

The Center Post

Volume 24

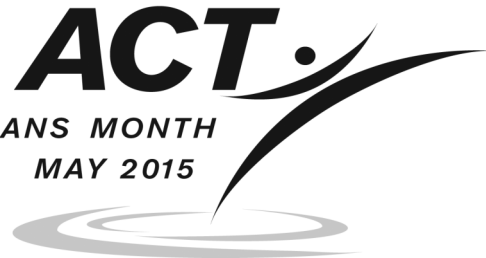
MAY 2015

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

GET INTO THE ACT.

OLDER AMERICANS MONTH

MAY 2015



Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating **Older Americans Month** each May. The theme of this year's celebration is **"Get into the Act,"** to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can **"Get into the Act."** While The Enrichment Center provides services, activities and programs to Lee County older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in Lee County.

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

Rex UNC Healthcare Mobile Mammography Friday, May 15, 2015 at 9:00 a.m. 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.**

Happy 65th Birthday! Medicare is next...now what?!?! Answers are available! Thursday, May 21, 2015 at 6:00 p.m. Learn about Medicare and all that comes along with it. The program is presented by **SHIIP, Seniors' Health Insurance Information Program, a division of the NC Dept. of Insurance.** To register or for more information call 919-776-0501 ext. 2201.

Water Aerobics June through mid September. Classes are held Mondays/Wednesdays/Fridays at 11:00 a.m. and Mondays/Wednesdays at 5:30 p.m. at OT Sloan Pool. Cost is \$25 for the summer or \$10 per month. Register now at The Enrichment Center. Open to all adults. Priority given to baby boomers and better.

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...

- ♦ **Senior Games & Silver Arts Opening Ceremonies & Dinner, pg. 2**
- ♦ **Cell Phones for Soldiers, pg. 2**
- ♦ **Trips, pg. 3**
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SENIOR CENTERS ~ Experts at Living Well



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

Sponsored locally by:



Opening Ceremonies & dinner

Tuesday, May 12, 2015 at 5:30 p.m.

All Senior Games & Silver Arts participants are invited to attend. Please register to reserve your meals by calling 919-776-0501 ext. 2207.

This program is sanctioned by NC Senior Games, Inc. NCSG, Inc. is sponsored state-wide by the North Carolina Division of Aging and Adult Services.

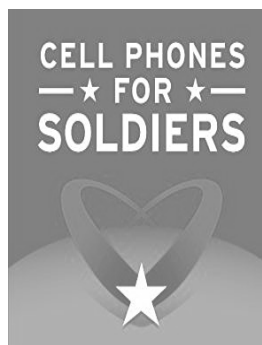
Yada Yada Sisters, Tuesday, May 5, 2015 at 5:00 p.m. Bring your favorite sandwich. After eating stay to play cards. *Our sisterhood is a network with other females in an exciting and stimulating group. We offer you the perfect opportunity to receive support and encouragement from a sister.* Call 919-776-0501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

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

Veteran's Remembrance Group Wed. May 13 at 2:00 p.m. with **Special Guest Speaker Don Schreiner**. Open to the general public. The group will not meet in June or July.

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 next meeting on Wednesday, May 14, 2015 at 1:00 p.m.



The Enrichment Center of Lee County remains 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.

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.**

The Stevens Center *Rideability* Helping Connect

With a grant from NC Dept. of Transportation, the Stevens Center provides ***Rideability***. It provides evening and weekend transportation in Lee County for people with disabilities. The actual transportation is provided by COLTS, County of Lee Transit System. ANY person with a disability—broadly defined—can use ***Rideability***. This includes people with a mental health diagnosis, developmental disabilities and even age-related disabilities.

Riders must first receive a free ID from the Stevens Center, and provide evidence of disability. For more information, call the Stevens Center at 919-776-4048.

Saturday Nite Dance Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for MAY 2015: 2nd Southern Exposure, 9th Bill Pollard Back Porch Country, 16th Trace Jazz, 23rd Bill Pollard Back Porch Country, 30th The Fabulous Troubadours.**



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

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

Brain fitness activities contribute to improved mental and physical health.

Cards No Partners

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

Hand N Foot - A Form of Canasta

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

Canasta

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

Mexican Train Dominos

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

Scrabble

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

4th Friday Bridge

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

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.



Let's travel in 2015!

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

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

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

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

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

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



Extra Help

The Medicare Low-Income Subsidy (LIS) - helps qualified Medicare recipients pay for their Medicare prescription drug program costs, such as premiums, deductibles and

coinsurance. Eligibility guidelines for LIS as based on income and assets and change from year to year. Assets that are NOT counted in determining your eligibility are your home, car and burial assets of up to \$1,500 in value per person. **How to apply: Call SHIIP, Seniors' Health Insurance Information Program at 1-855-408-1212 (toll free).**

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.**

Home Delivered Meals



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

Diners Club A daily celebration



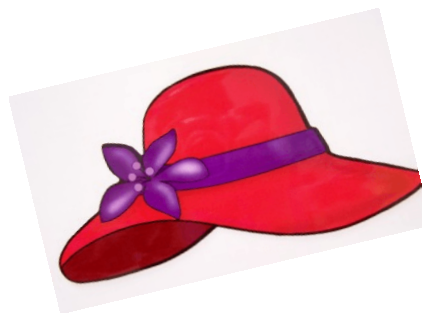
Join us for lunch at The Enrichment Center's Diners Club! A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better.

Menu selections include: Pork chop, chef salad, lasagna, marinated chicken, vegetables, fruit, bread, dessert and beverage. *If you are interested in having lunch with us call Carole Nicely at 919-776-0501 ext. 2205 for information and to register. **Contact Carole if you have a change in your lunch reservation.***

MAY 2015 Programs at 11 a.m.

