

The Center Post

Volume 25

OCTOBER 2016

**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 **baby 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.

- ♦ Medicare Part D Open Enrollment, Pg. 2
- ♦ Reverse Mortgage, Pg. 2
- ♦ AARP Smart Driver, Pg. 2
- ♦ FREE Diabetes Classes, Pg. 3
- ♦ State Fair Trip, Pg. 4
- ♦ Rex Mobile Mammogram, Pg. 2
- ♦ Grancare Support, Pg. 5
- ♦ Volunteer Instructors Needed, Pg. 6
- ♦ Tai Chi Classes, Pg. 7
- ♦ COLTS, Public Transportation, Pg. 8

card party & games!

Tuesday, October 4, 2016
2 P.M. - 5 P.M. and/or 7 P.M. - 9 P.M.
\$4.00 per person, per session
Refreshments & Door Prizes

All adults welcome to join us and
play cards and games!
Register tables by calling
919-776-0501 Ext. 2201.

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.*
Rada Cutlery available for purchase.
Proceeds benefit The Helping Fund.

FAMILY CAREGIVER SHOWCASE

Thursday
October 20, 2016
2:00 P.M. - 5:00 P.M.
FREE Admission
At The Enrichment Center
More Than 20 Vendor Booths
*Seminars by: First Choice Home
Care, Wilson & Reives
And Alzheimer's Association
Eastern N.C. Chapter*
See Page 5 for more details!

Fall Festival



Saturday
October 29
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 29th
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.



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



**CHECK your prescription drug plan
Oct. 15 through Dec. 7, 2016!**

**Lee County residents can call
919-776-0501 Ext. 2206
for a FREE individual appointment.**

Walk-In Clinic

**Thursday, December 1, 2016
from 8:30 A.M. until 4:00 P.M.
for LEE COUNTY RESIDENTS.
No appointment required.**

**If you are on Medicare and
UNDER AGE 65, a dedicated
enrollment clinic is available.**

**Wednesday, Nov. 23, 2016
from 8:00 A.M. until 3:00 P.M.**

**Trained counselors will be available
to assist you with your
Medicare Part D choices.**

**Every county in N.C. has a S.H.I.I.P. program.
Residents in neighboring counties may call
1-855-408-1212, toll free, Monday through
Friday from 8:00 AM to 5:00 PM.**



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

AARP

DRIVER SAFETY

AARP Smart Driver Course

**Friday, Oct. 14, from
9:00 AM until 2:00 PM. AARP members, \$15, non-
members \$20. No formal lunch break—bring a
bagged lunch.**

This classroom course will cover safe strategies to
reduce the likelihood of a crash; drive safely while
sharing the road; understanding when driving may no
longer be safe; issues that affect driving ability.

**NOTE: effective Jan. 1, 2014 this curriculum has
been revised into a new guidebook.
The book has been reduced and the course
has new video content.**

**Registration is required,
call 919-776-0501 Ext. 2201.**

REVERSE MORTGAGE INFORMATION PROGRAM

With special guest speaker
**Sharon Spradling,
Housing Counselor
Manager with
Johnson-Lee Harnett
Community
Action, Inc.**



**Friday, October 28
at 11:00 A.M.
in the Grand Hall**

A REVERSE MORTGAGE is a type of
home loan for older adult homeowners (62
and older) that requires no monthly
mortgage payments. Registration is not
necessary for this program.

Nifty Noggins

are head coverings for cancer patients and come in a variety of materials and styles. The volunteers at **Nifty Noggins**, would be most happy to share, free of cost, the head



coverings that they make just for you. **Volunteers meet the 2nd Thursday of the month at 10:00 AM. The next meeting is October 11th. If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.**

Tablet and iPhone Classes With Volunteer Instructor Clifton Burch 5:00 P.M. until 6:30 P.M.

**To register,
call 919-776-0501 Ext. 2201**

IPhone Class

Tuesday, October 18 & Thursday, October 20
Call basics, texting, photography, settings & menu, storage, iTunes Music & More, Cloud storage and syncing, customization.

