

The Center Post

Volume 24

SEPTEMBER 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.**

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information on...**

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September is nationally recognized as Senior Center Month. During September special programs are planned so that each one of you can **Celebrate LIFE:**

Learning - Never stop learning; life is full of new experiences. Attend class in art, fitness, knitting, computer or dance.

Independence - Live on your terms. How great does that sound? The Enrichment Center provides nationally recognized health & wellness programs to maintain or regain your independence. They are: *Living Healthy with Diabetes, Powerful Tools for Caregivers, Tai Chi and A Matter of Balance.*

Friends - Enjoy life through fellowship and friends. Have lunch in our Diners Club; attend a card or game group; join a support group to gain knowledge and share coping skills.

Energy - Discover health and vitality by embracing programs that increase physical and mental energy. Each one of us have a mind, body and spirit. A holistic approach to aging is incorporated in the programs at **The Enrichment Center.**

Yada Yada Sisters will meet Tuesday, Sept. 1 at 5 pm. 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.*

Latin Dance! Tuesdays 5:30 p.m.- 6:30 p.m. with **Certified Salsa Instructor Gilroy Buller.** Wear comfortable clothes, suede, leather or hard bottom shoes. Cost is \$5 per person/per session payable at class. Call 919-776-0501 ext. 2201 to register.

Veterans Remembrance Group
Wednesday, Sept. 9 at 2 pm with special guest speaker **Joe Stancar.** Registration is not required.

Grandparents Day Celebration Friday, Sept. 11 at 11 am in the Diners Club. **Rev. Linda Smith** speaks on "Remembering When." Registration is not required.

Hearing Screening Thursday, Sept. 17 from 9 am to 3 pm. **Bright Audiology** will provide free hearing screenings. Registration is required call 919-776-0501 ext. 2201.

Happy 65th Birthday! Thursday, Sept. 24 at 6 pm. Medicare is next.... now what? Not sure what Medicare is, what Medicare costs and what Medicare pays? Why am I getting so much mail? What are my choices? Answers are available! This program is brought to you by **SHIIP, Seniors' Health Insurance Information Program, a Division of the NC Department of Insurance.** To register or for more information, please contact: 919-776-0501 ext. 2201.

SENIOR CENTERS ~ Experts at Living Well

Funeral Planning Seminar and

Understanding Cremation Monday, Sept. 28, 2015 at 6:15 p.m. Sponsored by **Miller Boles Funeral Home**. Losing a loved one suddenly or after a prolonged illness or diagnosis is never easy. After death is the question, "What's next, literally." **Miller Boles Funeral Home** will provide an evening seminar that will answer any questions you have in regards to funeral services and cremation pre-planning. A light meal will be served. Reservations are required. 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 SEPTEMBER:** 5th - Bill Pollard Back Porch Country, 12th - Southern Exposure, 19th - Bill Pollard Back Porch Country, 26th - The Fabulous Troubadours.

A Novel Approach Tuesday, Sept. 8 at 12:00 noon at **The Enrichment Center**. Registration is not necessary and the group is open to the general public. **September** discussion - Shaman by Noah Gordon. **October** discussion - Necessary Lies by Diane Chamberlain.



FREE Facebook Classes!

For those ages 50 and better. Thursdays Sept. 17, 24, Oct. 1 and 8 at 1:30 p.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
- How to log on Facebook
- What to post in your profile
- How to choose your friends

Registration is required and space is limited. Call 919-776-0501 ext. 2201.

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

Evening Fitness Schedule Update

Call 919-776-0501 ext. 2201

Zumba Gold FREE Thursdays, Sept. 17 and 24 from 5:30 pm - 6:15 pm.

Land Aerobics Mondays and Wednesdays, Sept. 14, 16, 21, 23, 28 and 30. The cost for September is \$5.00.

Evening Fitness Room orientations Thursdays, beginning Sept. 17. Advance registration is required.



Cards & Games Party

Tuesday, Oct. 6 from 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. Register your tables by calling 919-776-0501 ext. 2201 or coming by The Enrichment Center.

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

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, Oct. 15 from 9 am to 2 pm 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.

