

# The Center Post

Volume 25

SEPTEMBER 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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## **National Senior Center Month** *Find Balance at Your Center...* *The Enrichment Center!*

Senior Center Month Fridays are designed for Baby Boomers, Seniors & Family Caregivers of Lee County. Every Friday in September 2016 The Enrichment Center celebrates National Senior Center Month by offering different programs & clinics to help you *Live Well* and *Find Balance at Your Center*.

*No registration required! See inside for more details.*

Sept. 2 <sup>nd</sup>	SAFETY DAY	10AM – 12 PM
Sept. 9 <sup>th</sup>	OPEN HOUSE	10AM – 2PM
Sept. 16 <sup>th</sup>	WELLNESS CLINIC	7AM – 1PM
Sept. 23 <sup>rd</sup>	HEALTH SCREENINGS	10AM – 2PM
Sept. 30 <sup>th</sup>	FLU SHOT CLINIC/Rx/FITNESS	10AM – 2PM

### **A Message from Debbie Williams, Senior Center Program Director**

***The 2016 national theme for Senior Center Month is, "Find Balance at Your Center."***

We all find ourselves juggling daily responsibilities and it can be stressful. We also need moments that allow us to fill ourselves with things that bring us health and happiness. People need people and what you can find that will help balance your life is right here at The Enrichment Center. To date, there are more than 1,549 active participants at The Enrichment Center. Participants enjoy lunch, exercise, play cards and games, attend computer classes, dance or attend many of our caregiver, health and wellness classes. Everybody is doing something, but they are also **experiencing** something. They hug, laugh, cry, share, learn and most importantly, they are enriching their lives and finding balance. They are remaining independent, active and healthy in their own homes. We believe our wide variety of activities and services for Lee County baby boomers, seniors and family caregivers will help you find balance in your life. We strive to empower people to manage their lives and their families by providing knowledge that will be helpful as we are faced with important and sometimes confusing decisions.

***We look forward to seeing you each Friday in September!***

## September 2016 “Living Well” Schedule of Events

### **September 2<sup>nd</sup> SAFETY DAY 10AM – 12 PM**

- Emergency Management & Sheriff’s Office
- Hurricane Awareness
- Medicine & Medication Safety
- Fire Alarms – Discussion On Safety & When To Change
- Legal Aid

### **September 9<sup>th</sup> OPEN HOUSE 10AM – 2PM**

- Hot Dogs & Drinks In The Pavilion
- Fitness Demonstrations, Shuffleboard, Horseshoes, Cornhole
- Learn About The Enrichment Center & Senior Services, SHIP, Veteran Services, The Caregiver Program

### **September 16<sup>th</sup> WELLNESS CLINIC 7AM – 1PM**

- Full Lipid Panel 7AM-9AM Fasting Required. Total cholesterol: HDL/LDL/Triglycerides and glucose
- Blood Pressure Screening
- Bone Density, BMI (Body Mass Index) & Breast Health
- Nutrition Education/Heart Health/Prostate Cancer Awareness

### **September 23<sup>rd</sup> HEALTH SCREENINGS 10AM – 2PM**

- Hearing, Dental & Vision
- Spinal
- Dermatology (Skin)
- Mental Health

### **September 30<sup>th</sup> FLU SHOT CLINIC/RX & FITNESS 10AM – 2PM**

- Flu Shots
- Brown Bag Medication Review
- Assistive Devices
- Fitness Assessment





## WELCOME TO MEDICARE PARTY and Information Session

Thursday, Sept. 8, 2016  
6:00 P.M.

At The Enrichment Center

An informative program that explains all the mail you may be receiving and the different parts and choices you have approaching Medicare. This program is brought to you by

S.H.I.I.P. - Seniors' Health Insurance Information Program, a division of the N.C. Department of Insurance.

**For more information, contact Janice Holmes  
at 919-776-0501 Ext. 2206.**

It's coming...

## The Open Enrollment Period for Medicare

**is October 15 - December 7.**

This is the time to check your current plan to see if it will be your best option for 2017.

