

The Center Post

Volume 25

JULY 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.

Look inside for
information about...

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- ♦ ***Diners Club Lunch Program, pg. 2***
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SPECIAL INSERT:

NATIONAL SENIOR
CENTER MONTH
SEPTEMBER 2016

Living Well Series
Find Balance at Your
Center!

Basic Cake Decorating

Classes Instructor **Pat Wicker**, Certified Cake Decorator 15 years. Mondays for 6 weeks beginning July 11. 6:00 PM - 8:00 PM, Cost \$40 payable before first day of class. Registration required, call 919-776-0501 ext. 2201.

Wood Whittling Thursday, July 14 at 10:00 AM. Whittling is a hobby that's inexpensive, fun and a stress reliever. It's a great pastime and meditative to help center your thoughts. Be sure to bring your whittling knife! Call 919-776-0501 ext. 2201 if you plan to attend.

Water Aerobics Now through August. Classes are held Mondays/Wednesdays/Fridays at 11:00 AM and Mondays/Wednesdays/Thursdays at 5:30 PM at OT Sloan Pool. Cost is \$10 per month for day or afternoon session. Register and pay at The Enrichment Center.

Saturday Nite Dance Live music and fellowship 7:00 pm - 10:00 pm. Admission is \$8.00 per person. **Bands for JULY 2016:** 2nd—NO DANCE, 9th—Southern Exposure, 16th—Trace Jazz, 23rd—The Midnite Express Band, 30th—The Fabulous Troubadours.

Day Trip! Wohlfahrt Haus Dinner Theatre Wednesday, August 10, 2016 In the beautiful Appalachian Mountains of southwest Virginia, we will have a delicious meal followed by a production of "Joseph and the Amazing Technicolor Dreamcoat." **\$109 includes motor coach transportation, dinner and ticket. SPACE AVAILABLE! Open to all adults and neighboring counties. Come by The Enrichment Center to make payment and reserve your seats.**



BEAT THE HEAT!

Summer Caregiver Ice Cream Social Friday, July 15 from 1:00 PM until 3:00

PM in the Pavilion. Cool off with your fellow caregivers for an afternoon of fun, fellowship and flavor! Join us for a sweet treat, and unwind from your busy caregiving schedule with a bowl (or two!) of delicious ice cream. Caregivers and care recipients welcome! **RSVP to Holly Hight at 919-776-0501 ext. 2230.**

The Enrichment Center's National Night Out Special Safety Program

Tuesday, August 2, 2016 at 11:00 AM.

Open to General Public
Special Guest Speakers
and Topics Include:

- Members of the City of Sanford Council
- Captain Hancox, Sanford Police Dept.
- General Safety / Current Scam Prevention
 - Prescription Medication Safety
 - Project Lazarus
- National Night Out / Community Watch

Discussion on All-Inclusive Care

Options for you or your loved one with Guest Speaker **Fatima Beck** of **Piedmont Health SeniorCare**. Friday, August 19, 2016 at 10:30 AM in the Grand Hall. **Piedmont Health SeniorCare is a Program of All-inclusive Care for the Elderly (PACE)**. Their mission is to promote and sustain the independence of seniors wishing to remain in the community. They provide seniors with comprehensive long-term health, social, medical and dietary care. Registration is requested 919-776-0501 ext. 2201.

Let's travel in 2016!

919-776-0501 x 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!

September 22-28, 2016

New York City and The Statue of Liberty

We are off to "The Big Apple!" Manhattan, Central Park, Rockefeller Center, Times Square, Ellis Island, Liberty Island, 9/11 Memorial and admission to the 9/11 Museum. \$745 includes motor coach transportation, lodging, 10 meals and guided tours. **TRIP IS FULL—PUT YOUR NAME ON THE WAITING LIST!**



**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. **SPACE AVAILABLE!**

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!**

Bible Study Every Monday at 10:30 AM with Facilitator Joyce Billings. Open to the general public.

Blood Pressure Checks are provided by Liberty Home Care on the 2nd Tuesday each month at The Enrichment Center from 10:30 AM to 11:30 AM.

Diners Club 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.

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.

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

1st—4th of July Trivia on Flag Folding & Sing-A-Long
6th—Laurence Poindexter 4th of July Sing-A-Long
8th—Pictures of Duke Gardens by Mark Coggins
13th—Miller Boles 4th of July Celebration
20th—4th of July Ice Cream Social
22nd—Extra Bingo
27th—Let's Color!
29th—4th of July Ice Cream Social

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

American Made Rada Cutlery

available for purchase at The Enrichment Center. Proceeds benefit The Enrichment Center, Inc. Helping Fund. View a catalog at The Enrichment Center to place an order, purchase from our open stock available or go online at www.helpourfundraiser.com, ordering number 506244, password enrichment. You will use your credit card for payment and the order is shipped directly to you. The Enrichment Center, Inc. will receive the profit from the order the following month. **If you need further information contact Melanie Rodgers at 919-776-0501 ext. 2214.**



corner

caregiver



10 EASY & Healthy Cooking Tips for Caregivers (or anyone!) Fast and easy cooking tips to improve diet, enhance healing and prevent illness.

