

The Center Post

Volume 24

MARCH 2015

**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.

Look inside for
information on...

- ♦ *Discussion Program
for Grandparents &
Other Relatives
Raising
Grandchildren, pg. 2*
- ♦ *AARP Smart Driver
Course, pg. 3*
- ♦ *Inpatient vs.
Outpatient-What's
the Difference, pg. 4*
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- ♦ *Let's Travel 2015,
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“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

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.



SPECIAL GUEST SPEAKER

Melanie Bunn MS RN GNP
Dementia Training Specialist

Plus Other Experts in the Field

REGISTRATION REQUIRED: \$10.00

8:00 a.m. registration | 9:00 a.m. program

Lunch provided | CE contact hours: 4.5: \$40.00.

Checks made payable to: Alzheimers NC, Inc.
1305 Navaho Dr., Suite 101, Raleigh, NC 27609

PRESENTED BY:

The Enrichment Center of Lee County

Call Judi Womack, Family Caregiver Specialist

The Enrichment Center | 919.776.0501, Ext. 2230
jwomack@leecountync.gov | www.alznc.org



alznc
Alzheimers North Carolina, Inc.

SENIOR CENTERS ~ Experts at Living Well

corner

caregiver



Holding a Family Meeting, Part 1

Help Build A Caregiving Team - When taking care of a loved one, parents, spouses or other family relatives everyone needs to be working together. The more people participating in care, the less alone a caregiver feels in his or her role.

Who Should Attend - Each family is different. When planning a family meeting, it is important to include everyone who is or will be part of the caregiving team which may include family, friends, neighbor or paid caregiver.

How should we Begin - Communication is the key to working successfully with a group of people. Everyone should be involved and technology can be helpful: a conference call or the use of speaker phone and email for those family members that have difficulty traveling.

Before the meeting, it is helpful if someone in the family prepares an agenda. Family members can then share their ideas and suggest others to include.

An agenda might include topics such as:

1. **The latest report from the physician**
2. **Sharing of feelings about the illness/caregiving**
 - Fears about medical issues or being overwhelmed
 - Sadness, confusion, anger, or guilt
 - What does the person who is ill want and need?
3. **Daily caregiving needs:**
 - Should the ill person move in with us?
 - Does she/he need to be in an assisted living facility or nursing home?
 - How much time does each family member have to visit?
 - Other ways each person can help? What other help might be available.

We will continue with Part 2 "Holding a Family Meeting" in our April Newsletters concerning financial concerns, making decisions, support roles and much more. 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.

Take Care,
~Judi, Family Caregiver Specialist

Discussion Program for Grandparents & Other Relatives Raising Grandchildren



Thursday, March 12 at 12:00 p.m.

Facilitators: Carol Atwood & Judi Womack. Sponsored by the Family Caregiver Program. Join us for lunch, education, fun and fellowship. Our discussion program is a group for grandparents and other relatives raising their grandchildren. Connect with others in the same situations. **To reserve lunch (no cost) call Judi at 919-776-0501 ext. 2230.**

Caregiver Connections Board

Are you looking to privately hire someone to help out in your home? Are you looking to privately work in an individual's home? If so, check out our Caregiver Connections Board at The Enrichment Center. Family caregivers can browse workers available for private pay. Individuals can post their contact information, services offered and availability on the board. If you have any questions, contact Laurie Draughn at 919-776-0501 ext. 2213. Please note that workers posted on the board are not employees of The Enrichment Center.

Alzheimer's Support Group Thursday, March 5 at 1:00 p.m. with **Facilitator Judi Womack, Family Caregiver Specialist.** This is an educational and mutual support group that provides a forum for families and friends of individuals with dementia to share experiences, information and coping skills. Open to all adults.

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.**

Save the Date!

13th Annual Boomer, Senior & Caregiver Expo
Wednesday, August 26, 2015

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.

Tai Chi by the Arthritis Foundation Mondays and Wednesdays, March 2 - April 8, 2015 at 10:45 a.m. Cost is \$50, payable at first class. **Instructor Peggy Rowles**. Open to all adults—space is limited. 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. Call 919-776-0501 ext. 2201 to register.

Veteran's Remembrance Group Wednesday, March 11 at 2:00 p.m. with **Special Guest Speaker Richard Harrison**. Mr. Harrison will talk about his experiences on the USS AMERICA LHA6. Open to the general public.

Basic Cake Decorating Classes

Mondays, March 23, April 6, 13, 20 & 27, 2015 at 5:45 p.m. Cost: \$35. **Instructor Pat Wicker, Certified Cake Decorator for 15 years**. Class size is limited. Must register and receive information prior to first class. Call 919-776-0501 ext. 2201.

AARP Smart Driver Course Thursday, March 26, 2015, 9:30 a.m. - 2:00 p.m. **AARP Instructor Phil Bruce**.