- 1st—Sanford Health & Rehab taking blood pressures
- 5th—Cinco De Mayo
- 6th—Annual Gay 90s luncheon—NO DINERS CLUB
- 8th—Mother's Day Program
- 13th—Refreshments with Miller Boles
- 14th—National Senior Fitness Day
- 15th—High Hopes Chorus
- 20th—Home Safety with St. Dana Elliott, Lee Co. Sheriff's Dept.
- 22nd—Donate Life NC, Taylor Anderton
- 27th—Program by Debbie & Carole
- 29th—Program by Debbie & Carole

Walking Club EVERY WEDNESDAY
10:00 a.m. in the Diners Club!
EXCEPT on May 6th - Gay 90s Luncheon



Diners Club
Sassy Red
Hatters

Meets the 3rd Tuesday
 10:30 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

5 Issues that Sabotage Family Caregivers:

1. Lack of privacy

Everyone in a caregiving family needs privacy; the freedom to exist in their own space. Having physical privacy means having boundaries that let everyone in the house get away from 24/7 interactions. Having mental privacy means being able to continue some version of long-established family time and traditions.

2. Ignoring sleep deprivation

Sleep problems are often dismissed by caregivers for two common, misguided reasons. First they assume that poor sleep is a part of aging or of dementia, and that nothing can be done about it. Second, they fear that addressing sleep problems is "selfish", only for their benefit. In fact, resolving sleep problems helps everyone.

3. Lone-solider syndrome

Caregivers too often fall into "lone-solider" mode thinking without even realizing it. Feeling responsible for a loved one, they assume full burden, without regard to their own emotional needs. In reality, it takes a whole army to manage caregiving effectively. Failing to have emotional outlets where you can vent and "be yourself," and failing to let others share the practical burdens, results in a surefire recipe for falling down—or giving up.

4. Not anticipating what's coming next

Like firefighters, caregivers tend to stomp out one flaring crisis after another. Feeling a lack of control comes in part from a lack of knowledge about what to expect. Especially with dementia, being able to step back and see a bigger picture can help you make appropriate plans and then feel more on top of things.

5. Overwhelming care tasks

Perhaps the most difficult home-care deal-breakers are practical matters that go beyond the caregiver's ability to manage. Chief among these are heavy lifting, wandering, urinary incontinence are among leading cause of nursing-home placement. These situations often do end up where care has to be in a facility--- and that may be a good solution for everyone but sometimes there's an easy answer that allows home care to continue.

Being a family caregiver is not an easy situation; please feel free to call for support, resources, classes and respite.

Love and Joy,
Judi Womack, Family Caregiver Specialist
919-776-0501 Ext. 2230 or email jwomack@leecountync.gov

Grancare Discussion Program

Picnic Thursday, May 7 at 5:30 p.m. at The Enrichment Center. Contact Judi to register, 919-776-0501 ext. 2230.



Alzheimer's Support Group

Thursday, May 7 at 1:00 p.m. Registration not required. Open to the general public.

Caregiver Time Out If you are a family caregiver who needs a break from your caregiving responsibilities, **Caregiver Time Out** is an option for you and your loved one. This program meets Tuesdays and is staffed by our Family Caregiver Specialist and volunteers. Participants socialize and participate in group activities and chair exercise. **This is a free program for family caregivers and is made possible by the National Family Caregiver Grant. Contributions are accepted. For more information contact Judi at 919-776-0501 ext. 2230.**

"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, May 14 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.**

Parkinson Support Group Wednesday, May 20 at 10:30 a.m. Facilitators Marge Kanning and Bob Brickhouse. Open to the general public.

Thank you to everyone who attended our **Annual Caregiver Educational Conference with Alzheimers NC, Inc. held in April.** Approximately 150 participants attended to hear from outstanding speakers who are experts in their field when it comes to caring for those with Alzheimer's disease and related dementias. ***Many thanks to our***

sponsors: AARP of NC, The Bayberry Retirement Inn, Central Carolina Hospital, First Choice Home Care, Liberty Home Care & Hospice, Outreach NC, Sanford Health & Rehabilitation, The Sanford Herald, St. Joseph of the Pines, Westfield Rehab & Health Center and WLHC-FM 103.1.



The Enrichment Center

1615 S. Third Street, Sanford, NC 27330

919-776-0501 www.leecountync.gov/ec

email: enrichment.center@leecountync.gov

Handicapped Accessible Facility

June 2013 Re-Certified Senior Center of Excellence by the North Carolina Division of Aging and Adult Services.

Non-Profit Org.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198



*Be sure to tune in to The Enrichment Center Radio
Newsletter Monday through Saturday,
11:35 a.m. on Life 103.1 WLHC-FM.*

**The Enrichment Center will be CLOSED
Monday, May 25, 2015 for Memorial Day.**

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



SAVE THE DATE!

Wednesday, August 26, 2015

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

ATTENTION

**BUSINESSES!!! We
have a few spaces**

available. Call Judi today! 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.

Dealing with Dementia

Teepa Snow, Presenter

When: Tuesday, May 19, 2015

8:30 a.m. - 5:00 p.m.

Where: Turner Auditorium - Campbell University
414 Judge Taylor Road, Lillington, NC

Hosted by Senior Helpers of Dunn

To register and for further details call 910-892-2224.

VOLUNTEERS ARE NEEDED

In the 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. Contact Janice today at 919-776-0501 ext. 2206 for more information and to volunteer.

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.