A recent study shows that people who cook most of their meals at home eat a healthier diet. But finding the time and energy to cook after a hectic day is a challenge. The answer: Keep it simple! Here are 10 tips to help you streamline dinner preparations so you can ditch delivery.

1. **Review any dietary or fluid restrictions your loved one received from his or her physician or dietician, as well as any food allergies.** Use them as guidelines when choosing simple recipes.
2. **Buy a simple recipe cookbook or food magazine with lots of pictures,** and allow your loved one to choose recipes that are appealing to him or her.
3. **Do an online search of your loved one's diagnosis, plus the word "nutrition,"** to find information that you can use to plan meals. Example: "diabetes nutrition" or "congestive heart failure nutrition." If you have questions, review the information you find with a health care provider.
4. **Order groceries online** and have them delivered or ready to pick up at your convenience.
5. Instead of cooking from scratch every night, **plan to cook two or three nights a week.** Come up with a few meal ideas that work together so you can use leftovers other nights (or cook large portions and freeze smaller amounts to use on busy evenings). Have breakfast for dinner or go out to eat one night.
6. **Look for one-pot meals** (less time cleaning up).
7. **Slow-cooker recipes** can free up several hours in your day. Choose recipes with minimal preparation times and varied ingredients for nutritional value. Slow cookers aren't just for dinner! Cook steel-cut oats in a slow cooker and wake up to a hot and hearty breakfast that's much more nutritious than instant oatmeal.
8. **Smoothies** are a clever way to ensure daily fruit and/or vegetable intake and can be used to supplement a meal.
9. **Repeat as necessary**—repetition in meal planning isn't necessarily a bad thing. As long as your loved one enjoys a certain recipe, and the overall diet is well-balanced, feel free to repeat a favorite food or meal.
10. **Cultivate an environment of mindfulness while preparing food.** This will lessen the stress of meal preparation.

www.vnsny.org

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.

Alzheimer's Support Group Facilitator **Holly Hight, Senior Center Caregiver Specialist**. The group will not meet July and August. The next meeting will be Thursday, September 1st 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. We'd love to have you!

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

A Novel Approach Book Group Reading list for 2016-17 The group does not meet July and August; however, you might want to start on the selections this summer. The group will meet again **Tuesday, September 13, 2016 at 12:00 PM** and is open to all adults. **Sept. 2016: The Caliph's House by Tahir Shah, Oct. 2016: The Spirit Catches You and You Fall Down by Anne Fadiman.** Full list available at The Enrichment Center.

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 County of Lee Transit System

Public Transportation getting you safely to your destination.

919-776-7201





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.*

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*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, July 4, 2016
 for Independence Day.**

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

SCAM ALERT

Central Electric Membership Corp. would like to inform the public that they've seen an increased number of scam attempts where criminals are posing as a representative of Central Electric, as well as other utility companies, and attempting to steal credit card information by threat of service disconnection. **Report all suspicious activity to Central Electric 919-708-1636, Lee County Sheriff's Office, 919-718-4561 or Sanford Police Department 919-775-8268.**

Genealogy Workshop Mondays, Sept. 12 - Oct. 31, 2016 from 10:00 AM - 11:00 AM. FREE! Registration requested call 919-776-0501 ext. 2201.

Ballroom Dance Lessons Mondays, Sept. 19 - Oct. 24, 2016 from 6:45 PM - 7:45 PM with **Instructor Judith McDonald**, member of US Dance. FREE. Class size limited, call 919-776-0501 ext. 2201.

Beginner, Intermediate and Advanced Computer Classes coming Fall 2016. Dates are in process. You can register now for the class level by calling 919-776-0501 ext. 2201.

SAVE the DATE Saturday, Oct. 29, 2016

Vendors or crafters interested in participating at our annual Fall Festival on October 29 may call Debbie Williams at 919-776-0501, ext. 2203. Crafters 54 and younger, \$35, crafters 55 and better \$15.

A Matter of Balance award-winning evidence based program developed by Boston University. Set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance. Anyone concerned about falls is invited to attend. **Classes will meet at The Enrichment Center October 2016. 919-776-0501 ext. 2201. Open to all adults; priority given to those age 60 and better.**

FREE Facebook Classes for those ages 50 and better Thursday, Oct. 6, 13, 20 and 27 from 10:30 AM to 11:30 AM. Registration required call 919-776-0501 ext. 2201.

North Carolina is Aging! Here are the FACTS:

- ⇒ By 2025, 86 of NC's 100 counties are projected to have more people over age 60 than under age 0-17.
- ⇒ While NC is 10th nationally in size of total population, we are 9th in those 60 and older.

State of NC, Dept. of Health & Human Svc., Div. of Aging & Adult Services