**Lee County residents,**

**AFTER October 1st** you may call to schedule your personal appointment with a trained S.H.I.I.P. counselor.

**Lee County residents,**

**AFTER October 1st call  
919-776-0501 Ext. 2206.**



Residents in neighboring counties may call 1-855-408-1212, toll free, Monday through Friday from 8:00 AM to 5:00 PM.

- **Do you love theatre?**
- **Have you ever dreamed of being a star?**
- **Has anyone ever told you that you should be on stage?**
- **Is your inner Bing Crosby dying to get out?!?**



**WELL NOW IS YOUR TIME**

**TO SHINE!!**

**INTRODUCING ...**

## The EC Drama Club!

*A troupe dedicated to bringing live theatre to the Enrichment Center. We will meet twice a month to discuss theatre, work on monologues, rehearse skits & plays, have guest artists & workshops.*



If interested in joining this league of extraordinary thespians please call Holly (919) 776-0501 ext. 2230. Boomers and up only please.

## Living for Today, Eating for Tomorrow: *Nutrition for Older Adults*

**With Guest Speaker Maryana Martin, MS, RDN, LDN, CDN-Clinical Dietician with Piedmont Health SeniorCare**

Monday, September 19, 2016 at 2:00 PM

Join us as we cover a wide array of topics including: hydration, fear of accidents, healthy eating, physical activity, excess alcohol intake, easy and healthy recipes and much more. Call to register, 919-776-0501 Ext. 2230.



## 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. Next meeting is Sept. 13. If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.

**Genealogy Workshop** Mondays, Sept. 12 - Oct. 31, 2016 from 10:00 AM - 11:00 AM. FREE! Find your ancestors and construct a family tree. Find out if you have any famous ancestors. Learn about free computer programs to store your genealogy information. Registration requested call 919-776-0501 ext. 2201.

**A Novel Approach Book Group** Tuesday, September 13, 2016 at 12:00 PM and is open to all adults. Sept. 2016 book: The Caliph's House by Tahir Shah, Oct. 2016 book: The Spirit Catches You and You Fall Down by Anne Fadiman.

**Ballroom Dance Lessons** Mondays, Sept. 26 - 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.

## An Introduction to doTERRA

### Therapeutic Grade Essential Oils

with Roberta Byram

Wed., Sept. 21, 2016 at 1:30 PM

Seminar focused on the benefits of using essential oils for a healthy body, aromatically, topically and internally. Registration requested, call 919-776-0501 Ext. 2201.

## Tai Chi

### For Arthritis for Fall Prevention

Thursdays 5:30 PM until 6:30 PM

Sept. 29 - Nov. 17, 2016

**OR:** Mondays 3:00 PM until 4:00 PM

Oct. 31 - Dec. 19, 2016

This free beginners class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls.

Space limited! Call 919-776-0501 Ext. 2201.



Are you ready to...

**TAKE CONTROL  
OF YOUR DIABETES?**

**Classes are held at The Enrichment Center  
2:00 PM until 4:00 PM on Wednesdays,  
October 5, - November 9, 2016  
Call today to reserve your spot,  
919-776-0501 Ext. 2201.**

FREE Diabetes Program for Seniors (60 and better). It's a fun, hands-on 6 session course designed to help you better understand and take control of your diabetes.

*This is an evidence based class, which means you will find quality and relevant information to incorporate in the self-managed care of your diabetes. Materials prepared by GMCF, Georgia Medical Care Foundation, for Alliant Quality, the Medicare Quality Innovation Network—Quality Improvement Organization for Georgia and North Carolina.*



**Let's travel in 2016!**

919-776-0501 Ext. 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!

**Friday, September 30, 2016**

**Fun at the Follies!** Space is limited on this special trip! We will travel to Raleigh to see performers from all over North Carolina! Performers are winners from their individual Senior Games & Silver Arts competitions.