A Matter of Balance Many older adults experience concerns about falling and restrict their activities. **A Matter of Balance** is an award-winning program designed to manage falls and increase your activity levels. To register for the next series call **Debbie Williams** at 919-776-0501 ext. 2203.



Thank You to the following for an informative, successful Boomer, Senior & Caregiver Expo! We appreciate each of you making this event a success: *sponsors, vendors, volunteers, Dennis*

A. Wicker Civic Center Staff, BSC Expo Steering Committee, The Enrichment Center Staff, CCH Hospital Auxiliary & This N That Gift Shop, McDonald's, Miller Boles Funeral Home, Coca-Cola, Lee County Sheriff's Department, seminar speakers and entertainers!



Gold Sponsors

Griswold Home Care ~ Cambridge Hills Assisted Living
Carolina Eye Associates ~ United Assist Medical Supply
Peak Resources-Pinelake ~ Dargan Moore-Edward Jones
Island Therapeutic Massage ~ Laurels of Chatham
Amedisys Home Health ~ Law Office of Fred D. Webb, Jr.
Health Innovations Pharmacy ~ LGFCU-Local Govt. Federal Credit Union ~ UNC Sanford Specialty ~ Total Life Care
OVM Financial, Inc. ~ Totally Committed Diabetic Supply Co., Inc.

Silver Sponsors

Duke Cardiology of Sanford ~ Performance Rehabilitation ~ Pinehurst Medical Clinic ~ Mary Kay Cosmetics ~ Miller Boles Funeral Home
Rainbow Distributors ~ Gary Tyner Insurance (Allstate) ~ Advance Hearing Care ~ Watson-Memorial Mortuary Cunningham & Sons
Spring Arbor of Apex ~ Adcock Real Estate ~ Caption Call
Thrivent Financial ~ Family Chiropractic Center ~ Limbionics
Prosthetics & Orthotics of Sanford ~ Digital Benefit Advisors
Well Care Home Care ~ Watson Memorial Mortuary-Cunningham & Sons ~ Asheboro Alarm & Electric

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 Saturday 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.

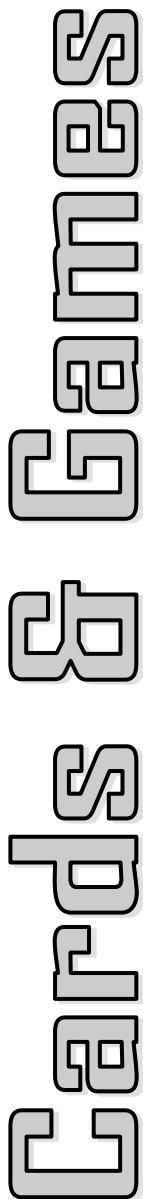


All food proceeds benefit

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.



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



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.

Vision Screening Thursday, Oct. 29 from 9 am to 1 pm. 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.

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.

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.

Organizers Seeking WWII Veterans for

D.C. Trip Each year Dunn, NC businessman Irvin Warren, owner of Warren Oil Co., sponsors an overnight bus trip for World War II veterans and a traveling companion to visit the World War II Memorial, Arlington National Cemetery and other memorials and sights around the capital. The trip is paid for totally by Mr. Warren, no cost to those attending. This year's trip will be October 29-30, 2015. The group leaves from Dunn at 8 a.m. and returns the next day by 6 p.m. He has sponsored trips since 2009 and has taken more than 150 WWII veterans to visit D.C. The contact is Ray Stone at 910-892-2810. Leave a message if no answer. Or email raystone@embarqmail.com.

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.**

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 in 2015!

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

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!***

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!*

Legal Aid Intake Days

*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

2nd Wednesday of Month
12:00 pm. - 2:00 p.m. Christian United Outreach Center
2885 Lee Ave., Sanford

3rd Tuesday of Month
10:00 a.m. - 12:00 p.m. Salvation Army of Lee County
507 N. Steele St., Sanford

4th Friday of Month
12:00 p.m. - 2:00 p.m. Christian United Outreach Center
2885 Lee Ave., Sanford

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.



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!**

**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.

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.

