

# The Center Post

Volume 25

NOVEMBER 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
- ♦ Inclement Weather Information, Pg. 2
- ♦ Highway to Healing, Pg. 3
- ♦ Caregiver Tips, Pg. 4
- ♦ Service Member Counseling, Pg. 5
- ♦ Save the Date—Caregiver Conference, Pg. 5
- ♦ Project Angel Tree, Pg. 6
- ♦ Fun with Applications, Pg. 3
- ♦ Tablet Class, Pg. 3

## Veterans Appreciation



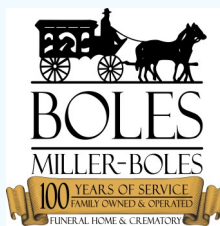
*To show our appreciation for your service and dedication to our country, we invite you to breakfast.*

**THURSDAY  
NOVEMBER 10**

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

**Breakfast Served  
at 8:00 AM**

**RESERVATIONS REQUIRED  
CALL 919-776-0501 EXT. 2201**



**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.**



**PLEASE  
JOIN US!  
Candlelight  
Reflections**



*to honor, hope and remember . . .*

**Thursday, November 3<sup>rd</sup>  
6:30 p.m. – 7:30 p.m.**

**Candlelight Reflections** is an annual ceremony which raises awareness of Alzheimer's Disease and related dementias and celebrates the lives of those affected by this condition. **November is both National Alzheimer's Disease Awareness Month, as well as, National Caregiver Month.** The two go hand in hand, and we would love for you to be a part of this night to honor and recognize both. Our mission is to celebrate, remember and raise awareness. The ceremony both enlightening and encouraging for those who come, *In cooperation with Alzheimer's North Carolina, Inc. & The North Carolina Family Caregiver Support Program. Registration preferred, call Holly at 919-776-0501 Ext. 2230.*

**Invitation 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. at 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. **To register call Holly Hight at 919-776-0501 Ext. 2230.**

*Special thanks to...*



**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.**

**Tuesday, Nov. 22, 2016  
from 8:00 A.M. until 4:00 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.*

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



**Saturday Nite Dance** Live music and fellowship 7:00 pm - 10:00 pm. Admission is \$8.00 per person. **Bands for NOVEMBER 2016:** 5th—Southern Exposure, 12th—Trace Jazz, 19th—The Fabulous Troubadours, 26th—NO DANCE.

### **A Novel Approach Book Group**

Open to all adults and meets at 12 PM. **Nov. 8, 2016 book: Kim by Rudyard Kipling. Dec. 13, 2016 book: People of the Book by Geraldine Brooks.**

## **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.

## Fun with Applications

Tuesday, Nov. 1 OR Thursday, Nov. 3, 2016

5:00 PM - 6:30 PM

Google Market - Photography Fun - Removing Unwanted Apps - Finding FREE Apps

Class size is limited.

Call 919-776-0501 Ext. 2201 to register.

## Tablet Class:

Tuesday, Nov. 8 OR Thursday, Nov. 10, 2016

5:00 PM - 6:30 PM

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

Class size is limited.

Call 919-776-0501 Ext. 2201 to register.



## Highway to Healing

**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 Club 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.

### NOVEMBER programs:

- 2nd—Laurence Poindexter singing the oldies
- 4th—Safety with Christmas Lights, Auburn Griffin, Sanford Fire Dept.
- 9th—Miller Boles Thanksgiving Party
- 15th—Sassy Red Hatters at 10 AM
- 16th—UNC Nursing Students' Health & Wellness Program
- 18th—Extra Bingo!
- 23rd—Thanksgiving Program
- 30th—UNC Nursing Students' Health & Wellness Program

**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



## 10 Signs of Caregiver Stress

By Marlo Sollitto  
from [www.agingcare.com](http://www.agingcare.com)

*If you need assistance in sorting through your caregiving role and responsibilities, contact Holly at The Enrichment Center today at 919-776-0501 Ext. 2230.*

1. **Depression.** Symptoms include constant sadness, feelings of hopelessness and increased crying.
2. **Withdrawal.** This can occur if you are depressed. You may not wish to see family and friends. You may stop taking part in things you used to enjoy.
3. **Anxiety.** You may feel anxious to get things done or you may feel that you don't have enough time, or about facing another day and what the future holds.
4. **Anger.** You may start yelling at your loved one more, or have difficulty controlling your temper with other people. Caregivers often become angry at their loved one because they are sacrificing their own lives to care for them. Feeling angry at family members for not helping is also common.
5. **Loss of concentration.** You are constantly thinking about your loved one and everything that you need to do. As a result, you have difficulty concentrating at home or at work.
6. **Changes in eating habits.** This results in weight gain or loss, as well as increased illness.
7. **Insomnia.** You may feel tired, but cannot sleep. Or, you may not feel tired even if your body is tired. You also may wake up in the middle of the night or have nightmares and stressful dreams.
8. **Exhaustion.** If you frequently wake up feeling you can't get out of bed despite a good night's sleep, you're in distress.
9. **Drinking or smoking.** You may find that you are drinking or smoking more. Or, you start drinking or smoking when you haven't in the past.
10. **Health problems.** You may catch colds or the flu more often than usual. This is particularly



## 14 Strategies for Controlling Your Stress

- Use **respite and healthcare resources** available to you. Taking a break, and ensuring your loved one is well cared for is one of the best ways to reduce stress.
- If you need **financial help**, don't be afraid to ask family members to contribute their fair share.
- **Say "no"** to requests that are draining and stressful, such as hosting holiday meals.
- **Forgive yourself for your imperfections.** There is no such thing as a "perfect" caregiver.
- **Identify what you can and cannot change.** You may not be able to change someone else's behavior, but you can change the way that you react to it.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time.
- **Prioritize, make lists, and establish a daily routine.**
- **Keep in touch** with family and friends and make time for yourself.
- **Join a support group for caregivers.** If your loved one has a particular affliction, such as Alzheimer's or dementia, look for a support group targeted at that disease.
- **Make time to be physically active on most days,** even if it's a short walk. Eat a healthy well-balanced diet and get enough sleep.
- **See your doctor regularly for checkups.**
- **Keep your sense of humor and practice positive thinking.**
- **Find out about caregiving resources at The Enrichment Center by calling Holly Hight, Senior Center Caregiver Specialist, 919-776-0501 Ext. 2230.**
- **If you work outside the home, consider taking a break from your job.** Employees covered under the federal Family and Medical Leave Act may be able to take up to 12 weeks of unpaid leave per year to care for relatives.



## 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, November 14 and  
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.



The Enrichment Center  
1615 S. Third Street, Sanford, NC 27330  
919-776-0501 [www.leecountync.gov/ec](http://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, November 11 for Veterans Day and  
Thursday, Nov. 24 &  
Friday, Nov. 25 for Thanksgiving.

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



## Project Angel Tree

Please consider adopting an Angel from our tree. Angels will be available  
for adoption starting **Monday, November 14, 2016.**

Our Angels are people we have assisted over the past year that we feel could benefit with a little something extra at Christmas. A list of items is provided at the time of adoption. We provide the container, pack the boxes and make deliveries. Requests to be placed on our tree are not accepted.

**All you have to do is:**

- Stop by The Enrichment Center
- Pick an Angel from the tree and register at the front desk
- Purchase the items and label with the Angel's number
- Return to The Enrichment Center

Items should be returned Nov. 28th - Dec. 2nd. The Enrichment Center,  
1615 South Third Street, Sanford, NC, 919-776-0501 ext. 2212. This is a  
wonderful project for families, church/civic organizations, corporate  
groups and anyone who desires to spread Christmas joy this holiday season.

