

The Center Post

Volume 25

DECEMBER 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.

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*From
The Enrichment
Center, Inc.
& Staff Members*

It's the time of year for giving and we ask that you please consider a gift to The Enrichment Center, Inc. Helping Fund. The Helping Fund assists lower income older adults in Lee County who are in a crisis situation with the basic necessities of life. We were thankful for a mild fall; however, the temperatures are dropping and older adults are in need of assistance. Heating costs are expensive and the cold months are when the most requests for assistance are received. Every dollar donated helps an older adult in need.

*Thank you and Merry Christmas,
Margaret Murchison, President
The Enrichment Center, Inc. Board of Directors*

Make checks payable to The Enrichment Center, Inc.

Mail or drop off your contribution:

1615 S. Third Street, Sanford, NC 27330

The Enrichment Center, Inc. is a 501C(3) charitable organization and donations are tax deductible. Thank you in advance for your donations. If you need further information call 919-776-0501 ext. 2201.

URGENT REMINDER

**Medicare Part D Prescription Drug Plan Open Enrollment
is through Wed., December 7, 2016**

**Lee County residents may attend
a walk-in clinic Thursday, December 1, 2016 from
8:30 A.M. until 4:00 P.M. You must bring your
Medicare card and your medications.**

**All North Carolina residents may call the
Raleigh SHIP Office at 1-855-408-1212.**



Fun with Photography Using Your Smartphone or Tablet

Two Day Class, Monday, December 12 and Wednesday, December 14, 2016 from 5:00 PM until 6:30 PM. We will review fun and free apps, editing and creativity. You will need a smartphone or tablet with a camera for taking photos.

Class size is limited.

Please call 919-776-0501 ext. 2201 to register.

Saturday Nite Dance Live music and fellowship 7:00 pm - 10:00 pm. Admission is \$8.00 per person. **Bands for DECEMBER 2016:** 3rd—Southern Exposure, 10th Leda Ray Band, 17th—Trace Jazz, 24th—NO DANCE, 31st—The Fabulous Troubadours.

A Novel Approach Book Group

Open to all adults and meets at 12 PM. **Dec. 13, 2016 book:** People of the Book by Geraldine Brooks. **Jan. 10, 2017 book:** Me Before You by Jojo Moyes.

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 and closings 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 WXKL AM1290.

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 December 8. If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.**

Plea for Fabrics!

Please go through your cabinets at home! We are in need of knit fabric to make head coverings and cotton fabric for pillows. **Contact Carole before dropping off at The Enrichment Center, 919-776-0501 ext. 2205.**

A VOLUNTEER

Helping someone that needs you,
sometimes in their greatest need

Doing things for others, not out of
selfishness, notoriety or greed

Daily, every month, even every year
There are few things more important
than a Volunteer

In every facet of daily living, there are
those giving their time

Some may ask "why do you do it"?
There seems no reason or rhyme

When you are helping others, it may sometimes
bring a tear

This is what happens, in the life of a Volunteer

So when we are idle, with too much time on our hands
Two words we can't get confused, the Ifs and the Cans

Take that first step forward, it will get your life in gear
You'll find there is nothing more rewarding than

Being a Volunteer

Bob Smith, 2016

"Getting a hot lunch means a lot to me," Enrichment Center Home Delivered Meal Client.

VOLUNTEERS NEEDED

IN THE
HOME DELIVERED MEALS PROGRAM

Call Janice at
919-776-0501
Ext. 2206. Routes
take about an hour.

Regulars and
Fill-Ins Needed.



Highway to

Are you or someone you know undergoing treatment for cancer (radiation and/or chemotherapy) or who has to make visits to doctors associated with their cancer?

Is transportation needed?

A driver picks up the cancer patient at their home, drives them to their treatment or appointment, and then returns them home at absolutely NO COST.

Highway to Healing has been transporting cancer patients to hospitals and doctors from Moore County to Durham and beyond for years. We have about 100 drivers ready and willing to help with transportation, no matter if it is a one-time appointment or a series of 40 or more treatments.

