

# The Center Post

Volume 24

OCTOBER 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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## Fall Festival

**Saturday**  
**October 24**  
**2015**

**8 a.m. - 2 p.m.**



Browse and purchase from more than 40 tables filled with woodcarving, jewelry, paintings, baked & canned goods, homemade soaps and lotions, candles, Christmas decorations, hand-sewn items and much more!



Come out on the 24th and join us for a grilled **HOTDOG or SAUSAGE DOG**

with all the trimmings— chili, slaw & onions. Chips, drinks and **Fresh Baked Goods** will be available for purchase.



**All food proceeds benefit**  
**The Enrichment Center, Inc.**  
**Helping Fund. The Helping Fund**  
**assists Lee County older adults who are**  
**in a crisis situation with the basic**  
**necessities of life.**



**Rada Cutlery**  
items available  
for purchase and  
orders accepted.  
Proceeds benefit  
The Enrichment  
Center, Inc.  
Helping Fund.

## card party & games!



We need you...and so does  
The Enrichment Center, Inc.  
Helping Fund!

**Tuesday, October 6, 2015**  
**2 pm - 5 pm and/or 7 pm - 9 pm**  
**\$4.00 per person, per session**



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

All proceeds benefit The Enrichment Center, Inc. Helping Fund. *The Helping Fund assists older adults in Lee County who are in a crisis situation with fuel, electricity, food and medications. Every dollar donated to The Helping Fund assists someone in need.*

**To register your tables**  
**call 919-776-0501 ext. 2201**  
**or come by**  
**The Enrichment Center.**

**Rada Cutlery will be**  
**available for purchase. All**  
**proceeds benefit The Helping**  
**Fund. Cash and check accepted.**



# Cake Decorating

*With Instructor Pat Wicker  
Certified Cake Decorator for 15 Years*

## Basic Classes -

Mondays, Oct. 5 - Nov. 5  
5:30 p.m. - 7:45 p.m. Cost \$40

## Advanced Classes -

Mondays, Nov. 9 - Dec. 7  
5:30 p.m. - 7:45 p.m. Cost \$40

*You MUST REGISTER and receive information for class materials BEFORE first class.*

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

**Yada Yada Sisters** will meet Tuesday, October 6 at the Card Party. *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.*

## Rex UNC Healthcare Mobile

**Mammography** is coming to The Enrichment Center Friday, October 9, 2015 to provide FREE mammograms for those at least 35 years of age. There are other requirements. **Call Sharon Lucas at the Lee County Health Department, 919-718-4640 ext. 5317 for more information and to register.**

**AARP Smart Driver** Thursday, October 15 from 9:00 a.m. to 2:00 p.m. with **AARP Instructor Phil Bruce** will cover safe strategies to avoid a crash, increasing confidence on the road, driving safely and much more. Cost is \$15 for AARP members and \$20 for non-members. No formal lunch break. Bring a bagged lunch snack. Registration is required call 919-776-0501 ext. 2201.

## Veterans Remembrance Group

Wednesday, October 14 at 2:00 p.m. with special guest speaker **Richard Sistrunk**. Mr. Sistrunk will share some of his experiences while he was in service. Registration is not required. Open to the general public.

## The Annual Enrollment Period is quickly approaching!

Reminder to check your  
Medicare Prescription Drug Plan coverage  
to ensure the best coverage available  
for your unique situation!

**The dates are October 15 - December 7!  
DON'T MISS IT!**

**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, October 8 at 10 am. Feel free to join us! If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.**

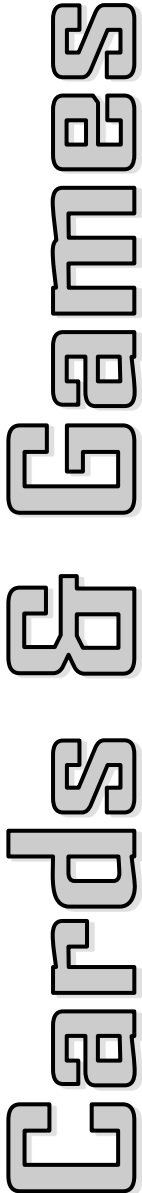
**FREE Facebook Classes!** For those ages 50 and better. Thursdays, October 15, 22, 29, 1:30 p.m.-2:30 p.m. and Nov. 5, 10:30 a.m. - 11:30 a.m. with **Instructor Mark Coggins**. We will learn:

- The lingo - profile, post, connect, share, like, friend
- The kinds of things to post on Facebook
- How to post pictures & what to post in your profile
- How to pick your friends

Registration is required and space is limited. 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 OCTOBER:** 3rd - Trace Jazz, 10th - Bill Pollard Back Porch Country, 17th - Southern Exposure, 24th - Bill Pollard Back Porch Country, 31st - The Fabulous Troubadours.

**A Novel Approach** Tuesday, October 13 at 12:00 noon at The Enrichment Center. Registration is not necessary and the group is open to the general public. **October** discussion - Necessary Lies by Diane Chamberlain. **November** discussion - Peony by Pearl S. Buck.



## 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.

**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.

### **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

## FREE Vision Screening

Thursday, Oct. 29 from 9:00 a.m. to 1:00 p.m. **Prevent Blindness North Carolina** will offer adult retinal camera vision screening. Retinal image screening assists in the detection of diseases such as cataracts, diabetes, retinopathy, glaucoma and macular degeneration. **Screenings are FREE and funding is provided by the Kate B. Reynolds Foundation.** Registration is required call 919-776-0501 ext. 2201.