Cost to be paid at class: AARP members \$15, Non-Members \$20. No formal lunch. Bring a bagged lunch or snack. This course includes:

- * Safe strategies to reduce the likelihood of a crash
- * Increasing confidence
- * Driving safely while sharing the road with others
- * New safety and advance features in vehicles
- * Understanding when driving may no longer be safe
- * Issues that affect driving ability

NOTE: This curriculum has been revised into a new guidebook. The book has been reduced to six (6) units and the course has new video content. Registration is required. Please 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 MARCH 2015: 7th—Southern Exposure, 14th—Trace Jazz, 21st Bill Pollard Back Porch Country, 28th—The Fabulous Troubadours.**

Head cold due to hair loss?

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.

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.**

MARCH 2015 Programs at 11 a.m.:

- 2nd—Crafty Creators, 10 a.m. Homemade items for sale
- 4th—Laurence Poindexter singing & playing guitar
- 4th—Walking Club
- 11th—Miller Boles serves refreshments
- 11th—Walking Club
- 13th—Superstitions
- 17th—Happy St. Patrick's Day
- 17th—Sassy Red Hatters at 10:30 a.m.
- 18th—Important Medicare Information: Inpatient or Outpatient
- 18th—Walking Club
- 20th—Birds, Flowers & Butterflies - Mark Coggins
- 25th—Games
- 25th—Walking Club
- 27th—Senior Games & Silver Arts - Jimmy Solomon

A Novel Approach The group will meet Tuesday, March 10 at 12 p.m. at The Enrichment Center to discuss **Fault in Our Stars** by John Green. The book for the April 14th meeting is **Postville** by Stephen Bloom. Registration is not necessary and the group is open to the general public.

Crafty Creators Homemade craft items will be for sale the first Monday of each 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.

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

Home Delivered Meals

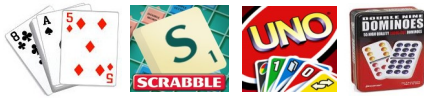


If you or someone you know is in need of a home delivered meal, contact Laurie Draughn at The Enrichment Center, 919-776-0501 Ext. 2213.

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

4th Friday Bridge

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

Card & Game Party

Held twice a year. Check the Center Post Newsletter for details!

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.



Volunteer Meeting

WHO: All current volunteers

WHEN: Tues., March 24, 2015 at 10:00 a.m.

WHERE: Classroom B

Important information related to safety, procedures, and *MySeniorCenter* will be presented. Please make plans to attend.

Contact Janice at 919-776-0501 x2206 for more information.

Save the Date!!! Tuesday, April 14 is our annual Volunteer Appreciation Dinner. More information will be coming soon!

Inpatient or outpatient?



*What is the difference?
Is there a difference?
If you have Medicare,
you need to know the facts!*

**Wednesday, March 18, 2015
11:00 a.m.**

An informational program will be presented by
Melinda Munden,
Director of Special Populations
Outreach and Partnership Development
from the
Seniors' Health Insurance Information
Program (SHIIP).

What you don't know could cost you when you go to the hospital!



Let's travel in 2015!

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

Tues., April 7, 2015 - Jersey Boys at the Durham Performing Arts Center *JERSEY BOYS is the story of Frankie Valli and The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi.*

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 *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., 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***

The Enrichment Center of Lee County Trip Policy

Priority is given to Lee County residents, Boomers and Better- born before 1964). Those who are younger than Boomers or non-Lee County residents may be placed on the waiting list and will be allowed to register after a 45-day waiting period, space permitting.

Payment in full is due upon registration of day trips in order to maintain payment terms with our vendors, **unless otherwise stated on trip flyer.**

You must be of serious interest when placing your name on a desired trip. If you sign up for a trip that interests you, you must pay a non-refundable deposit of \$50 (unless otherwise requested) at the time of registration for an overnight trip.

No names will be accepted unless accompanied by a deposit or payment in full. The remaining balance terms will be on the trip information flyer.

If you would like to cancel your plans to take a trip on a chartered bus with us, we will do everything in our power to refund any money you have paid towards the trip. Please understand that when a chartered trip is planned, we must send in a deposit which the charter company will not refund. In such cases, we will assist in finding someone to take your place-if there is a waiting list. **Paid reservations are non-transferable.** It is highly recommended that for overnight trips you purchase trip insurance coverage which is available through the motor coach company.

Occasionally, there is not enough interest in a trip causing us to cancel the event. In this case, you will receive a refund in full. If alternate vehicles are used for the trip (instead of a bus), a partial refund will be made to you. (The cost of fuel/ vehicle rental will be divided equally amongst the participants.)