To get more information, or to schedule a trip, call Highway to Healing at 919-774-8940. There are only two restrictions: You must live in Lee County and your trips must be cancer related. Fighting cancer is difficult, and the more help you can get and the more people who are on your side, the less difficult the fight will be.

Diners A daily celebration



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

C 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.

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

DECEMBER programs:

- 1st—Tramway Elementary School Singing with Sarah Bullard
- 2nd—Ammons Chiropractic Wellness Program
- 7th—Laurence Poindexter Christmas Sing-a-Long
- 9th—High Hopes Chorus Performance
- 14th—Santa visits The Diners Club
- 16th—Decorate Pinecones
- 20th—Sassy Red Hatters at 10 AM
- 21st—Miller Boles Christmas Celebration
- 28th—Drama Club Skit, "All My Gallstones"

Let's Color MONDAYS

Walking Club WEDNESDAYS at 10 AM

Psssssssssst....

***Want to know the trips for 2017?
Subscribe to The Center Post, \$5.
Trips will be announced in the
January 2017 Center Post.***

corner

caregiver



Daylight Saving Time Can Trigger Sundowning

Information from:
Behaviorsagingcare.com

On Sunday, November 6, Daylight Saving Time ended and we turned our clocks back. This can have a dramatic effect on those who are living with dementia and their loved ones.

Unless a patient is in the very early or late stages, you can bet they will have increased confusion and agitation. For the patient, it feels like everything changes, not just the time. They will know by their internal clocks that something isn't quite right. As with all things dementia-related, you are dealing with something there simply isn't a "fix" for. However, it is still important to do what you can to help with this.

Remember, the first thing to go with dementia is one's short term memory. Your loved one may still have the *ability* to understand the concept of the time change, but the problem is, as always, that they won't *remember* this from one minute, one hour, or one day to the next.

Instead, make a point of keeping your home well-lit and the atmosphere upbeat. Natural light is important, but dusk and twilight can cause **distorting shadows and colors** that are overwhelming to a patient. In the late afternoon or early evening, make a point of drawing the curtains, closing the blinds and switching on plenty of warm, artificial lights. Playing their favorite music can also help keep them calm and content.

Since people naturally tire as the day wears on, keep in mind that this applies to dementia patients tenfold. Plan evening activities that are low key and not too complex to avoid increased disorientation and frustration. These emotions can escalate into troublesome behaviors that are more difficult to handle, like delusions, hallucinations and paranoia.

If you need further information about Sundowning or family caregiving call Holly Hight, Senior Center Caregiver Specialist, at 919-776-0501 ext. 2230.

Alzheimer's Support Group

Facilitator Holly Hight

Senior Center Caregiver Specialist

Thursday, December 1st at 1:00 PM.

Guest Speaker: Beverly Wicker, LCSW, LCAS, CCS, DCC will discuss
how to deal with holiday stress.

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.

**If you or someone you know is raising grandchildren, and would like to join a support group or would like more information, please call
Holly Hight at
919-776-0501 ext. 2230.**



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.

Service Member Counseling Services



**Mondays, 8:00 AM until 12:00 PM
At The Enrichment Center**

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*

**Monday, December 12
9 AM until 11 AM
Lee County Main Library
107 Hawkins Avenue, Sanford
919-718-4665**

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

Information and resources will be available:
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!

SAVE THE DATE FOR:

**14th Annual Caregiver Education Conference
Tuesday, April 4, 2017**

**From 8:00 AM until 4:00 PM
Dennis A. Wicker Civic Center
1801 Nash Street, Sanford**

Caregiving is hard. Finding resources and support shouldn't have to be. Learn from dedicated professionals how to be the best caregiver you can be.

Sponsored by:



alznc
Alzheimers North Carolina, Inc.

AARP Tax-Aide Accepting Volunteers

AARP Tax-Aide, the nation's largest free and volunteer run tax assistance and preparation service, is seeking volunteers in Lee County for tax counseling and electronic filing of returns. Training and tax return preparation take place at The Enrichment Center.