## Veterans Appreciation

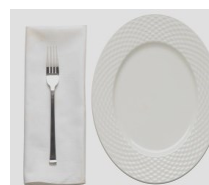
Monday, November 9, 2015  
Breakfast served at 8:00 a.m.  
**Co-sponsored by Miller Boles Funeral Home.** To show our appreciation for your service and dedication to our country, we invite you to breakfast. **All Veterans and current military personnel are invited at no charge. A Veteran may bring one guest, \$3.00. Space is limited and reservations are required. Call 919-776-0501 ext. 2201.**

**The Enrichment Center, Inc.**  
**Helping Fund is selling Christmas Trees.**  
**Pre-orders are being accepted now for**  
**6 foot - 8 foot Fraser Fir trees.**  
**\$48-\$58**

**In partnership with**  
**Hunter Oil/Southern Mulch & Stone.**  
To preorder or volunteer with this event call 919-776-0501 ext. 2212. Ask for Tami.

*The Enrichment Center's Helping Fund assists older adults in Lee County who are in a crisis situation with food, prescriptions, heat and electricity.*

## 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.

## ***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.

Bring your checkbook!

Payment required at the time of registration.

***There are spaces available on both trips.***

***All adults are welcome!***

**Tuesday, October 20, 2015 - North Carolina State Fair, \$20 for transportation.** Free admission to the fair for those 65 and better!

**Thursday, December 10, 2015 The Rudy Theatre in Selma and dinner at the Robbin's Nest. \$77 for transportation, show and dinner!**



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

**Make plans NOW to CHECK your plan!**

**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 1:00 pm and 4:00 pm, counselors will be available to assist you with your Medicare Part D choices.

## **Diners** **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.**

**OCTOBER 2015 Programs at 11 a.m.**

**b** 2nd—Extra Bingo  
 7th—Laurence Poindexter singing and playing guitar  
 9th—Falls Prevention with Dana Guevara  
 14th—Refreshments with Miller Boles  
 16th—Breast cancer awareness with Gwen Sandlin  
 21st—Project Lazarus with Ashley Graham (focuses on prescription drugs, abuse, misuse and overdose)  
 13th—"Is it a stroke?" with Kirby Ellis  
 30th—Dress up for Halloween!

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

**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!

**Low Vision Support Group** - Wednesday, October 14 at 1:00 p.m. You are welcome to attend our group if you, a family member or a friend has vision problems such as macular degeneration. Open to the general public.



## corner

caregiver



### A Look At Family Caregiving: Caregiving Support and Help

As a family caregiver for an ailing parent, child, spouse, or other loved one, you're likely to face a host of new responsibilities, many of which are unfamiliar or intimidating. You may feel overwhelmed and alone. But despite its challenges, caregiving can also be rewarding. I hope the following tips will help you get the support you need while caring for someone you love in a way that may benefit both of you.

1. **Accept your feelings**- Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness and grief. It's important to acknowledge and accept what you're feeling, both good and bad. These feelings do not mean that you don't love your family member, they simply mean you're human.
2. **Don't try to do it all.** You'll need help from friends, siblings, and other family members, as well as health professionals. If you don't get the support you need, you'll quickly burn out, which will compromise your ability to provide care.
3. **Attend to your own needs.** Pablo Casals, the world-renowned cellist, said, "The capacity to care is the thing that gives life its deepest significance and meaning." It's essential that you receive the support you need, so you can maintain that capacity to care. Caregivers need care, too.

Take care, 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).

*Are you feeling stretched thin caring for a loved one?*

It's a normal feeling as you try to get through each day giving the best care you can to your family member.

**Powerful Tools for Family Caregivers** is a series designed to provide you, the family caregiver, with the skills you need to take care of yourself. No charge. Contributions are accepted.

**Tuesdays, Oct. 6, 13, 20, 2015**

**5:30 p.m. – 7:30 p.m. at The Enrichment Center**

**Call (919) 776-0501 ext. 2230 to register.**

**Assistance with your loved one is available if needed for you to attend classes.**

### **Alzheimer's & Dementia Support Group**

Thursday, October 1 at 1:00 p.m. We will view and discuss, "I'll Be Me," Glenn Campbell. Open to the general public.

**Grancare Luncheon** Thursday, October 8 at 12:00 p.m. with **Guest Speaker Melanie Rodgers, Administrative & Marketing Asst. at The Enrichment Center.** Melanie will distribute and discuss **Advance Directives: The Living Will & Healthcare Power of Attorney.** Grancare is a support group for grandparents and other relatives raising their grandchildren. Please call Judi for lunch reservations 919-776-0501 ext. 2230.

**Sanford/Lee Co. Stroke Support Group** Thursday, October 8 at 1:00 p.m. at The Enrichment Center. Open to the general public.

**Parkinson Support Group** Wednesday, October 21 at 10:30 a.m. with guest speaker **Steve Cornwell, RPh, MS.** Topic: Neurogenic Orthostatic Hypotension Associated with Parkinson's Disease. Open to the general public.

**ATTENTION Family Caregivers:** We offer you two (2) hours of respite each Tuesday at The Enrichment Center from 1:00 p.m. - 3:00 p.m. This allows you time away and offers crafts, snacks, cognitive stimulation and socialization to the care recipient. This program is staffed by our Family Caregiver Specialist and volunteers. **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.



### 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.*

**Pot Luck**  
Thursday, October 29 at  
6 p.m. Bring your favorite  
covered dish.

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

## 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.

**Raise \$50 or more and receive  
A 2015 Sanford AlzNC Walk T-Shirt.**

**Call today to participate:  
Judi (919) 776-0501 Ext. 2230  
Or Dana (919) 770-3333**

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.



alzncwalks  
hope.support.community.

**2015**

### **Thank You 2015 Sponsors!**

#### **Platinum:**

Moen, Liberty Healthcare Group,  
Ammons Chiropractic, The Enrichment Center,  
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