

The Center Post

Volume 24

NOVEMBER 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 about...

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Classes, pg. 2*
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Veterans Appreciation

**MONDAY
NOVEMBER 9, 2015**

Breakfast Served at 8:00 a.m.
The Enrichment Center
1615 S. Third Street, Sanford

**Co-Sponsored by
Miller-Boles
Funeral Home**



To show our appreciation for your
service and dedication to our
country, we invite you to
breakfast.

**Space Limited
Reservations Required**
Call 919-776-0501 Ext. 2201

*All Veterans and current military
personnel are invited at no charge.
A Veteran may bring one guest, \$3.*

**Lee Senior High ROTC
Presentation of Colors**

**Senator Ron Rabin
"Vietnam & Being a Veteran"**

**82nd Airborne Chorus
Special Music & Singing**



**November:
National Family
Caregiver Month**

*We will start our
celebration with*

**Candlelight Reflections
Thursday, November 5, 2015
6:30 p.m. - 7:30 p.m.**

At The Enrichment Center

This is a beautiful and moving experience
for all caregivers. Candlelight Reflections
honors those with Alzheimer's disease and
related disorders. It's a way of coming
together with family, friends and supporters.
Candlelight Reflections honors all families
and friends taking on the role of caregiving.
Candles will be lit across North Carolina at
7:00 p.m. Open to the general public.

We will continue the celebration with our

**12th Annual Family Caregiver
Award Luncheon
Thursday, November 12, 2015
12:00 p.m.**

**Wilrik Hotel - Downtown Sanford
204 Wicker Street, Sanford, NC**

*Join us for lunch, entertainment, door prizes
and fellowship as we recognize the
2015 Family Caregiver recipient.*

**Sponsored by The Enrichment Center of Lee
County, Liberty Commons of Lee, Liberty
Home Care & Hospice and Westfield
Rehabilitation & Health Center**

*Registration is requested
by Thursday, November 5.
Call Judi at 919-776-0501 ext. 2230.*

SENIOR CENTERS ~ Experts at Living Well

Veterans Remembrance Group Will not meet in November; however, will attend the Monday, November 9 Veterans Appreciation Breakfast at 8:30 a.m. at The Enrichment Center. Reservations required.

Yada Yada Sisters will meet Tuesday, November 3 at 5 p.m. Bring your favorite sandwich. After eating we will 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.*

Advanced Cake Decorating Classes Mondays, November 9 - December 7, 5:30 - 7:45 p.m. Cost is \$40. **Instructor Pat Wicker, Certified Cake Decorator for 15 years.** Must register and receive information for class materials before first class. Class size limited. To register 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 NOVEMBER: 7th - Southern Exposure, 14th - Bill Pollard Back Porch Country, 21st - The Fabulous Troubadours, 28th - NO DANCE/Thanksgiving holiday.**

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, November 12 at 10 am. Feel free to join us! If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.**

A Novel Approach *Tuesday, November 10 at 12:00 noon at The Enrichment Center.* Registration is not necessary and the group is open to the general public. **November** discussion - Peony by Pearl S. Buck. **December** discussion: Cry, The Beloved Country by Alan Paton.

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

If you are interested in basic or intermediate computer classes after 5 p.m. call Debbie Williams at 919-776-0501 ext. 2203.

Up & Coming for 2016
SAVE THESE DATES! Register now by calling 919-776-0501 ext. 2201.

A Matter of Balance - *Managing concerns about falls* **FREE** - Mondays 2-4 p.m. and Fridays 1-3 p.m. January 11 - February 8, 2016 **or** Mondays 2-4 p.m. and Fridays 1-3 p.m. February 15 - March 11, 2016. Class size is limited. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. **Who should attend:** anyone concerned about falls; anyone interested in improving balance, flexibility and strength. **You will learn to:** view falls as controllable; 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 and better.**

Tai Chi Classes by the Arthritis Foundation Open to all adults. Cost: \$50 paid at class. Class size is limited. Mondays and Wednesdays January 25 - March 2, 2016 from 10:45 a.m.—11:45 a.m. with **Instructor Peggy Rowles.** Peggy's personal experience in taking this class moved her to become an instructor and share the benefits of **Tai Chi.** 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. To register call 919-776-0501 ext. 2201. **Open to all adults - priority given to those age 50 and better.**

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.