Fun with Apps

Tuesday, November 1 & Thursday, November 3
Google Market - Photography Fun - Removing Unwanted Apps - Finding FREE Apps

Tablet Class:

Tues., November 8 & Thurs., November 10
Basics & Advanced Features/Settings
Pinching & Zooming, photography, web cam, optimizing sound and music, watching movies & streaming, connections & settings.

Saturday Nite Dance Live music and fellowship 7:00 pm - 10:00 pm. Admission is \$8.00 per person. **Bands for OCTOBER 2016:** 1st—Leda Ray Band, 8th—Southern Exposure, 15th—Flashback, 22nd—the Midnite Express, 29th—The Fabulous Troubadours.

A Novel Approach Book Group

Tuesday, October 11, 2016 at 12:00 PM and is open to all adults. **Oct. 2016 book:** The Spirit Catches You and You Fall Down by Anne Fadiman. **November 2016 book:** Kim by Rudyard Kipling.



Are you ready to...

**TAKE CONTROL
OF YOUR DIABETES?**

**Classes are held at The Enrichment Center
2:00 PM until 4:00 PM on Wednesdays,
October 5 - November 9, 2016
Call today to reserve your spot,
919-776-0501 Ext. 2201.**

FREE Diabetes Program for Seniors (60 and better). It's a fun, hands-on 6 session course designed to help you better understand and take control of your diabetes.

This is an evidence based class, which means you will find quality and relevant information to incorporate in the self-managed care of your diabetes. Materials prepared by GMCF, Georgia Medical Care Foundation, for Alliant Quality, the Medicare Quality Innovation Network—Quality Improvement Organization for Georgia and North Carolina.

Let's travel in 2016!

919-776-0501 Ext. 2201

Trip payment or deposit required at the time of registration. Tour companies require our payment in full at least 60 days in advance. Minimum passenger limit is required for the trip to go; be sure to register and pay as soon as possible!



**Tuesday
October 18, 2016
NC State Fair**

Our annual trip to the NC State Fair in Raleigh where food and fun are all

around you! \$20 includes motor coach transportation. Trip is full. Put your name on the waiting list in case of cancellations.

Thursday, December 15, 2016

Christmas Wonderland at the Palace Theatre

Upon arrival in Myrtle Beach, we visit Broadway at the Beach, enjoy some free time and then see a wonderful show! \$89 includes motor coach transportation and show ticket. Lunch on your own. SPACE AVAILABLE!

Genealogy

Workshop Construct a family tree Mondays through October 31, 2016 from 10:00 AM - 11:00 AM. FREE! Find your ancestors and construct a family tree. Find out if you have any famous ancestors. Learn about free computer programs to store your genealogy information. Registration requested call 919-776-0501 ext. 2201.



**Fall Fling Potluck Dinner
Thursday, October 6th
6:30 PM**

Bring a friend and your favorite food. Drinks & entertainment provided.



Diners A daily celebration



A nutritious lunch is available in the Diners Club Monday through Friday at 12:00 Noon for Lee County residents 60 and better.

Menu selections include: Baked chicken, hamburger, chef salad, vegetables, fruit, bread, cobbler/cake 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.

11:00 am programs in the Diners Club are open to the general public.

OCTOBER programs:

- 5th—Laurence Poindexter singing the oldies
- 7th—Liberty Home Care & Hospice program
- 12th—UNC Student Nurses program
- 14th—Extra Bingo
- 18th—Sassy Red Hatters at 10:00 A.M.
- 19th—Miller Boles sharing Halloween goodies
- 21st—Breast Cancer Awareness, Danielle Spivey
- 26th—UNC Student Nurses program
- 28th—What is a Reverse Mortgage? With Sharon Spradling, Johnston-Lee-Harnett Comm. Action
- 31st—Happy Halloween! Dress festive!

**Walking Club EVERY WEDNESDAY
10 am in the Diners Club!**

Rex UNC Healthcare Mobile Mammography

Friday, Oct. 7, 2016 at 9:00 A.M.

at The Enrichment Center. If you are 35 years old or better and need a mammogram, call Sharon Lucas, Lee Co.

