

# The Center Post

Volume 25

JUNE 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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## Hello Summer!

### **Water Aerobics**

June through mid September. Classes are held Mondays/Wednesdays/Fridays at 11:00 am and Mondays/Wednesdays/Thursdays at 5:30 pm at OT Sloan Pool. Cost is \$25 for the summer or \$10 per month. Register, complete an information form and pay now at The Enrichment Center. Open to all adults. Priority given to those 50 and better.

### **Alzheimer's Support Group**

Thursday, June 2 at 1:00 pm with new **Facilitator Holly Hight, Senior Center Caregiver Specialist**. Meet and greet social hour to get to know each other, communicate concerns and share in the support of others. 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.

### **Rex UNC Healthcare Mobile**

**Mammography** Friday, June 3, 2016 at 9:00 am. All patients must pre-register with the Lee County Health Department. This service is designed for those at least 35 years old for a first time mammogram, or at least 40 years old for annual mammogram. **Contact the Lee Co. Health Dept. for your appointment and further information, 919-718-4640 ext. 5317. "Never let the urgent get in the way of the important," Kay Yow.**

### **Summer Fling Pot Luck Dinner**

Thursday, June 30, 2016 at 6:00 pm. Entertainment by Dana & Sergio. Bring a friend and your favorite food. Drinks provided. Registration required, call 919-776-0501 ext. 2201.

**Day Trip: Salvage Dawgs & Hillbilly Hide-A-Way, Thursday, June 9** in Roanoke, Virginia. Black Dog Salvage, with free time at the historic Farmers' Market and then we will stop at Hillbilly Hide-A-Way for an all-you-care to eat home cooked meal. **Space available!! \$85 for motor coach transportation, tours and dinner.**

**Saturday Nite Dance** Live music and fellowship 7:00 pm - 10:00 pm. Admission is \$8.00 per person. **Bands for June 2016: 4th—Southern Exposure, 11th—The Tarheel Rhythm Band, 18th—The Midnite Express Band, 25th—The Fabulous Troubadours.**

**AARP Program** Monday, June 13, 2016 at 6:00 pm. **AARP** is a non-profit, nonpartisan membership organization for people age 50 and over. **AARP** provides a wide range of unique benefits, special products and services for their members. **Audrey Galloway**, special guest speaker of **AARP**, will present general information about **AARP** and how it may benefit you. **This program is provided by the MS Support Group of The Enrichment Center. Registration is requested, call 919-776-0501 ext. 2201.**

**Computer Class for Beginners** Tuesdays, 9:00 am - 12:00 pm. Computer knowledge has become essential in today's world for routine things such as email, research, recipes, letter-writing, medical information, checking/savings and investment accounts and much more. This class will cover the basics. Registration is required, call 919-776-0501 ext. 2201.

## ***Let's travel in 2016!***

The Enrichment Center  
1615. South Third Street, Sanford  
919-776-0501 x 2201

**Salvage Dawgs & Hillbilly Hide-A-Way, Thursday, June 9, 2016** In beautiful Roanoke, Virginia we visit Black Dog Salvage, with free time at the historic Farmers' Market and then we will stop at Hillbilly Hide-A-Way for an all-you-care to eat home cooked meal. **\$85 includes motor coach transportation, tours and dinner.**

**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.**

**New York City and The Statue of Liberty, September 22-28, 2016** 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.**

**NC State Fair, Tuesday, October 18, 2016** This is our annual trip to the NC State Fair in Raleigh, NC where food and fun are all around you! **\$20 includes motor coach transportation.**

**Christmas Wonderland at the Palace Theatre, Thursday, December 15, 2016** 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.**

**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!**

## **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. JUNE programs:**

- 1st—Laurence Poindexter singing and playing guitar for Father's Day
- 3rd—Something's Cooking with Carole
- 10th—Organic Foods and Healthy Eating
- 15th—Miller Boles Sponsors Father's Day Program
- 17th—Diners Club Father's Day Program
- 24th—CapTel—phones for hearing impaired—with Libby Caviness
- 29th—Let's Color!

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

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

**Diners Club Sassy Red Hatters** Meet the 3rd Tuesday at 10 am. 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!

**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.

**corner**

**caregiver**



**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 Program Specialist**, at 919-776-0501 ext. 2203.

**The following groups are open to all adults and registration is not required.**

**Parkinson's Disease Support Group with Facilitators Bob Brickhouse and Marge Kanning**  
Meetings are held the 3rd Wednesday of every month at 10:30 am. Support, problem solving and education for persons with Parkinson's Disease, their families and caregivers.