Volunteers are essential to the success of our programs at **The Enrichment Center**. We have over 200 regular volunteers. Those age 18 and older may volunteer individually. Those age 16 and under may volunteer under the supervision of someone age 18 and older.

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.

"Thank you so much to the volunteers that bring my hot lunch every day. I really appreciate you taking your time to help me." - Home Delivered Meal Participant

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

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!

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.**

SEPTEMBER 2015 Programs at 11 a.m.

- b** 2nd - Laurence Poindexter singing and playing country music at our picnic!
- 4th - Dance demonstrations: Latin/Salsa, Square Dance
- 9th - Miller Boles serving refreshments
- 9th - History of The Enrichment Center with Debbie Davidson
- 11th - Grandparents Day with Rev. Linda Smith "Remember When"
- 14th - Crafty Creators
- 16th - Walgreens program
- 18th - Extra Bingo
- 23rd - Surprise Visitors!!!
- 30th - National Women's Health & Fitness "Move It Move It" With Kathy McLeod-Edwards

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



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.

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**

*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 Saturday, Oct. 17th.*

corner

caregiver



Dear Family Caregiver,

Every day I have family caregivers asking when is it time to look into assisted living for their loved one. This decision to help a loved one move out of a current home is a complex one; both emotionally and practically. Above all you want the person to be safe and well. How can you feel more confident about whether circumstances suggest that your loved one should no longer be living alone?

1. Big-picture signs it might be time for assisted living.

- Recent accidents or close calls.
- A slow recovery. How did the person weather the most recent illness?
- A chronic health condition that's worsening. Progressive problems such as COPD, dementia and congestive heart failure can decline gradually or precipitously, but either way, your loved one will need help.
- Increasing difficulty managing the activities of daily living and instrumental activities of daily living. These are skills needed to live independently such as dressing, shopping, cooking, doing laundry, managing medications and so on.

2. Up-close signs it might be time for assisted living. Give your loved one a big hug. Clues aren't always visible from a distance; especially when you don't see the person every day.

- Noticeable weight loss. Does the person feel thinner? Are clothes loose?
- Seeming more frail. Do you feel anything different about the person's strength and stature when you hug? Can your loved one rise easily from a chair?
- Strange body odor. Changes in personal hygiene habits. Causes range from memory trouble to depression to other physical ailments.
- Changes in appearance. Does the person's hair and makeup look all right? Are clothes clean?

If your loved one has a full life, a close neighborhood and community connections, and seems to be thriving, it's worth exploring in-home care options. If on the other hand your loved one is showing signs that living alone is a strain, it may be time for a talk. Approach the subject of where to live in a neutral way and you may find that your loved one harbors the fear for current and future safety and security that you do. Find out what your loved one fears most about moving and about staying before launching into your own worries and what you think ought to be done. Please feel free to contact me for more information, 919-776-0501 ext. 2230.

Judi, Family Caregiver Advisor

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. It is a nationally recognized wellness program and is **FREE**. Contributions are accepted.

Tuesdays, Sept. 15, 22, 29

and Oct. 6, 13, 20, 2015

5:30 p.m. – 7:30 p.m. Light meal served.

**The Enrichment Center,
1615 S. Third St., Sanford**

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

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

Grancare Luncheon Thursday, September 3 at 12:00 p.m. with **Guest Speaker Sandra Thompson, "High School Completion Options."** 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, September 10 at 1:00 p.m. with guest speaker **Sabina Gesell, Ph.D. Assistant Professor, Wake Forest School of Medicine.** Topic: Preview on National Stroke Caregiver Study. 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. Facilitators **Bob Brickhouse, Marge Kanning** and **Hal Siler** invite you to attend this educational group for people with Parkinson's, family members, caregivers and friends of people with Parkinson's.

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
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, September 7,
2015 in observance
of Labor Day.

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

COMING SOON!

More Options Than Ever Before With COLTS!

- *Pinehurst Medical Centers*
- *Additional stops on Sanford Dash loop*
- *Plan your appointments with convenience*
- *Options for last minute appointments*



COLTS

County of Lee Transit System
919-776-7201

*Public Transportation
getting you safely to your destination.*