

The Center Post

Volume 26

JULY 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.

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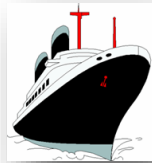
Midsummer Murder Mystery Dinner Theatre

*"Low Down Murder
On The High Seas?"*

Thursday, July 13, 2017

6:00 P.M. – 8:00 P.M.

\$10 Per Person



Join the Enrichment Center Drama Troupe for a fun night of "whodunit" aboard the SS Joyride.

Allow yourself to be swept away, while enjoying a catered dinner, and become part of the story! The table that guesses the murderer correctly will receive a door prize. Payment required at the time of registration.

Calling **ALL Enrichment Center** **Volunteers!**

On Thursday, July 13 at 10:00 AM attend this training session to gain valuable information and knowledge that will be a benefit to our community.

Refreshments served. Registration is requested. Call (919) 776-0501 ext. 2201.

Fayetteville VET Center "Keeping the Promise"

**Combat Veteran Readjustment
Counseling Every Other Monday**

For veterans 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

Mackinac Island, Michigan

FUND-raiser! Sept. 17-23, 2017

Trips hosts Mr. & Mrs. James Emerson invite you to travel with them to magical Mackinac Island! \$849 pp/double occupancy. Includes motor coach transportation, hotel, 6 breakfasts, 4 dinners, 1 reception, 1 buffet lunch. Several tours including Frankenmuth, Michigan's Little Bavaria. Hydro jet ferry ride to the island, carriage tour, Great Lakes Shipwreck Museum and a Soo Locks Boat Tour— which is the largest waterway traffic system in the world! \$100 deposit due at time of reservation.

\$50 of your payment goes to The Enrichment Center, Inc. Helping Fund, and is a tax deductible contribution. The EC Helping Fund assists older adults in Lee County who are in a crisis situation with utilities, food and medication.

Mackinac is an island and resort area covering 3.8 square miles in Michigan and whose name derives from Native American language. It is located in Lake Huron, between the state's Upper and Lower Peninsulas. The island was home to an Odawa settlement before European exploration began in the 17th century. It served a strategic position for the Great Lakes fur trade. This led to the establishment of Fort Mackinac on the island by the British during the American Revolutionary War. The entire island is listed as a National Historic Landmark. It is well known for its numerous cultural events; its wide variety of architectural styles and its ban on almost all motor vehicles. More than 80 percent of the island is preserved as Mackinac Island State Park.

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.

Tues., September 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. When their cook accidentally serves up some tainted soup, several sisters are poisoned. Reserve your seat today!



Tues., October 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! Spaces available.

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.

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

Beginner Wood Burning 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.

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.

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.

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 general public.**

JULY 2017 programs:

- 3rd—First day of the Farmers' Market!
- 5th—Laurence Poindexter singing patriotic numbers
- 7th—Murder Mystery EC Drama Club
- 11th—Farmers' Market Open
- 12th—Celebrating 4th with Miller Boles
- 14th—"Mama Said" with Rev. Rose Highland-Sharp
- 18th—Sassy Red Hatters at 10:30 AM
- 18th—Farmers' Market Open
- 19th—Home Fire Prevention by Sanford Fire Dept.
- 21st—How to Spot a Stroke with Joy Murphy
- 24th—Farmers' Market Open
- 26th—National Night Out Special Safety Program by The City of Sanford
- 28th—The Roots of the Music We Have Today, Rev. Rose Highland-Sharp

MONDAYS

Crafts n Coloring

WEDNESDAYS

Let's Walk!

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.

Corner**Senior
Center
Caregiver
Specialist**

Build Your Own Emergency Medical Folder

www.agingcare.com

For more local information related to, "Build Your Own Emergency Medical Folder," contact Holly, Senior Center Caregiver Specialist, (919) 776-0501 Ext. 2230.

Many seniors have chronic medical conditions that must be closely monitored and for which they take any number of prescription medications. Family caregivers tend to get a crash course in nursing and managing medical care once they begin helping a loved one, and the biggest lesson initially is that organization is key. **Caregivers and seniors should create an emergency packet of medical information that can be given to paramedics, emergency room staff and urgent care clinics. Here's a list for your packet; it contains information that caregivers should have on file already.**

1. **Medications.** Include a list of the NAMES of prescription and over-the-counter medications.
2. **Allergies.** List medications, additives, preservatives or materials like latex.
3. **Doctors.** Name and number of the primary care physician. Include specialists seen regularly.
4. **Medical Conditions.** Provide general information about more serious physical and mental conditions and medical history. Ex: Diabetes, dementia, cardiovascular and cerebrovascular events (with dates) are all important to include.
5. **Do Not Resuscitate (DNR) Order.** If a person does not wish to receive cardiopulmonary resuscitation (CPR) or intubation in the event of cardiac or respiratory arrest, be sure to include a copy of the physician-signed DNR order form.
6. **Medical POA.** If a medical power of attorney has been appointed, include a copy of this legal document. **Ask for Melanie at The Enrichment Center for copies of the N.C. Advance Directives and Notary at no charge.**

Cont'd Build Your Emergency Packet

7. Most Recent Labs. EKG's, blood counts, kidney function and liver function tests can set benchmarks that help physicians.

8. Insurance Information. Include copies of all up-to-date insurance cards.

9. Photo Identification. Include a copy of the senior's driver's license (or ID card if they do not drive) in the packet.

Keep your packet in an easily accessible place and make sure all paid or unpaid in-home caregivers, including family, know its location. Give the packet to paramedics, visits to walk-in clinics, emergency room or urgent care clinics.

Powerful Tools for Caregivers Thrive...Not

Just Survive. Classes every Thursday September 21 - October 26, 2017. Powerful Tools for Caregivers, a "Best Practices" training course, provides family caregivers with the tools needed to take care of themselves while caring for others. **This program helps family caregivers to: reduce stress, improve self-confidence, balance your life, better communicate your feelings, increase ability to make tough decisions, locate helpful resources.**

Classes are free; however, class size is limited. 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.

Caregiver Ice Cream Summer Social Friday, August 11 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.

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.**



THE ENRICHMENT CENTER

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

Making Every Day a Great Day



Handicapped Accessible Facility



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

Are you interested in a macramé class?
Contact Holly at (919) 776-0501 Ext. 2230.
The EC will be CLOSED Tues., July 4, 2017.

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

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.

Health & Safety Make it happen with **Medicine Park Pharmacy** 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. You need proper eye gear. Register by calling (919) 776-0501 Ext. 2201.

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: *Ann Womble, Lavern Thornton, Alex Sandra Lett and Gael Hogan.* Authors will read aloud excerpts from their books, share favorite memories and answer questions. Light refreshments served. Register by calling (919) 776-0501 Ext. 2201.



**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.