**Grief Support Group with Facilitator Linda Moore, RN, MSN, PA**  
Meetings are held the 2nd Thursday of every month at 1:00 pm. Provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

**Sanford/Lee County Stroke Support Group with Facilitator Joy Murphy**  
Meetings are held the 2nd Thursday of every month at 1:00 pm. Provides educational materials, speakers and support for those who have had a stroke, their families and caregivers.

**Online Medicare Supplement Premium Comparison Database**

SHIIP's interactive Web site tool allows individuals to compare Medicare supplement plans at the touch of their fingers. By simply entering your age, gender, the Medicare supplement plan you want to compare and whether or not you use tobacco products, the computer will generate a list of the companies offering that plan along with their estimated premiums. By clicking on the company name, you will be directed to other important aspects of the product. This site has the most up to date information of plans available in North Carolina. It is located at: [www.ncdoi.com/medisupp/citizen/search.asp](http://www.ncdoi.com/medisupp/citizen/search.asp)

**Seniors' Health Insurance Information Program**  
**Insurance Commissioner Wayne Goodwin**



**NEWS**

855-408-1212 [www.ncshiip.com](http://www.ncshiip.com)

**FOR IMMEDIATE RELEASE: May 2016, SHIIP Saves Medicare Beneficiaries Millions in North Carolina**

RALEIGH—North Carolina Insurance Commissioner Wayne Goodwin is proud to announce that the efforts of the Seniors' Health Insurance Information Program county coordinating sites helped North Carolina Medicare beneficiaries save nearly \$54 million in 2015.

SHIIP, a division of the N.C. Department of Insurance, trains coordinators and volunteers at partnering agencies across the state to provide free, unbiased counseling about Medicare in their communities. **In 2015, Lee County Senior Services at The Enrichment Center assisted 873 consumers in Lee County, saving residents \$727,445.**

"Not only do our SHIIP counselors know the ins and outs of Medicare, they genuinely care about helping others," said Goodwin. "They make sure they have the information people need to make important decisions about their health care coverage, often saving them money in the process."

SHIIP counselors can help Medicare beneficiaries compare Part D Prescription Drug Plans each year during the Open Enrollment Period, Oct. 15 - Dec., 7, to determine the most affordable plan that meets their needs in the coming year. SHIIP can also help people apply for the Extra Help low-income subsidy and other Medicare cost-savings programs.

**If you have questions about Medicare or Extra Help, contact SHIIP at 855-408-1212 to speak with a trained counselor or find contact information for your county's SHIIP counselor site.** SHIIP can answer questions about Medicare, Medicare Part D, Medicare supplement, Medicare Advantage and long term care insurance. SHIIP also helps citizens recognize and prevent Medicare billing errors and possible fraud and abuse through our N.C. Senior Medicare Patrol program.

**Learn more at [www.ncshiip.com](http://www.ncshiip.com). If you are a Lee County resident and have questions about Medicare call Janice Holmes at 919-776-0501 ext. 2206.**



## 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.*

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.

We're making **BIG PLANS** for Senior  
Center Month—**SEPTEMBER 2016!**  
"Find Balance at Your Center"

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

**Living Healthy with Diabetes** is an award-winning evidence based class developed by Stanford University. Classes will meet Thursdays, August 4 - September 8, 2016 from 2:00 pm to 4:30 pm. This is a free workshop to help you: manage symptoms; use relaxation techniques; eat healthy; improve communication; monitor blood sugars. **Class size is limited to 12 and registration is required. All adults welcome; priority given to those age 60 and better. Call 919-776-0501 ext. 2201.**

**A Matter of Balance** is an award-winning evidence based program developed by Boston University. The program emphasizes practical strategies to manage falls. You will learn to: set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance. Who should attend: anyone concerned about falls, anyone interested in improving balance, flexibility and strength, anyone who has fallen and/or has restricted activities because of falling concerns. **Eight classes will meet at The Enrichment Center beginning in October 2016. Class size is limited, call 919-776-0501 ext. 2201. Open to all adults; priority given to those age 60 and better.**

**REMINDER** Any vendors or crafters interested in participating in our annual Fall Festival can begin calling July 1st to reserve tables. **The Fall Festival will be held Saturday, October 29, 2016 from 8:00 am to 2:00 pm. Call Debbie Williams at 919-776-0501, ext. 2203.**

**A Novel Approach Book Group Reading list for 2016-17** The group does not meet June, 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.** The group is open to all adults.

Sept. 2016: The Caliph's House by Tahir Shah  
Oct.: The Spirit Catches You and You Fall Down by Anne Fadiman  
Nov.: Kim by Rudyard Kipling  
Dec.: People of the Book by Geraldine Brooks  
January 2017: Me Before You by Jojo Moyes  
Feb.: Dead Wake by Erik Larson  
March: The House Girl by Tara Conklin  
April: Nightingale by Kristin Hannah  
May: Defending Jacob by William Landay