assistance from ITRE at NCSU and NCDOT/PTD to create the zoning system for COLTS and Lee County citizens. We are very excited about the opportunities it will provide for everyone involved."

COLTS is a coordinated transportation system that provides transportation services for the general public and human services agencies in Lee County. Current agencies and organizations that contract with COLTS to provide services for their customers include: The Stevens Center, Dept. of Social Services, Center for Independent Living, Senior Services, Skilled Nursing Centers, Sandhills Center for Mental Health, Retirement Facilities, Central Carolina Community College, Group Homes, Vocational Rehabilitation. **Ridership is available for the general public. Vouchers are available. Contact our office for the current fee schedule, (919) 776-7201. Our office is located at 112 Hillcrest Drive, Sanford.**

Governor's Volunteer Service Award 2016



Nomination forms are being accepted now
through Friday, January 15, 2016.

The Awards honor the true spirit of volunteerism by recognizing **individuals, groups and businesses** that make a significant contribution to their community through **volunteer service**. Any person, group, or business from the public, non-profit and private sector may be nominated for an award.

Forms are also available at The Enrichment Center and www.leecountync.gov.

Please return the completed forms to the Enrichment Center, 1615 S. Third Street, Sanford, NC 27330,
no later than Friday, January 15, 2016.



*Nominate a Lee County citizen,
group or business
today. They have
surely earned this recognition!*

If you need further details contact
**Janice Holmes, Volunteer Services
Coordinator,**
919-776-0501 ext. 2206.





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
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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
December 23, 24 and 25, 2015 for Christmas and
Friday, January 1, 2016 for New Year's Day. Have a
Merry Christmas and Happy New Year.**

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

AARP Tax-Aide Accepting Volunteers

AARP Tax-Aide, the nation's largest free and volunteer run tax assistance and preparation service, is seeking volunteers in Lee County for tax counseling and electronic filing of returns. Training and tax return preparation take place at The Enrichment Center.

Volunteers of all ages and backgrounds are welcome. You do not have to be a member of AARP to volunteer.

Tax-Aide counselors receive comprehensive free tax training in cooperation with the Internal Revenue Service. Some knowledge of the tax code and basic computer literacy are required. Volunteers are asked to give a minimum of four (4) hours a week during the ten-week tax season. It's a great way to learn new skills and help people in your community with filing their taxes.

Anyone interested in volunteering is welcome to attend an information meeting on Tuesday, December 1 at 1:00 p.m. at The Enrichment Center. To register and for further details contact Nancy Johnson at 919-499-5577 or nanjohn@windstream.net.

Telephone Call Announcements from The Enrichment Center

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.**

INCLEMENT WEATHER AND OPERATIONS AT THE ENRICHMENT CENTER and COLTS

- ♦ If Lee County Government offices are delayed or closed, this includes **Senior Services and Veterans Service.**
- ♦ **COLTS** delays will be announced separately.
- ♦ Closings and delays will be announced on WRAL-TV 5, WTVD-TV11, WFJA 105.5 FM, WWGP AM 1050 and WLHC-FM Life 103.1.