

The Center Post

Volume 26

AUGUST 2017

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 ...

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Senior Centers:
Masters in Aging!

The Enrichment Center

At The Enrichment Center we are ***"Making Every Day a Great Day."*** The Enrichment Center houses Lee County Senior Services, Veteran Services, Senior Games & Silver Arts and oversees County of Lee Transit System/COLTS.

What's the age requirement to participate at The Enrichment Center?

Most of our programs and services are open to all Lee County adults. Due to the broad variety offered, policies and guidelines are reviewed at the time of inquiry and registration. For more information call us (919) 776-0501.

Funding for our programs comes from U.S. Federal, N.C. State and Lee County Local tax dollars and private contributions. Therefore, our policies and guidelines are set forth by the Federal Government, North Carolina State Government and Lee County Local Government.

Services we offer to Lee County residents age 60 and better:

Congregate Meals, 12 PM at The Center
Home Deliver Meals
General & Medical Transportation
Home Repair
Information & Options Counseling
Resources for Family Caregivers
Grandparents Raising Grandchildren

Other services offered:

Medicare Counseling
Living Will & Healthcare POA
Volunteer Opportunities
Tax Assistance Feb. - April
Support Groups
Indigent Programs
Employment/Training Information

How Do I Pay for My

Retirement? Thursday, August 10 at 6:00 PM with **Doug Gay, Certified Financial Planner with Northwestern Mutual Management.** Whether you are 20 years from retirement or 5 or already retired, get valuable information at this educational program. Products will not be solicited. To reserve your seat call (919) 776-0501 Ext. 2201.

Beginner Wood Burning

Art Classes Every Friday, August 4 - 25, 2017 from 10:00 AM until 11:30 AM with **Instructor Hulbert Mundy.** Supply cost is \$15 due the first day of class. To reserve your spot call (919) 776-0501 Ext. 2201.

Health & Safety Make it happen with **Medicine Park Pharmacy and Quality Home HealthCare** on Friday, August 25 from 9:00 AM until 12:00 PM. Medicine Park Pharmacy providing medication review, diabetic foot care directions and how to choose an assistive device. Registration not needed.

Solar Eclipse

Presentation Monday, August 21 at 11:00 AM. North Carolina will experience a partial solar eclipse at approximately 1:00 PM until 1:40 PM on the afternoon of Mon., August 21, 2017. **To mark this unique event, The Enrichment Center will have a special solar eclipse presentation at 11:00 AM and distribute safety glasses.** Proper eye gear is needed. You must be present and watch the safety video to receive glasses.



Powerful Tools for Caregivers

A class for family caregivers.

Thursdays September 21 - October 26, 2017 from 9:30 AM until 12:00 PM. *Powerful Tools for Caregivers* is an educational and evidence based program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

Class size is limited, and registration is required.

Classes are provided FREE by the National Family Caregiver Grant.

Contributions accepted but not required.

To register call (919) 776-0501 Ext. 2201.

If you need someone to stay with your loved one while you attend class, contact Holly at Ext. 2230.

Tatting Club Meets every Thursday at 1:00 PM with Mrs. Ann Womble. Bring your own tatting shuttle.

Android Smart Phone Training Session

Friday, August 4 at 2:00 PM with Holly. Do you regularly get frustrated with your Android Phone? Does the term, "download this app" confuse you? Join us for a beginner's guide to all things Android. Bring your Android phone. Call Holly if you aren't sure if you have an Android phone. Seating limited, register by calling (919) 776-0501 Ext. 2201

Saturday Night Dance Group Saturdays 7:00 PM until 10 PM, admission \$8.00. Bands for August: 5th—Southern Exposure, 12th—The Tarheel Rhythm, 19th—The Midnite Express, 26th—Fabulous Troubadours.

Jewelry Making Meetup Group Every Wednesday from 2:00 PM until 4:00 PM. Join other jewelry making enthusiasts and spend a relaxing afternoon designing your very own collection of hand-made items. Bring your own supplies.

