

The Center Post

Volume 24

JUNE & JULY 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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Water Aerobics -Take the Plunge!



June through mid September. Classes are held Mondays/Wednesdays/Fridays at 11:00 a.m. and Mondays/Wednesdays/Thursdays at 5:30 p.m. at OT Sloan Pool. The cost is \$25 for the summer or \$10 per month, per series a.m. or p.m. Register now at The Enrichment Center. Open to all adults. Priority given to baby boomers and better. Please complete an emergency contact form at the time of registration and payment at The Enrichment Center.

The first class is ALWAYS FREE if you just want to give it a try. Be sure to wear water shoes, sunscreen and sunglasses. Bring a water noodle and towel. See you at OT Sloan Pool!

Here are the facts: The buoyancy of water reduces the "weight" of a person by about 90%, which means that the stress on weight-bearing joints, bones and muscles is similarly reduced. That's why the pool is such a great place for people with arthritis or back problems to exercise. It is also great for those who are new to exercise.

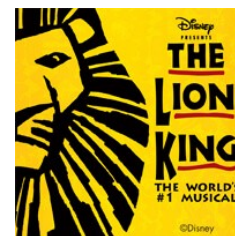
But don't get the idea that just because it doesn't hurt, you can't get a great workout in the pool. Water exercise can encompass all of the components of fitness: cardiovascular fitness, muscular strength and endurance, and flexibility. And, when done regularly, water exercise can help reduce body fat.

Information taken from: Make a Splash With Water Fitness, <http://www.acefitness.org>.

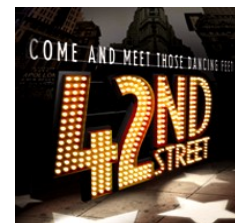
Yada Yada Sisters, Tuesday, June 2 and Tuesday, July 7, 2015 at 5:00 p.m. Bring your favorite sandwich. After eating, stay to play cards. Our sisterhood is a network with other females in an exciting and stimulating group. We offer you the perfect opportunity to receive support and encouragement from a sister. Call 919-776-0501 ext. 2201 to register.

**Coming in 2016
to the**

Durham Performing Arts Center



The Lion King
Feb. 16 - March 13, 2016



42nd Street
May 3 - 8, 2016

Tickets are not on sale yet - this is an opportunity to show your interest in attending these shows. Due to strict ticket purchasing guidelines, tickets **WILL NOT** be purchased until you have been contacted and payment has been made. More details will be released as soon as they are available. Please sign up at the front desk if you are interested in registering for this trip when final plans are made.

This outreach is for planning purposes only. You are not guaranteed a spot for these shows at this time. Open to all adults in Lee and surrounding counties. First come, first served.

SENIOR CENTERS ~ Experts at Living Well

*"Come Celebrate
Living Well"*

13th Annual

Presented by
The Enrichment Center
of Lee County
NC Certified
Senior Center of Excellence
919-776-0501

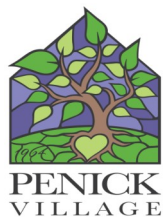


**Wednesday
August 26, 2015
10 am- 2:30 pm
Dennis A. Wicker
Civic Center
1801 Nash Street
Sanford, NC**

**Free Admission!
All Adults
Welcome!**

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



AMMONS
CHIROPRACTIC
CLINIC



The Sanford Herald

The Bayberry
Retirement Inn

Community™
Home Care & Hospice

NORTH CAROLINA
ASMP
Empowering Seniors To
Prevent Healthcare Fraud

WLHC-FM
Life 103.1

FirstHealth
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United Assist Medical Supply ~ Peak Resources-Pinelake ~ Dargan Moore-Edward Jones
Island Therapeutic Massage ~ Laurels of Chatham ~ Amedisys Home Health
Health Innovations ~ LGFCU - Local Govt. Federal Credit Union ~ UNC Sanford Specialty

**The following groups will NOT meet
June, July or August**

**Veterans' Remembrance Group, Brick Capital
Line Dance, Dixie Line Dancing**

**The Cookie Cutters
will NOT meet July or August**

Saturday Nite Dance - Live music and good fellowship at
7:00 pm. Admission is \$7.00 per person. **Bands for June 2015:**

**6th—Southern Exposure, 13th—Bill Pollard Back Porch
Country, 20th—Trace Jazz, 27th—The Fabulous Troubadours.
Bands for July 2015: 4th—Bill Pollard Back Porch Country,
11th—Southern Exposure, 18th—Bill Pollard Back Porch
Country, 25th—The Fabulous Troubadours.**

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 - Rebeca by Daphne DuMaurier,
May - Nightingale by Kristen Hannah or All The Light You
Cannot See by Anthony Doerr.