Living Healthy with Diabetes - *Take control of your diabetes.* A **FREE** evidenced-based class developed by Stanford Univ. Thursdays Feb. 4 - March 10, 2016 2:00 p.m.-4:30 p.m. Class size is limited. Classes will help you 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 and better.**

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.

Thursday, December 10 - The Rudy Theatre and dinner at the Robbin's Nest, Selma, NC. Cost \$77. Spaces still available!

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. \$750 per person/double occupancy.

Zumba Gold Classes

The exercise and dance party that moves at your pace! Thursdays at 5:30 p.m. with Instructor **Cathy Andrew**. Cost is \$10 per month or purchase evening fitness class package for \$25. The first class is always FREE.



RADA CUTLERY

OPEN HOUSE!

TUESDAY, Dec. 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.

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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.**

NOVEMBER 2015 Programs at 11 a.m.

2nd—Crafty Creators

4th—Laurence Poindexter singing and playing guitar

6th—"Is it a stroke?" with Dana Guevara

13th—The Painted Petal

18th—Miller Boles serving refreshments

20th—Understanding COPD with Dr. Jamie Pedraza, Community Family Medicine

25th—Deck the Grand Hall with Christmas décor

Walking Club EVERY WEDNESDAY

10:00 a.m. in the Diners Club!

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

Walgreens every 2nd Tuesday of the month at The Enrichment Center from 10:30 am - 11:30 am.

Diners Club Sassy Red Hatters

Meets 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,

Happy National Family Caregiver Month! In 1994, the National Family Caregivers Association began promoting the celebration of family caregivers during the week of Thanksgiving, which is so appropriate in a time to be thankful. Each President since 1997 has signed the proclamation appreciating family caregivers. As interest grew in family caregiving issues, National Family Caregivers week became National Family Caregivers Month.

Day in and day out, more than 65 million family caregivers in this country fulfill a vital role on the care team. The theme this year is **"Respite: Care for Caregivers."** Respite is the chance to take a breather. The opportunity to reenergize is as important as any other item on your caregiver's to-do list. People think of respite as a luxury, but considering caregivers' increased risk for health issues from chronic stress, those risks are a lot costlier than some time away to recharge. Respite is the key to your own well-being. Respite protects your own health, strengthens family relationships, prevents burnout and allows your loved one to stay at home up to three times longer. No wonder respite is one of the most frequently requested support services for family caregivers.

If you are a family caregiver, take the time this month to celebrate who you are and the importance of what you are doing. While November may be the official month to recognize your acts as a family caregiver, every month and every day is one in which **YOU** make a difference.

*Empower yourself first by recognizing how **GREAT YOU ARE** and the honor in what you are doing. Family caregivers, **YOU** do matter and we thank you for all you do!*