Beginner Guitar Class Every Wednesday at 12:00 PM with **Instructor Mickey Bowman**. Bring your own guitar to this FREE class. Learn the basic principles of how to play the guitar. Fun and stress-



Thursday, August 31

At 6:00 PM Bring your favorite dish to share. Fellowship with old friends and meet new ones. To register call (919) 776-0501 Ext. 2201.

Bible Study meets every Monday at 10:30 AM with **Facilitator Joyce Billings**. Open to the public.

Are you interested in a macramé class?

Contact Holly at (919) 776-0501 Ext. 2230.

Fayetteville VET Center "Keeping the Promise"

Combat Veteran Readjustment Counseling

Every Other Monday

FREE Counseling for veterans, active duty and their families.

8:30 AM—11 AM Individual Sessions

11 AM—12 PM Group Session

With Sincere Hussein (910) 488-6252

At The Enrichment Center



Volunteers are Needed in the Home Delivered Meals Program at The Enrichment Center

- ⇒ Routes usually take less than an hour
- ⇒ Regular and fill-in positions available
- ⇒ Training provided

You will make a difference in someone's life when you deliver a hot, nutritious lunch to a homebound older adult in Lee County. What's involved? At 10:30 AM pick up about 4-6 meals at The Center, which are placed in special meal carriers to maintain food temperatures.

Deliver the meals to the older adults, and return the meal carriers to The Center.

Contact Janice Holmes, Volunteer Services Specialist, (919) 776-0501 Ext. 2206 for more information and to volunteer.

September 2017

We are gearing up for Senior Center
Month and already have exciting programs planned!



**COUNTRY WESTERN
HO'DOWN THROW'DOWN**
Thursday, September 28, 2017
6:00 PM \$10 per person

Menu: BBQ & Fried Chicken, Rootin'
Tootin' Baked Beans, Slaw, Dinner Roll
& Granny's Peach or Apple Cobbler



Guest Entertainer
Tim Hair



*Payment Due at Time of Registration
No Refunds*

FALL in love with reading Join us and your
favorite local writers for our **Fall 2017 Author
Series**. Wednesdays in September at 2:00 PM.

Featuring local authors:

September 6th	Ann Womble
September 13	Lavern Thornton
September 20	Alexandra Lett
September 27	Gael Hogan

Authors will read aloud excerpts from their books, share
favorite memories and answer questions. Light
refreshments served. No charge. Register by calling (919)
776-0501 Ext. 2201.

Let me introduce you...to a COMPUTER!

4 Week Class (Choose Dates for Class 1 or Class 2)

Class 1: Mondays, Sept. 11 - Oct. 2 OR...

Class 2: Mondays, Oct. 9 - 30 2:00 PM until 3:00 PM

Would you like to learn all about computers and how to
use them; especially email and browsing the web?

Receive hands-on practice working on a computer, as
well as personal interaction with an instructor. Learn how
computers can enhance your life in fun, easy ways. Call
(919) 776-0501 Ext. 2201 to register. No charge.

Genealogy Workshop, FREE Tuesdays at 10:00
AM, September 12 - October 17, 2017 with Instructor
Bill Murphy. Topics covered include: how to get started;
learn who your ancestors are; do you have famous
ancestors; are there any villains in your family; learn
about free computer programs to store your information;
construct a family tree. Registration requested, call (919)
776-0501 Ext. 2201.

Veterans Remembrance Group Wednesday,
September 13, 2017 at 2:00 PM with guest speaker **Ron
Miriello, aka "River Rat."** Topic: Vietnam: The Way
it Was - A Combat Veteran's Perspective. Ron will tell
his story and his new mission, "to inform, educate and
enlighten audiences on the most misrepresented,
misunderstood and forgotten war of modern time."
Registration not required. Open to the public. No charge.

60 & Better Single & Mingle Thursday,
September 14, 2017 from 2:00 PM until 4:00 PM. Are
you tired of not having a dinner date on Friday nights?
Do you miss having a workout partner? Would you like
someone to join you and watch your favorite shows?
Join other 60 & better local singles who are looking to
meet new friends or even potential partners. Light
refreshments, music and games at The Enrichment
Center will provide the perfect atmosphere to meet new
people in a safe, fun and inviting space. Call to reserve
your spot today (919) 776-0501 Ext. 2201!

