

# The Center Post

Volume 25

JANUARY/FEBRUARY 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 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...*

- ◆ *Living Healthy with Diabetes, pg. 2*
- ◆ *Powerful Tools for Family Caregivers, pg. 3*
- ◆ *AARP Tax Program, pg. 4*
- ◆ *Nominate a LEE COUNTY Volunteer, pg. 4*

## **Meet Your NC Senior Tar Heel Legislator, Mary Upchurch**

Monday, January 11 at 11:00 a.m. Mary will review the top priorities of 2016 passed to the NC General Assembly. Each of NC's 100 counties has one Senior Tar Heel Legislator and one delegate advocating aging issues and concerns before the NC General Assembly. Registration not required.

**Yada Yada Sisters** will meet Tuesday, January 5 and Tuesday, February 2 at 5:00 p.m. Bring a sandwich and we will play cards.

## **A Novel Approach 2nd Tuesday at 2:00 p.m.**

Registration is not necessary and the group is open to the general public.

**January 12** discussion: The Rosie Project by Graeme Simsion. **February 9** discussion: Leaving Time by Jodi Picoult.

## **Coffee & Conversation with the EC Program Director**

Monday, January 25, 9 a.m.—12 p.m. The Enrichment Center desires to give participants the opportunity to sit down with the Program Director and voice concerns, offer preferences and suggestions and discuss those issues that are important to you...while enjoying a cup of coffee! Registration not required.

**Economic Update** Thursday, January 28 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. Register by calling 919-776-0501 ext. 2201.

**Black History Program** at 10:30 a.m. in the Diners Club Friday, February 26. Special music and speakers.

**A Matter of Balance** *Managing Concerns about Falls* Mondays 2-4 p.m. and Fridays 1-3 p.m. **January 11 - February 8, 2016. Or this option:** Mondays 2-4 p.m. and Fridays 1-3 p.m. **February 15 - March 11, 2016.** Improve balance, flexibility and strength. You will learn to: 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 & better. Call 919-776-0501 ext. 2201 to register.**

**Tai Chi Classes** by the Arthritis Foundation **Cost: \$50 paid at class.**

**Mondays and Wednesdays, January 25 - March 2, 2016, 10:45 a.m.—11:45 a.m. Instructor: Peggy Rowles.** Evidence shows that **Tai Chi** prevents and treats an array of age-related health conditions. Tai Chi stabilizes bone density, lowers blood pressure and cholesterol. This program is suitable for all people with or without arthritis or other health problems. **Priority given to those age 50 & better. Call 919-776-0501 ext. 2201 to register.**

**FREE Computer Class for Beginners** Thursday, February 25, 2016. 2:00 p.m. with **Instructor Nathan McGehee, Lee County Library Specialist.** This class is designed to teach you the basics of how to use a computer. Provided by the Library Services Technology Act through the Institute of Museum and Library Services. Registration required, call 919-776-0501 ext. 2201.

**FREE Basic Computer Classes** at the Lee County Library Mondays at 2:00 p.m. Made possible by the Library Services Technology Act through the Institute of Museum & Library Services. If interested contact **Susan Benning at the Lee Co. Library, 919-718-4665.**

**SENIOR CENTERS ~ Experts at Living Well**

## ***Let's travel!***

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 or go to [www.GroupTrips.com/](http://www.GroupTrips.com/) EnrichmentCenter. \$750 per person/double occupancy. To register call 919-776-0501 ext. 2201.

**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 will meet Thursday, January 14 and Thursday, February 11, 2016 at 10 a.m. **If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.**

**Blood Pressure Checks** are provided by **Liberty Home Care** every 2nd Tuesday of the month at The Enrichment Center from 10:30 a.m. - 11:30 a.m.

**National Wear Red Day Friday, February 5, 2016** National Wear Red Day is a day when Americans nationwide will wear red to show their support for women's heart disease awareness. Here are some of the risk factors of heart disease and warning signs of a heart attack: **KICK THE SMOKING HABIT; EAT FOR HEALTH; LEARN NEW MOVES—EXERCISE; AIM FOR A HEALTHY WEIGHT; HIGH BLOOD PRESSURE AND THE DASH EATING PLAN—DASH = Dietary Approaches Stop Hypertension; HIGH BLOOD CHOLESTEROL AND THE TLC PROGRAM - TLC = Therapeutic Lifestyle Changes.** Further information can be picked up at The Enrichment Center front desk.

### **Living Healthy with Diabetes**

*Evidenced-based class developed by Stanford Univ.*  
**Thursdays Feb. 4 - March 10, 2016, 2:00 p.m.- 4:30 p.m.** 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. Class size limited to 12. Priority given to those age 50 & better. FREE—Contributions accepted. Call 919-776-0501 ext. 2201 to register.**

# **D i n e r s C l u b** **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:* Baked herb chicken, hamburger, chef salad, 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.**

### **JANUARY 2016 Programs at 11 a.m.**

**6th—Laurence Poindexter singing & playing guitar**  
**8th—Hospice Care & Myths with Dr. Vivian Short , Pruitt Health**  
**11th—Mary Upchurch, Senior Tar Heel Legislature Updates**  
**15th—Play Extra Bingo!**  
**20th—Refreshments served by Miller Boles**

### **February 2016 Programs at 11 a.m.**

**3rd—Laurence Poindexter singing love songs**  
**5th—National Wear Red Day to Show Support for Women's Heart Disease Awareness**  
**8th—Chinese New Year—Year of the Monkey, "Gung Hay Fat Choy" means, "May You Be Prosperous."**  
**12th—Valentine's Day Party**  
**17th—Valentine's Day Party with Miller Boles**  
**19th—Play Extra Bingo!**

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

**Bible Study** Each Monday at 10:30 a.m. with Facilitator Joyce Billings. Open to the general public.

**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.**

### **Diners Club Sassy Red Hatters**

Meet 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 New Year to all of you. I hope your Christmas was peaceful and 2016 brings many joys and blessings your way.