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. Volunteers
meet the second Thursday of the month at 10 a.m. If you are
interested in joining the group or would like a head covering,
contact Carole at 919-776-0501 ext. 2205.

**Questions about your personal financial
situation? Richard L. Palmer, ChFC, Volunteer
Financial Counselor**, provides one hour appointments on
Wednesday and 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.



**Pot Luck Dinner
Thursday**

July 30 at 6:00 p.m.
Fellowship, food and (maybe)
some dancing!
Bring your favorite dish to the Pot
Luck dinner. Call 919-776-0501
ext. 2201 to register.

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
the SilverSneakers 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.**



**St. Joseph of the Pines Outreach
FREE Adult Dental Mobile Program**

Time: Once a month in Sanford, Lee County
Location: Lions Fairgrounds, N. 7th Street, Sanford
Qualifications: No dental insurance, limited income, over the
age of 18 years. Please call Marlena Booth at 910-246-3126
for further details and an appointment.

Building 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. Call 919-776-0501 ext. 2201.

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.**



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.

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.

Division of Services for the Deaf and

Hard of Hearing offers a program for low income individuals who qualify to receive a free hearing aid. Contact Katie Satterwhite, DHHS, 919-859-8526 or 1-800-999-5737 for further details. Brochures are available in the lobby at the Lee County Library, Main Branch, Hawkins Ave.



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.

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 Oct. 17th at Depot Park!

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.





Let's travel in 2015!

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

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.

Legal Aid of NC, Inc. - First Wednesday of the month 9:00 a.m. - 12:00 p.m. at The Enrichment Center. Appointments preferred. For more information call 1-800-672-5834.

Do you or someone in your family have vision loss? The Low-Vision group welcomes you to attend their meetings on Wed., June 10 and Wed., July 8, 2015 at 1:00 p.m.

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.



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. Applications for the Medicare Savings Programs are also available.

Medicare beneficiaries with limited income and assets may qualify for money saving programs, called Extra Help and Medicare Savings Program.

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 is generally considered an altruistic activity and is intended to promote goodness or improve human quality of life.

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 BSCG Expo 1 hour before the general public!

Contact Janice Holmes at 919-776-0501 ext. 2206 for more information about volunteering in Lee County.

Congratulations and Thank You to the 2015 AARP Tax Aide Program

The 2015 AARP Tax Aide Program had a very successful year. They e-filed more than 560 Federal and State Tax Returns for the current year; paper filed about 20; filed several from prior years and answered questions for over 50 people, many of whom did not need to file. If you are interested in volunteering in the 2016 AARP Tax Aide Program, contact Nancy Johnson at 919-499-5577. There are a variety of jobs!

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.**

JUNE 2015 Programs at 11 a.m.

- 1st—Crafty Creators
- 3rd—Laurence Poindexter singing & playing guitar
- 5th—Extra Bingo
- 10th—Miller Boles serving refreshments
- 12th—Dana & Sergio Guevara Singing
- 17th—Make-Over by Stephanie
- 19th—Father's Day Program
- 24th—Heart Disease Information
- 26th—Bob Lewandowski playing the accordion

JULY 2015 Programs at 11 a.m.

- 1st—Laurence Poindexter singing & playing guitar
- 6th—Crafty Creators
- 7th—Farmers Market Opens at The Enrichment Center!
- 8th—Miller Boles serving refreshments
- 10th—"Donate Life NC" Taylor Anderton
- 17th—Table Tennis
- 22nd—Pet Safety
- 24th—Bob Lewandowski playing the accordion
- 29th—Scavenger Hunt & Joke Day
- 31st—Extra Bingo

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!

corner

caregiver



Dear Family Caregivers,
Sun, rain, sun, rain...I guess it's summer in Sanford, NC! I don't know about you but I sure appreciate the sun after a few of the rainy days. We do get spoiled with the sun; it gives us smiley

faces!