Please remember that our trips depart on time. When departing from the Riverbirch parking lot, **please park behind the pond in front of the J.C. Penney's/Belk stores - as close to the pond as possible.** Seating on the bus is on a first come, first served basis. Saving of seats is NOT allowed except in the case of one (1) traveling companion. Since it is necessary for the staff/volunteer escort(s) to communicate with the driver, he or she will occupy the front seat on the van(s) or the first seat on the passenger side of the bus. It is our desire to provide you with a pleasurable and memorable experience. If you have any questions, please contact Janice Holmes at 919-776-0501 x2206. ***Trip policy revised and approved by the Lee County Senior Services Advisory Board (Board members appointed by the Lee County Commissioners) October 20, 2010.***

Wellness Works!

Fitness Programs Held at the Enrichment Center - Lee County Senior Services

A North Carolina Senior Center of Excellence

Serving Boomers, Seniors, Caregivers, Veterans And Volunteers

1615 S. Third Street, Sanford, NC 27330 Phone: (919) 776-0501 FAX (919) 774-7593

E-mail: enrichment.center@leecountync.gov Internet: www.leecountync.gov/ec

We Have Something for Every"BODY" Try a Class for FREE!

*To register for classes, further details and guidelines,
please give us a call or stop by the Center.*

*Consult a physician before beginning
an exercise program.*

Daytime Classes Package \$30/month

- \$10 discount

Evening Classes Package \$25/month

- \$10 discount

Low Impact Aerobics & Toning Classes

\$10 per month.

Tuesday/Thursday 9 – 10 a.m.

with Kathy McLeod-Edwards

Low-Impact Aerobics Monday/Wednesday

5:30 p.m. with Cathy Andrew

Zumba Gold

\$10 per month.

Mondays 6:45 p.m. with Cathy Andrew

Water Aerobics Held at OT Sloan Pool

June - August \$25 for the summer or \$10/month

Monday/Wednesday/Friday 11:00 a.m.

& Monday/Wednesday 5:30 p.m.

Stretch & Tone

Tuesday/Thursday 11 a.m. No Charge.

The Fitness Room

Monday - Thursday 8 a.m. – 8 p.m.

Friday 8 a.m. – 5 p.m.

\$1.00 per daily visit – Equipment orientation required.

Walking Trail

1/4 mile around the perimeter
of the property. No Charge.

Fitness Yoga

Mondays OR Fridays 8:30 a.m. OR Tuesdays 5:30 p.m.

Senior Games & Silver Arts of Lee County

Held every spring and offers athletic & artistic events.
Senior Games & Silver Arts are open to Lee County
residents age 50 and better.

Drop by for shuffleboard, horseshoes,
bocce and table tennis!

Equipment available for your use.

FREE Evidenced-Based Wellness Programs Offered

Contributions Accepted

Call 919-776-0501 ext. 2201

for Class Dates and Times

Living Healthy with Diabetes

A program for people with diabetes that provides
participants with skills and tools to gain
more control of their health.

Powerful Tools for Caregivers

A program for family caregivers that provides
participants with tools and strategies to better handle
the unique caregiver challenges.

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.**

HEALTHWAYS

SilverSneakers
FITNESS



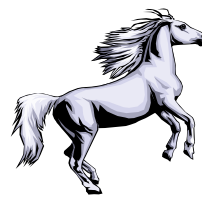


**Senior Games and Silver Arts
of Lee County is coming soon!**
Early Bird registration is
April 1—April 20, 2015.
Final registration ends
April 30, 2015.

Come join the fun in Olympic style athletic events
and artistic competitions. Senior Games and
Silver Arts of Lee County is open to ALL residents
of Lee County and surrounding communities
aged 50 and better.

*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,
or to obtain a registration form,
call 919-776-0501 ext. 2207.
isolomon@leecountync.gov
www.leecountync.gov/ec**



A Service Provided by
C.O.L.T.S.
County of Lee Transit System

Catch the COLTS Dash

*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.*

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~



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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 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.



Cards & Games Party

***We need you and so does
 The Helping Fund!***

Thursday, April 16, 2015

2:00 p.m. - 5:00 p.m.

and/or 7:00 p.m. - 9:00 p.m. \$4 per person, per session.

Co-sponsored by Miller-Boles Funeral Home
**100% of all dollars raised at the party assist Lee County
 older adults who are in a crisis situation with fuel,
 electricity and other necessities of life.** Enjoy
 refreshments, door prizes and fellowship! Register by calling
 919-776-0501 ext. 2201.

Gay 90's Luncheon 2015 Wed., 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, 10 a.m. - 3 p.m. 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.**

**The Enrichment Center, Inc. is fundraising with Rada
 Cutlery Products.** Proceeds from the sales of Rada Mfg. co.
 will be 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 (pricing is retail).
 Place your orders by contacting Melanie,
 919-776-0501 ext. 2214.**