Health & Wellness

Friday, September 15, 2017
9:00 AM until 12:00 PM NO CHARGE

Dermatologist Screening
Central Dermatology Center



Hearing Screening
Bright Audiology

***Flu Shots**
Walgreens



***Call to register for flu shot (919) 776-0501 Ext. 2201.**

TIME IS RUNNING OUT ON
THESE TRIPS! SAVE YOUR
SPACE BY MAKING PAYMENT
TODAY!



Enrichment Center Day & Overnight Trips

Payment, or required deposit, due at the time of registration to reserve your seat. Travel Policy available at the front desk.

September 17 - 23, 2017

Mackinac Island FUND-raiser

\$50 per person of your cost goes to The Enrichment Center, Inc. Helping Fund, and is tax deductible. The Helping Fund assists older adults in Lee County who are in a crisis situation. \$849 pp/double occupancy. Includes motor coach transportation, hotel, 6 breakfasts, 4 dinners, 1 reception, 1 buffet lunch. Mackinac Island, Michigan is a unique resort spot boasting fine dining, historic sites and exciting attractions.

Sept. 19, 2017: The Barn Dinner Theatre in

Greensboro, NC. \$85 "Nunsense" follows the crazy antics of five nuns from the Little Sisters of Hoboken convent. Reserve your seat today!



Tues., Oct. 17, 2017: NC State Fair in Raleigh \$20 and someone else does the driving! Sit back and relax—enjoy all the NC State Fair has to offer!

Dec. 12-14, 2017: Charleston, SC

\$349 pp/double occupancy. Holiday Festival of Lights tour, dinner at the Charleston Crab House on James Island and The Charleston Christmas Special Show.

April 21-28, 2018: 8 day/7 night cruise to the Eastern Caribbean!

Amber Cove, Dominican Republic, St. Thomas, US Virgin Islands, San Juan, Puerto Rico and Grand Turks, Turk & Caicos. Stop by The Center for complete details.

Diners 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.

Club

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.

AUGUST 2017 programs:

2nd—End of Summer Sing-A-Long with Laurence Poindexter
4th—Information about Elmcroft with Michelle Bullard
9th—Watermelon Social with Miller Boles
11th—Cooking with Carole
15th—Sassy Red Hatters at 10 AM
16th—Cooking Safety Tips from Sanford Fire Dept.
18th—Linda & Robert Phillips and The Puppets
21st—Total Solar Eclipse Presentation
23rd—Premier Foot & Ankle with Dr. Elene Papakostas
25th—NO Bingo
25th—Health & Safety Screenings: Brown Bag Medicine Review, Diabetic Foot Care, Assistive Devices
30th—Food Borne Illness Prevention with Alyssa Anderson, NC Cooperative Extension

MONDAYS

Crafts n Coloring

WEDNESDAYS

Let's Walk!

Corner



Taking a Vacation When Your Loved One Has Dementia

Taken from: www.agingcare.net

For more local information related to, "Taking a Vacation When Your Loved One Has Dementia," contact Holly, Senior Center Caregiver Specialist, (919) 776-0501 Ext. 2230.

If you are caring for a loved one with dementia and plan on or would like to take a vacation, use these tips.

- ♦ **Keep the Anticipation Short** Notice early on that when anyone references an upcoming trip, your loved one might become anxious. Tell the loved one its ages away. It should help reassure them. Wait until a few days before departure to revisit the subject.
- ♦ **Simplify the Travel Information** Share a few details such as who is going on the trip; when you are departing; the town you are visiting; the return date. Type or print in extra-large font and place in an area easily accessed by the loved one. Add a nice picture.
- ♦ **Accept All Offers of Help** Need we say more, here? As offers are made, begin a schedule.
- ♦ **Let the Staff Know** If your loved one lives at a facility, speak with each regular staff member individually and provide an itinerary copy and any additional phone numbers. This minimizes confusion.
- ♦ **Send Regular Updates** Email or text to check in and share one or two light and fun details of the day.