Happiness is a big theme these days. Everyone loves Pharrell Williams "Happy" song and I still find myself bopping around in my car when it plays on the radio. It just makes you happy to listen, sing and dance to such a joyful song! As caregivers we can really get stressed so we need to find things to lift us up.

Music has been proven to bring happiness to caregivers as well as care recipients with dementia, Alzheimer's disease, Parkinson's disease, stroke, depression, cancer, ALS and other medical conditions. Put on your favorite music era and genre and tap your foot, clap your hands, sway your arms, dance and sing each day!

When we are in the midst of trouble and difficult times, we have the power to overcome. Happiness is a choice. When you are caregiving for a loved one, it may be more difficult than usual to change your mindset; to overcome negativity. This summer we will strive to bring you, the caregiver, some tools to help you on your road to happy. Stress management, laughter, play, emotional support, positive thinking and empowerment will be a part of our program this year. We might even learn to do the "happy" dance!

Be happy,
Judi, Family Caregiver Specialist

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 Support Group Thursday, June 4 and Thursday, July 9 (note date change for July) at 1:00 p.m. Registration not required. Open to the general public.

Parkinson Support Group Wednesday, June 17 and Wednesday, July 15 at 10:30 a.m. Facilitators Marge Kanning and Bob Brickhouse. 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.**

"ANGELS" Angels Now Getting Empathy, Love & Support meets the 2nd and 4th Tuesday at 6:00 p.m. This group provides a forum for families and friends of individuals caring for loved ones. "ANGELS" shares experiences, information, discuss mutual problems and learn coping skills. **Gail Valentine, Facilitator.**

Sanford/Lee County Stroke Support Group Thursday, June 11 and Thursday, July 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.**

You Might Get a Letter and a Phone Call Regarding a National Survey North Carolina is one of 13 states participating in a national survey, the National Core Indicators—Adult/Disabilities project. The NC Dept. of Health and Human Services, the Division of Medical Assistance and the Division of Aging & Adult Services are collecting information that will give states a broad view of how publicly-funded services impact the quality of life and outcomes of service recipients.

Now then, what does that mean to Lee County citizens?

It means if you participate in one or more programs at The Enrichment Center, Dept. of Social Services or other nationally and state funded services, you might get a letter and a phone call asking if you would participate in the survey. The survey is voluntary and will not affect your eligibility or service. You may choose to have someone with you to help answer questions and the location of the interview. All survey results are confidential. The letter and phone call will probably come from UNC - Chapel Hill Center for Intellectual and Developmental Disabilities. If you have any questions or concerns, contact Debbie Davidson at The Enrichment Center, 919-776-0501 ext. 2216.



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.*

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*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, July 3, 2015 for Independence Day.**

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



Volunteers are vital to our community, and to our Credit Union. That's why **local government volunteers** are

eligible to join LGFCU! We know our local government units and communities run smoothly because of the collaboration between employees and volunteers, so we offer membership to all. Who is eligible to join? You are eligible for LGFCU membership if you volunteer for:

- Any North Carolina county government
- Any North Carolina municipality (city, town or village)
- Any North Carolina volunteer fire department
- Publicly-owned hospitals (such as UNC Hospitals)
- Libraries
- Housing authorities
- Airport authorities
- Sanitary districts
- Emergency Management Services (e.g. rescue and law enforcement)
- Councils of Government
- Local government associations (such as NCSA, NCLM, NCSFA or NCACC)
- Commissions (such as planning or economic development)
- Parks and Recreation departments (i.e. coaches)

Get a volunteer voucher from your supervisor and take it to the local branch at 1002 Spring Lane, Sanford, NC.



**The Enrichment Center of Lee
 County is an official drop off site for
 Cell Phones for Soldiers.
 Please donate today!**

Cell Phones for Soldiers is a nonprofit organization dedicated to providing cost-free communication services to active-duty military members and veterans.

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.
View a catalog at The Enrichment Center or browse products online at www.RadaCutlery.com (fundraising prices are less than online retail). To receive a catalog and place your orders contact Melanie, 919-776-0501 ext. 2214. Limited supply of open stock available for purchase at The EC.