Volunteers of all ages and backgrounds are welcome. You do not have to be a member of AARP to volunteer.

Tax-Aide counselors receive comprehensive free tax training in cooperation with the Internal Revenue Service. Some knowledge of the tax code and basic computer literacy are required. Volunteers are asked to give a minimum of four (4) hours a week during the ten-week tax season. It's a great way to learn new skills and help people in your community with filing their taxes.

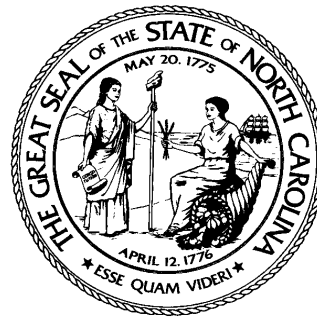
Anyone interested in volunteering is welcome to contact AARP Tax-Aide Coordinator Jim Payne at 919-718-9012 or email paynejw@windstream.net.

Special Thank You

*To Mr. Ricky Frazier,
Lee County Board of
Commissioners*

*For your service, support and
guidance while serving on
the Lee County Senior
Services Advisory Board.
We are grateful.*

*~ Senior Services Advisory Board
Members*



Governor's Volunteer Service Award 2017

**Nomination forms are being accepted now
through Friday, January 13, 2017.**

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.

Nomination forms are
available at the
Enrichment Center. Forms
are also available at
www.leecountync.gov or

www.volunteernc.org under the
"Volunteer Awards" tab. Please return
the completed forms to the Enrichment
Center, 1615 S. Third Street,
Sanford, NC 27330, no later than
Friday, January 13, 2017.



*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.

Technology Services Survey

This brief survey is designed to assist The Enrichment Center in determining the types of technology classes our participants would like to attend. Please take a moment to tell us what technology classes you are most interested in attending. Please rate your level of interest in taking the class by circling the number that best describes how interested you are in taking the class. **1 = Not very Interested 2-3 = Somewhat Interested and 4-5 = Very Interested.**

Not very Interested

Somewhat Interested

Very Interested

Smartphone Basics: Covers the basics of setting up your phone, making calls, voicemail, texting, data plans, buyer's guide, connecting to Wi-Fi and internet searches.

Level of Interest: 1 2 3 4 5

Social Media: Covers Face Book and what it's about, how to set up an account, how to make it safe, having fun, and connecting with friends and relatives.

Level of Interest: 1 2 3 4 5

Fun with Applications: Covers the lighter side of technology; how to download games, apps, and other fun features of your device using Google Play Services.

Level of Interest: 1 2 3 4 5

Tablet Class: Covers use of tablets and how to get the most of them. Covers music, watching movies, web-cams and cameras.

Level of Interest: 1 2 3 4 5

Video Calling: Covers how to do video calling so you can see the people you are talking to and other fun things like sending video clips, messages and files.

Level of Interest: 1 2 3 4 5

iPhone Only Class: Covers the basics of the iPhone including how to get the most out of Apples iTunes store for music, movies, games and more.

Level of Interest: 1 2 3 4 5

Fun with Photography: Covers basic and advanced use of your device camera and video capability. How to take great pictures and edit them so they look great!

Level of Interest: 1 2 3 4 5

Thank you! Return the completed survey to The Enrichment Center Front Desk.



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.

The Enrichment Center will be **CLOSED**
Friday, Dec. 23 through Tuesday, Dec. 27, 2016
in observance of Christmas, and Monday,
Jan. 2, 2017 in observance of New Year's Day.

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



The EC Drama
Club will meet
twice a month.



Call Holly Hight
at 919-776-0501
ext. 2230 for
more
information!

Rada Cutlery Products Available for Purchase



Large selection of peeling, paring, slicing, utility, chef, carving and cheese knives. Choppers, whisks, spatulas and more!

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.

- ♦ To view open stock, purchase and order, contact Melanie, 919-776-0501 ext. 2214.
- ♦ Order online at www.helpourfundraiser.com, ordering number 506244, password enrichment (we will receive the proceeds as direct deposit). Order shipped to you directly.