**Happy Family Caregiver Month
and Happy Thanksgiving!**
~~~Judi

**For more information on Caregiving Support and Help, contact Judi, our Caregiver Specialist, 919-776-0501 Ext. 2230 or [jwomack@leecountync.gov](mailto:jwomack@leecountync.gov).**

### Alzheimer's & Dementia Support Group

Thursday, November 5 at 1:00 p.m. with Speaker **Bob Brickhouse**. Topic: Dr. Mary T. Newport's observations of KETONES in the diet of Alzheimer's and other dementias. Open to the general public.

**Grief Support Group** Thursday, November 12 at 1:00 p.m. with **Facilitator Linda Moore, MSN**. Sponsored by Rogers-Pickard Funeral Home. Losing someone hurts. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. Find others in the same situation. Open to all adults. Registration not required.

### Granparents and Other Relatives Raising

**Grandchildren** will not meet in November but are invited to the 12th Annual Family Caregiver Luncheon on Thursday, November 12 at the Wilrik Hotel in Downtown Sanford, 204 Wicker Street, 12:00 noon. Registration required, call 919-776-0501, ext. 2230.

**Sanford/Lee Co. Stroke Support Group** Thursday, November 12 at 1:00 p.m. at The Enrichment Center with **Facilitator Joy Murphy**. Open to the general public.

**Parkinson Support Group** Wednesday, November 18 at 10:30 a.m. Open to the general public.

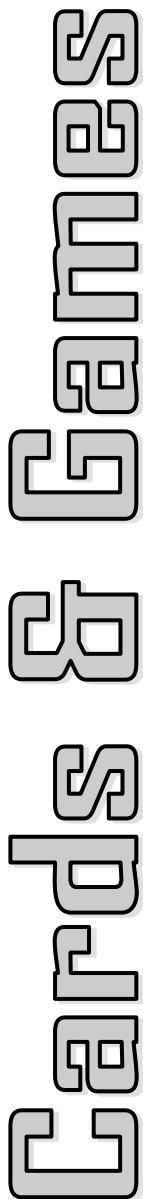
**ATTENTION Family Caregivers:** Caregivers do need respite - a break. We offer respite every Tuesday at The Enrichment Center from 1:00 to 3:00 p.m. Your loved one will enjoy socialization, crafts, music, armchair exercise and much more. This program is staffed by our Family Caregiver Specialist and volunteers. **This is a 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.

**Powerful Tools for Caregivers** is an educational class designed to provide you, the family caregiver, the tools needed to take care of yourself. **Powerful Tools is offered twice a year. Please call Judi if you are interested in taking the next class, 919-776-0501 ext. 2230.** Congratulations to the following for completing the fall class: Carolyn Beisler, Tammy Cartwright-Whitney, Jill Cox, Ellen Hall, Dawn Rodriguez, Jan T. Blakley, Evelyn Swindell Sloan, Stephanie Drzewicki, Ruby Griffin and Maxine Gadson.

**ANGELS - Angels Now Getting Empathy, Love and 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. They share experiences, information, discuss mutual problems and learn coping skills. Open to all adults.





## 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. - 5:00 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

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

## **Legal Aid Intake**

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

## **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.

## **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, WFJA 105.5 FM, WWGP AM 1050, WLHC-FM Life 103.1 and WXXL AM1290.

**If you participate at The Enrichment Center, you will receive a phone call... Coming From 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~

## **Volunteers Needed**

***Daily, Monday through Friday, 25 to 30 homebound older adults outside of the Sanford city limits are in need of a hot, nutritious lunch. These are our friends and neighbors and they are unable to prepare their own lunch. We need your help in delivering these meals.***

Routes usually take less than one hour.

Regular and fill-in positions available.

**If you, your card group, your church or civic group can cover a route please contact Janice Holmes, Volunteer Services Coordinator, 919-776-0501 ext. 2206.**

*You may also view volunteer service opportunities by going to [www.volunteerlee.com](http://www.volunteerlee.com) to see what is available in our community. There are various opportunities for all ages!*



Need help choosing the **BEST**  
Medicare Prescription Drug Plan  
for your individual needs?  
CHECK your plan!

Nation-wide Open Enrollment Period is  
October 15– December 7

**FREE** assistance will be available to **residents**  
**of Lee County** on the following days:

- Thursday, November 12, 2015
- Wednesday, November 18, 2015
- Wednesday, December 2, 2015

**8:30 am-11:30 am**

**1:00 pm– 4:00 pm**

\*This assistance is brought to you by the *Seniors'*  
*Health Insurance Information Program*,  
a division of the NC Department of Insurance.

\*If you are on Medicare and **UNDER** age 65, a  
dedicated enrollment clinic is available.  
On **Wednesday, November 25, 2015** between the  
hours of 9:00 a.m.— 4:00 pm, counselors will be  
available to assist you with your  