As I reflect on the past year, I would like to express my appreciation to all my family caregivers for giving me the opportunity to serve you on your caregiving needs or concerns. You are all a blessing to me and I sincerely hope our support groups, classes, conferences, respite and resources have been helpful to you.

As we enter into a new year, the usual custom is to make resolutions. Even with good intentions we often don't follow through. Please review the following and let's not just survive as a caregiver but **Thrive!**

- ◆ I am doing my best and I won't allow myself to drown in guilt.
- ◆ I will be open to advice from others which only makes me stronger, not weaker.
- ◆ I will say NO to requests when I feel my schedule is too full for one more thing.
- ◆ I will always keep in mind that the one I care for did not choose their illness or disability.
- ◆ I will reach out for help if I feel caregiver burnout or signs of depression.
- ◆ I promise to take care of myself and my health, and not cancel doctor appointments.

**Life is too short to crowd it with anxiety. Remember to keep your expectations realistic.**

Happy New Year!  
*Judi, Family Caregiver Specialist*

**Caregiver Time Out** - Tuesdays from 1:00 p.m. to 3:00 p.m. 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 Judi at 919-776-0501 ext. 2230.

**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.

**Powerful Tools for Family Caregivers - FREE**

*Made possible by the National Family Caregiver Grant.*

*Contributions accepted. Tuesdays, February 2, 9, 16, 23, March 1 and 8 at The Enrichment Center. Time: 9:30 a.m.*

Caregiving today includes learning the skills necessary to provide care, accepting the fact that you can't do it alone and being aware of the need to take care of yourself while you are a caregiver. **Powerful Tools for Family Caregivers** helps you develop a wealth of self-care tools to reduce personal stress; change negative self-talk; communicate your needs to family members and health care and service providers; how to deal with difficult feelings and make tough caregiving decisions. You will receive a free 300-page book, The Caregiver Helpbook, developed specifically for the class. **For more information and to register call 919-776-0501 ext. 2230.**

**Alzheimer's & Dementia Support Group**

**Facilitator: Judi Womack.** Our group is growing and we encourage anyone that is or has been touched by this overwhelming disease to join us the first Thursday of the month at 1:00 p.m. We have speakers and learn from each other.

**Sanford/Lee Co. Stroke Support Group**

**Facilitator: Joy Phillips Murphy.** Stroke survivors need help and need hope. Education and support are what you will find in this group. Meetings are held the second Thursday of the month at 1:00 p.m. Stroke survivors and their caregivers will find networking, education, outstanding speakers and motivation at the meetings. General public invited.

**A.N.G.E.L.S. - Angels Now Getting Empathy, Love & Support**

is a family caregiver support group that bond together the second and fourth Tuesday of the month at 6:00 p.m. General public is invited.

**Upcoming Programs for Family Caregivers**

**Dates and times will be forthcoming. Call 919-776-0501 ext. 2230 for more information.**

- **Under the Dementia Umbrella** - Many diseases fall under the umbrella of dementia. Join us and learn more about Lewy Body Dementia, Vascular Dementia, Front Temporal Dementia and others.
- **Cloudy Days, Grief and Dementia** - People with dementia experience many losses. This may include the loved ones. Dementia makes healthy grieving difficult.
- **Is P.A.C.E. for you?** Can P.A.C.E., Program for All Inclusive Care for the Elderly, help you or a loved one with long-term care needs?



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.*



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**  
Friday, January 1, 2016 for New Year's Day and  
Monday, January 18, 2016 in observance of Martin  
Luther King, Jr. Day.

Non-Profit Org.  
U.S. Postage  
PAID  
Sanford, NC  
27330  
Permit No. 198

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

### Nominations being Accepted for the Governor's Volunteer Service Award

Lee County has a wealth of volunteers across our community. The awards recognize **individuals, groups and businesses** who 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 and at [www.leecountync.gov/ec](http://www.leecountync.gov/ec). Submit forms to Janice Holmes, Volunteer Services Coordinator, 919-776-0501 ext. 2206 no later than Friday, January 15, 2016.

**AARP Tax-Aide is Accepting Volunteers** in Lee County for tax counseling and electronic filing of returns. Training and tax return preparation take place at The Enrichment Center. Anyone interested in volunteering should contact Nancy Johnson at 919-499-5577 or [nanjohn@windstream.net](mailto:nanjohn@windstream.net).

Income tax filling for 2015 will be available beginning February 2016. For complete details and a tax filing appointment call 919-776-0501 ext. 2201 after Feb. 1.

### Fitness Room Reminders

- ◆ You must have a **one time FREE fitness orientation appointment** to use The Enrichment Center's Fitness Room.
- ◆ **\$1.00 is payable at the time of your workout.**
- ◆ **Silver Sneakers**, a fitness & wellness benefit included in some health insurance policies, is accepted as a form of payment to our fitness programs. You must present your Silver Sneakers card/information to our fitness instructor for this benefit to be used at The EC.

If you have any questions about the Fitness Room please ask Kathy McLeod-Edwards 919-776-0501 ext. 2211 or Cathy Andrew at ext. 2208.

**Saturday Nite Dance** Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for JANUARY 2016:** 2nd—Southern Exposure, 9th—Trace of Jazz, 16th—Bill Pollard Back Porch Country, 23rd—Relics, 30th—The Fabulous Troubadours. **Bands for FEBRUARY 2016:** 6th—Southern Exposure, 13th—Raymond Bradley & Ramblin' Fever Band, 20th—Bill Pollard Back Porch Country, 27th—The Fabulous Troubadours.