Every caregiver deserves a break. The Family Caregiver Program offers respite services for your loved one while you are away. **Contact Holly for more information (919) 776-0501 Ext. 2230.**

Caregiver Time Out

Tuesdays from 1:00 p.m. to 3:00 p.m.

You are invited to drop off your loved one at The Enrichment Center on Tuesdays from 1 PM until 3 PM for Caregiver Time Out. This program is designed for participants who have Alzheimer's or other forms of dementia. We offer fellowship, games, puzzles, crafts and refreshments.

There is NO CHARGE. Contributions are accepted. Contact **Holly Hight, Senior Center Caregiver Specialist, at 919-776-0501 ext. 2230 to see if your loved one qualifies.**

Caregiver Time Out is made possible by the **National Family Caregiver Grant.**

Caregiver Ice Cream Summer Social Friday, August 11, 2017 from 1:00 PM until 3:00 PM. Cool off with your fellow family caregivers for an afternoon of fun, fellowship and flavor! Register by calling (919) 776-0501 Ext. 2201.

Living with Vision Loss Support Group

Wednesday, August 9, 2017 at 1:00 PM. Join this group and learn ways of coping with vision loss. Registration not required. Open to the public.

Blood Pressure checks provided by Liberty Home Care on Tuesday, August 8, 2017 from 10:30 AM until 11:30 AM. No charge. Open to the public.

Nifty Noggins is a group who make head coverings for cancer patients and others who have experienced hair loss due to illness. The group will not meet in August, but will meet again Thursday, September 14, 2017 at 10:00 AM. **If you or someone you know is in need of a head covering contact Carole at The Center (919) 776-0501 Ext. 2205.**

Alzheimer's Support Group will meet Thursday, August 3, 2017 at 1:00 PM with Facilitator Holly Hight. Open to the public.

If you are interested in joining The **EC Drama Club** contact Holly at (919) 776-0501 Ext. 2230. We need you for our next production! Plans are underway for fall and the holidays!

COLTS es un sistema de tránsito coordinado que provee servicios de transporte a muchas de las agencias que proveen servicios humanos en el Condado de Lee.

Las siguientes agencias están contratadas con COLTS para proveer este servicio a sus clientes:

El Departamento de Servicios Sociales, El Departamento de Salud, Centro para Vivienda Independiente, Servicios para Ancianos, Industrias del Condado de Lee, Centro de Enfermería Especializada, Hospital Central Carolina, Salud Mental de los Condados Lee-Harnett, Facilidad de Retiro, Central Carolina Community College, Residencia Comunal, Rehabilitación Vocacional

Échale un Vistazo!

Necesita Paseo al Trabajo?

COLTS puede transportarte al trabajo y también a llevar a su niño/a, a su guardería antes de llegar a su trabajo. Los vehículos de COLTS manejan del 6:00 a.m. a 5:00 p.m. lunes a viernes.



Llama a Zaida

Servicios Telefónicos de COLTS en Español

12:00 PM – 5:00 PM

Lunes – Viernes



¡Buenas! Mi nombre es Zaida Cruz y sirvo de despachadora para COLTS. Mis padres son de Puerto Rico. Nací y crecí en Brooklyn, NY, y me mudé para Lillington, NC en el 2013.

Estoy aquí en COLTS de lunes a viernes de las 12:00 PM hasta las 5:00 PM. Estoy lista para servir a la comunidad latina. Llame al 919-776-7201 y oprima #2 para preguntas sobre los servicios COLTS o para hacer citas.

coloca este folleto en un lugar visible

COLTS: Sistema de Tránsito del Condado de Lee

Viaje a su destino con seguridad.

No Se Requiere Identificación

- Cualquier lugar dentro del Condado de Lee
- Citas médicas fuera del Condado de Lee en Pinehurst, Chapel Hill, y Durham
- Tarifas fijas y asequibles
- Transporte gratuito para niños menores de 5 años
- Accesibles para sillas de ruedas

Dash Express

Más fácil de montar, menos que pagar.