Medicare Part D choices.

**BRING WITH YOU TO MEDICARE**  
**PART D WALK IN CLINIC!**

These items are **REQUIRED**.

You **MUST** bring these for assistance.

1. Medicare Card
2. Home Address including zip code where you receive your mail
3. Phone Number
4. Bottles of medications or pharmacy printout with name, Rx strength and how often you take
5. Current Medicare Prescription Drug Plan card
6. Date of Birth

Medicare assistance is available in every county in NC.  
Medicare beneficiaries can call SHIP 1-855-408-1212 and  
talk with a trained counselor who can assist them. SHIP  
contacts in neighboring counties: Chatham 919-542-4512;  
Harnett 910-893-7579; Moore 910-215-0900.

## Governor's Volunteer Service Award 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.

*Nominations for Lee County citizens are  
being accepted now. Forms are available  
at the Enrichment Center.*

*Forms are also available at  
[www.leecountync.gov](http://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.

# EXCITING NEWS FROM COLTS - County of Lee Transit System

*Public transportation getting you safely  
to your destination.*

COLTS along with the assistance from ITRE - 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."



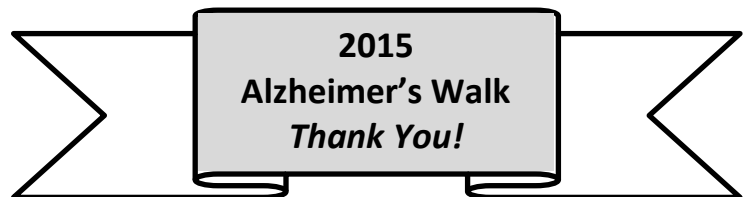
**COLTS** is a coordinated transportation system that provides transportation

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.**

**Driving Tips from the National Weather Service**  
According to the Federal Highway Administration, the vast majority of weather-related auto crashes happen on **wet pavement and during rainfall**. These tips can assist you in other types of inclement weather as well.

- ⇒ **Slow down and allow more travel time.**
- ⇒ **Allow at least TWICE the normal following distance between cars to provide ample room for stopping.**
- ⇒ **Avoid cruise control.**
- ⇒ **Avoid hard braking or turning sharply.**
- ⇒ **Make sure your HEADLIGHTS are ON in the rain (and other types of inclement weather). It's the law! Wipers on lights on!**
- ⇒ **If you feel your car beginning to skid, continue to look and steer in the direction you want the car to go. Avoid slamming on the brakes.**
- ⇒ **Be sure to get a weather update before departing.**

Source: [weather.gov/Raleigh](http://weather.gov/Raleigh)



**Sanford Sponsors 2015 Alzheimer's Walk  
Held Saturday, October 17, 2015**

Platinum: Moen, Liberty Healthcare Group, Ammons Chiropractic Center, The Enrichment Center of Lee County, WWGP/WFJA

Gold: Central Carolina Hospital, Community Home Care & Hospice, Sanford Health & Rehabilitation

Silver: Pinehurst Medical Group, First Bank, Well Care, Walgreens, First Choice Home Care

Bronze: Auto Electric of Sanford, Sanford Coca-Cola Bottling Co., Inc., Miller Boles Funeral Home, Central Carolina Network, Family Chiropractic

Awards: Individual Raising Most \$: Vivian & Larry McRae; Team Raising Most \$: Westfield; Largest Team: Venita Denkins

**Special THANK YOU to Dana Guevara** - Dana, it is your energy, talent and hard work that have brought benefits to this year's Alzheimer's Walk. Thank you, Liberty Health Care Group and your committee for everything in making this a successful walk. ~~~~ Judi Womack



The Enrichment Center  
1615 S. Third Street, Sanford, NC 27330  
919-776-0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)  
email: [enrichment.center@leecountync.gov](mailto: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**  
Wed., November 11 in observance of Veterans Day  
and Thurs. & Friday, Nov. 26 and 27  
in observance of Thanksgiving.

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



## Project Angel Tree

Please consider adopting an Angel from our tree. Angels will be available for adoption starting **Tuesday, November 10, 2015.**

Our Angels are people we have assisted over the past year that we feel could benefit with a little something extra at Christmas. A list of items is provided at the time of adoption. We provide the container, pack the boxes and make deliveries.

Requests to be placed on our tree are not accepted.

**All you have to do is:**

- Stop by The Enrichment Center
- Pick an Angel from the tree and register at the front desk
- Purchase the items and label with the Angel's number
- Return to The Enrichment Center



Items should be returned Nov. 30 - Dec. 4th. The Enrichment Center, 1615 South Third Street, Sanford, NC, 919-776-0501 ext. 2212. This is a wonderful project for families, church/civic organizations, corporate groups and anyone who desires to spread Christmas joy this holiday season.