Health Dept., 919-718-4640 Ext. 5317, for further information and to register. **OCTOBER is Breast Cancer Awareness Month - Take Action!**

corner

caregiver



FAMILY CAREGIVER SHOWCASE

Thursday
October 20, 2016
2:00 P.M. - 5:00 P.M.
FREE Admission

Join us for an afternoon at The Enrichment Center, as we showcase a variety of caregiver resources from across the region. Learn about different caregiving options available for your loved ones, and gather available information that will enable you to be the best caregiver you can be. A medication counselor will be on site, along with professionals offering seminars throughout the afternoon.

Vendors:

Amedisys, Bayberry, Sanford Health & Rehabilitation, Liberty Commons & Liberty Homecare, Cambridge Hills, PACE, First Choice, Community Homecare & Hospice, Westfield, Christian Healthcare Adult Day Care, Peak Resources–Pinelake, Spring Arbor of Apex, Oakhaven, Griswold Home Care, Quality Home Health, Medicine Park Pharmacy, Alzheimer's Association, Twin Rivers, St. Joseph Rehab, St. Joseph's CCR, Laurels of Chatham, Genesis, Total Life Care, Magnolia House, Liberty Commons

Seminars:

"Mom Needs Home Care, How Do I Get Started?"
Sandra Bridges, RN, First Choice Home Care

"Elder Law & Estate Planning."
Nathalie Burns, J.D., Wilson and Reives, PLLC

"Healthy Living For Your Brain And Body."
Peggy Best, LCSW, Alzheimer's Association
Eastern N.C. Chapter

*To reserve your seat to a seminar,
call Holly at (919) 776-0501 Ext. 2230.*

Alzheimer's Support Group

Facilitator Holly Hight, Senior Center Caregiver Specialist Thursday, October 6th at 1:00 PM. 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. Feel free to call Holly Hight at 919-776-0501 Ext. 2230 anytime with questions or concerns.

Caregiver Time Out Tuesdays from 1:00 pm to 3:00 pm family caregivers can bring their loved one to this weekly group where there's fellowship, games, puzzles, crafts and refreshments. Program made possible by the **National Family Caregiver Grant**. For further information and to become a part of this group contact **Holly Hight, Senior Center Caregiver Specialist**, at 919-776-0501 ext. 2230.

The Caring Connection Support

Group with Facilitator Jeanne Logue-Hunter meets the 1st Monday of the month at 10 A.M. The next meeting will be October 3rd. This cancer support group provides a time for patient and family members to discuss feelings and concerns.

The Living with Vision Loss Support

Group meets the 2nd Wednesday of the month at 1:00 PM. The group is dedicated to people living with vision impairments that would like to learn more about low vision and get mutual support. Everyone is welcome!

Grancare is a support group dedicated to grandparents and other relatives raising grandchildren. We will discuss topics for future meetings, share ideas, resources and of course, offer support to one another. Contact Holly for more information, 919-776-0501 Ext. 2230.



**KEEP CALM
AND
HUG YOUR
GRANDCHILD**



Follow
us on
Facebook

Social Media Facebook Fun!

Tuesday, October 11
& Thursday, October 13, 2016

From 5:00 P.M. until 6:30 P.M.

Space is limited and registration is required
call 919-776-0501 ext. 2201.

Facebook: Why do I want a Facebook account? I have an account, what now? Learn how to customize pages, find friends and relatives.

Facebook Messenger: What is it? Video calling using Wi-Fi, sending pictures, sending texts, sending GIFs, files and video.

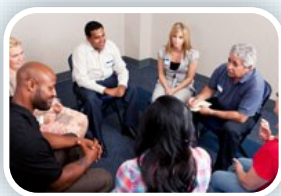
NEW

At
The Enrichment
Center



Service Member Counseling Services

Mondays, 8:00 AM until 12:00 PM
At The Enrichment Center
1615 S. Third Street, Sanford



Easy Access. Quality
Services. Client
Satisfaction. Financial
Stewardship &

Confidentiality. Counseling Services are for active
duty service members and their family.

Mr. Sincere Hussein, Counselor,
Fayetteville Vet Center.

Contact Mr. Hussein at 1-800-771-6106
Ext. 7701 or 910-488-6252.

Getting to Know The Enrichment Center *Hosted by the Lee County Library*

Thursday, October 13, 2016

3:00 PM - 5:30 PM

Lee County Main Library Auditorium

107 Hawkins Avenue, Sanford

919-718-4665

Refreshments & Resources

Join us at the Lee County Library and *Get to Know the Enrichment Center* even better!