**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!**

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

**Fall Fling Potluck Dinner**  
**Thursday, Sept. 29th**  
**6:30 PM**

Bring a friend and your favorite food. Drinks & entertainment provided.

**Diners Club**

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

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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.**

**SEPTEMBER programs:**

2nd—Senior Center Month Safety Day!  
5th—CLOSED—LABOR DAY HOLIDAY  
7th—Back to School Music with Laurence Poindexter  
8th—Grandparents Day  
9th—DINERS CLUB CLOSED—EC OPEN HOUSE  
14th—Refreshments with Miller Boles  
16th—Senior Center Month Wellness Clinics  
20th—Sassy Red Hatters at 10:00 AM  
21st—Infection Control with Jennifer Matthews, Amedisys  
23rd—Senior Center Month Health Screenings!  
28th—Let's Color  
29th—Pot Luck at 6:30 PM  
30th—Senior Center Month Flu Shot Clinic/Medicine Review and Fitness Assessment!

NO BINGO in September

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

**AARP Smart Driver Course** Friday, Oct. 14, 9:00 AM—2:00 PM. AARP members, \$15, non-members \$20. No formal lunch break—bring a bagged lunch. This classroom course will cover safe strategies to reduce the likelihood of a crash; drive safely while sharing the road; understanding when driving may no longer be safe; issues that affect driving ability. Registration is required, call 919-776-0501 Ext. 2201.

## 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**

# NEW

At  
The Enrichment  
Center



### Service Member Counseling Services

*The goal of the Vet Center program is to provide a broad range of counseling, outreach and referral services to eligible Service Members to assist them in making a positive post deployment readjustment to life.*

**Mr. Sincere Hussein, Counselor with the Fayetteville Vet Center, will be available at The Enrichment Center Mondays beginning September 12, 2016 from 8:00 AM until 2:00 PM.** Counseling services are for active duty service members, their immediate and extended family or a person who lives with the Service Member but is not a member of the family.

With Vet Center Service Member Counseling Services, you can be assured of easy access, quality services, client satisfaction, financial stewardship and confidentiality. **Contact Mr. Hussein at 1-800-771-6106 ext. 7701 or 910-488-6252.**

**Wills & Advance Directives Clinic** by *Legal Aid of North Carolina in collaboration with Campbell University School of Law's Pro Bono Program and Local Volunteer Attorneys* Saturday, September 17, 2016 at the Brick Capital Offices, 900 Vance Street, Sanford. To participate free of charge you must call 1-800-6725834 or 919-542-0475.

### Cards & Games Party for The Helping Fund

Tuesday, October 4, 2016 from 2:00 PM—5:00 PM and/or 7:00 PM—9:00 PM. \$4 per person, per session. We need you and so does The Enrichment Center, Inc. Helping Fund! The Helping Fund assists low income older adults in Lee County who are in a crisis situation with fuel, electricity and other necessities of life. The Cards & Games Party is a wonderful way to have fun and help Lee County older adults in need. Refreshments and door prizes! **Co-sponsored by Miller-Boles Funeral Home. Call 919-776-0501 Ext. 2201 to register your tables. Open to all adults!**



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

### Rex UNC Healthcare Mobile

**Mammography** Friday, Oct. 7, 2016 at 9:00 AM at The Enrichment Center. **Call Sharon Lucas, Lee Co. Health Dept., 919-718-4640 Ext. 5317, to register.**

## REVERSE MORTGAGE PROGRAM

With special guest speaker **Sharon Spradling, Housing Counselor Manager with Johnson-Lee Harnett Community Action, Inc.**



**Friday, October 28 at 11:00 AM in the Grand Hall**

A REVERSE MORTGAGE is a type of home loan for older adult homeowners (62 and older) that requires no monthly mortgage payments. Registration is not necessary for this program. Open to the general public.

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## Healthy Living For Caregivers



**You Say TOE-MAY-TOE and I Say TOE-MAH-TOE**

Tomatoes contain

lycopene, a natural color pigment that studies are showing can potentially help protect your skin against sun damage, improve circulation and guard against certain types of cancer. So, pile them on! Nothing like a good 'mater and mayo sandwich.