Horario de Tarifa, Cada Ida

Transporte a demanda dentro del Condado de Lee	\$ 4.00
COLTS Dash Express	\$ 2.00
Transporte para citas médicas fuera del Condado de Lee en Pinehurst, Chapel Hill, y Durham	\$17.50
Pre-Pago de Boletos	
1 boleto por trayecto dentro del Condado de Lee	
10 boletos	\$40.00
20 boletos	\$76.00

Llame a Zaida Cruz para más información
919-776-7201 (despachadora: #2)
Lunes - Viernes 12:00 PM - 5:00 PM

Public Transportation

More Options Than Ever Before With COLTS!

- *Chapel Hill, Durham and Pinehurst 5 days a week*
- *Scheduled pick-ups at Dreamland, Thornwood and Pine Village MHPs*
- *Plan your trips with convenience*
- *Options for last-minute appointments*



COLTS

County of Lee Transit System

919-776-7201

*No ID Required
Public Transportation*

Getting You Safely to Your Destination

C.O.L.T.S. County of Lee Transit System **RIDER GUIDELINES:**

- ⇒ Be ready for pick-up one hour before appointment.
- ⇒ 3-Minute wait for passenger to board.
- ⇒ Exact fare amount paid upon boarding.
- ⇒ Disruptive passengers risk losing passenger privileges.
- ⇒ Shoes and shirts required to be worn while riding.
- ⇒ Strollers, canes, walkers & car seats must be safely stowed during transport.
- ⇒ Food and drink must be kept closed.
- ⇒ Personal audio/video allowed with headphones.
- ⇒ Smoking, alcoholic beverages, weapons and hazardous items not permitted.
- ⇒ Pets not allowed. Professional-trained & certified service animals permitted.

For lost items, please call 919-776-7201 or come by 112 Hillcrest Dr., Sanford, NC. Unclaimed articles will be discarded after 30 days.

www.leecountync.gov/colts.



THE ENRICHMENT CENTER

1615 S. Third Street, Sanford, N.C. 27330
919.776.0501 www.leecountync.gov/ec

Making Every Day a Great Day



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

Handicapped Accessible Facility



The Enrichment Center Radio Newsletter
Monday through Saturday,
on Life 103.1 WLHC-FM.

**Annual Fall Festival scheduled for Saturday,
October 28, 2017. NOW ACCEPTING
VENDORS. Payment secures your booth.**

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

A Novel Approach Book Group meets the 2nd Tuesday of the month, September through the following May, 12:00 PM at The Center. Open to all adults. Selections for the upcoming year:

Sept. 2017	<u>The Sandcastle Girls</u> by Chris Bohjalian
Oct.	<u>The Aviator's Wife</u> by Melanie Benjamin
Nov.	<u>A Man Called Ove</u> by Frederick Bachman
Dec.	<u>The Handmaiden's Tale</u> by Margaret Atwood
Jan. 2018	<u>The Summer Before the War</u> by Helen Simonson
Feb.	<u>The Wright Brothers</u> by David McCullough
March	<u>Still Life</u> by Louise Penney
April	<u>The Water is Wide</u> by Pat Conroy
May	<u>Mudbound</u> by Hillary Jordan

Take Control of Your Diabetes

A FREE Diabetes Program for Seniors

Join us Thursdays for this fun, hands-on informative class! October 5, 12, 19, 26 and November 2, 9, 2017 2:00 PM until 4:00 PM. Call (919) 776-0501 Ext. 2201 to reserve your spot!

HEALTH & WELLNESS

FRIDAY, OCTOBER 13, 2017

At The Enrichment Center

Spinal Screening by Ammons Chiropractic

9:00 AM - 12:00 PM

Breast Cancer Awareness & Chronic Obstructive Pulmonary Disease (COPD) by Central Carolina Hospital, A Duke LifePoint Hospital

9:00 AM - 12:00 PM

Flu Shots Administered by Walgreens

Call to Register (919) 776-0501 Ext. 2201
10:00 AM - 1:00 PM

Rex UNC Healthcare Mobile Mammography

9:00 AM - 3:00 PM FREE

**All patients must pre-register by calling Sharon at the
Lee County Health Dept., (919) 718-4640 ext. 5317.**