Information and displays will be available to browse:
Veteran Services, County of Lee Transportation,
Family Caregiver, SHIP (Seniors' Health Insurance
Information Program), Volunteer, Fitness &
Wellness, Programs/Classes/Healthcare Power of
Attorney, Senior Games/Silver Arts of Lee County.

*The majority of programs and services are open to
all Lee County adults. Join us at the Main Library
and we will get to know one another even better!*

Volunteer Instructors needed for afternoon and evening computer classes

The Enrichment Center has a need for
volunteers to teach afternoon and evening
computer classes. Introduction and
intermediate levels to be taught.

Do you like helping others with computers such as
finding internet websites, using Microsoft Word for
letter-writing and communicating with e-mail? We
have regular requests for free classes and we are
in need of volunteer instructors. **Please contact
Debbie Williams, Senior Center Program
Director, at 919-776-0501 Ext. 2203.**

Tai Chi Classes

**by the Arthritis Foundation
with Instructor Peggy Rowles**

This program, designed by the Arthritis Foundation, is recommended as a starting point for beginners and is



suitable for all people with or without arthritis or other health problems. Classes will be held from 10:45 A.M. until 11:45 A.M. on Mondays and Wednesdays, October 17-31 and November 2, 7, 9, 14, 21, 23, 2016. Cost is

\$50 and payable to Instructor, Peggy Rowles. Open to all adults. Call Peggy to register, 919-499-3959.

Veterans Appreciation



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

**THURSDAY
NOVEMBER 10**

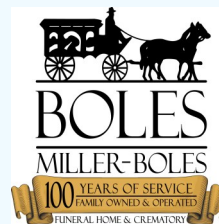
**At the
Dennis A. Wicker Civic Center
1801 Nash Street, Sanford**

Breakfast Served at 8:00 A.M.

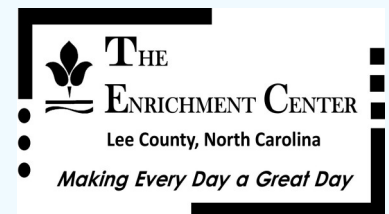
SPACE LIMITED—RESERVATIONS REQUIRED

CALL 919-776-0501 EXT. 2201

BY TUESDAY, NOVEMBER 1, 2016



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



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



Public Transportation

**More Options
Than Ever Before
With COLTS!**



- Pinehurst 5 days a week
- Additional stops on Sanford in town loop
- Plan your appointments with convenience
- Options for last minute appointments

COLTS 919-776-7201

County of Lee Transit System

*Public Transportation getting you safely to your
destination.*

A.N.G.E.L.S. Angels Now Getting Empathy, Love & Support, a family caregiver support group, meets the 2nd and 4th Tuesday of the month at 6:00 P.M. Families and friends share experiences, information, discuss mutual problems and learn coping skills. Open to all adults.



The Enrichment Center

1615 S. Third Street, Sanford, NC 27330

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

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,
on Life 103.1 WLHC-FM.

SAVE THE DATE
Annual Candlelight Reflections Ceremony
Thurs., Nov. 3, 2016 at 6:30 P.M.
...raising awareness of Alzheimer's disease

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



*To Come, Or Not To Come...
That Should Not Even Be
A Question!*

The 1st meeting of
The EC Drama Club
Will be held
Friday, October 21
2:00 P.M. - 3:00 P.M.



**For More Information,
please call Holly
(919) 776-0501
Ext. 2230.**



To: Lee County Family Caregivers

*The Enrichment Center of Lee County
And Amedisys Hospice Care*

*Cordially invite you to our
Caregiver Thanksgiving Dinner,
as our guest, in honor of National Family
Caregiver Month.*

**Thursday, November 17, 2016
6:00 P.M.**

The Enrichment Center

Join us for a festive catered dinner, entertainment, door
prizes and fellowship as we recognize you, the family
caregiver, for your dedication and hard work.

**Registration requested by
Tuesday, November 1, 2016. Call Holly Hight
at 919-776-0501 Ext. 2230.**

Special thanks to... **Amedisys®**