### Go Ahead, Hit The Snooze

**Button!** — New research is showing those afternoon catnaps we like to take can actually be good for us. Naps can enhance memory by wiping out short-term memory, allowing room for new information. Sleepfoundation.org also states that 20-30 minute naps are beneficial for short term alertness and stress relief, as they can induce a “mini vacation” for your mind and body.



**Family Caregivers, for support, resources or information, please call 919-776-0501, Ext. 2230.**

*~Holly*

*Senior Center Caregiver Specialist*

## Alzheimer's Support Group

Facilitator Holly Hight, Senior Center Caregiver Specialist  
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.

**Feel free to call Holly Hight at 919-776-0501 Ext. 2230 anytime with questions or concerns.**

## “Being Mortal”

Conversations *About The End Of Life*

**Thursday, Sept. 15, 2:00 PM - 4:00 PM**

Join us as we screen this PBS special based upon the best-selling book by Atul Gawande, MD. Following the screening, **Amedisys** hospice specialists will lead a discussion of key themes and the implications for all of us as we come to terms with our own mortality. Refreshments will be served. **Call Holly Hight to reserve your spot 919-776-0501 Ext. 2230.**

## GIVE YOURSELF A BREAK! Powerful Tools for Family Caregivers

Mondays in October & November 7, 2016 from 1:00 PM until 3:00 PM. **Powerful Tools for Family Caregivers**, an evidence based class, will provide you with tools and strategies to better handle the unique caregiver challenges you face. Whether you are a spouse, daughter or son, sister or brother, providing part time or full time care to your loved one, the tools learned in the series benefit caregivers by helping reduce stress, improve confidence, establish balance, communicate needs, make tough decisions and locate helpful resources. Classes are FREE and led by certified facilitator, Judi Womack. To register call Holly at 919-776-0501 Ext. 2230.

**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.

## Introducing

**Grancare!** A support group dedicated to grandparents and other relatives raising grandchildren. Our first meeting will be held **Wednesday, October 5, 2016 from 1:00 PM until 3:00 PM. Contact Holly to register, 919-776-0501 Ext. 2230.**



**KEEP CALM  
AND  
HUG YOUR  
GRANDCHILD**



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 Monday, September 5, 2016 in observance of Labor Day Holiday.**

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

### **The Living with Vision Loss Support**

**Group** meets the 2nd Wednesday of the month at 1:00 PM. The group is dedicated to people living with vision impairments that would like to learn more about low vision and get mutual support. Everyone is welcome!

### **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.

### **Annual Fall Festival 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. Be sure to mark your calendars to attend our annual fall festival! There will be tables filled with your favorite items. The EC, Inc. Helping Fund will have Rada Cutlery, hotdogs, sausage dogs and baked goods for sale.

### **Tai Chi Classes by the Arthritis Foundation**

**with Instructor Peggy Rowles.** This program is designed by the Arthritis Foundation and is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems. **Classes will be held from 10:45 AM until 11:45 AM on Mondays and Wednesdays, October 17-31 and November 2, 7, 9, 14, 21, 23, 2016. Cost is \$50 and payable to Instructor, Peggy Rowles.** Open to all adults. Call Peggy to register, 919-499-3959.

### **SAVE THE DATE for the 2016 Caregiver**

**Showcase** Thursday, October 20 from 2:00 PM until 5:00 PM. Caregiving is hard. Finding resources and help shouldn't have to be. Join fellow caregivers as you speak with local facilities to learn about different care options and services for your loved ones. Seminars given every hour on site.

### **SAVE THE DATE for the Veterans**

**Appreciation Breakfast** Thursday, November 10 at 8:00 AM at the Dennis A. Wicker Civic Center. Space is limited and reservations are required. This breakfast event is open to all veterans. A veteran may bring one guest, \$3.00 to be paid in advance.