

The Center Post

Volume 26

JUNE 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 for
information about...*

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Social Security **Seminar: Get the facts!**

Thursday, June 8, 2017 at 6:00 PM with Brenda Brown, Public Affairs Specialist. Everything you need to know about Social Security. Please register by calling (919) 776-0501 ext. 2201.

VOICE OF FAITH

Cancer, can it be defeated? Do miracles still exist? Friday, June 9, 2017 at 2:00 PM. Come and meet local author, and former community school administrator, Kimberly W. McLean. Hear the true story of how she overcame Stage 4 Cancer. Please register by calling (919) 776-0501 ext. 2201.

Rex UNC Healthcare

Mobile Mammography at The Enrichment Center Friday, June 9, 2017 at 9 AM. All patients must pre-register by calling Sharon at the Lee County Health Dept., (919) 718-4640 ext. 5317.

BYE BYE STRESS!

Friday, June 16, 2017 from 2:00 PM until 3:00 PM. Call To Reserve Your Space Today! (919) 776-0501 ext. 2201. *Come experience fun techniques and tools, from trained professional therapist **Katie Thomas LCSW**, on how to calm and relax your mind, body and spirit. You will learn simple yoga and breathing exercises, essential oils, meditation therapy, as well as other useful stress busters. (Wear comfortable clothing.)*

June 2017 is National Elder Abuse Education Month

Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. Experts believe that for every case of elder abuse or neglect reported as many as 23 cases go unreported. You are encouraged this month, and all through the year, to raise awareness about elder abuse.



If you believe you know someone being abused, exploited, or neglected, please call your local authorities and get them help. Lee County Sheriff's Office (919) 775-5531.



Prescription Drug Assistance **Available for Low-Income Medicare Beneficiaries**

The federal Low-Income Subsidy (LIS) program, also known as Extra Help, assists qualified Medicare beneficiaries with out-of-pocket expenses associated with Medicare Part D prescription drugs. The Relay for Extra Help campaign is a statewide effort to find and enroll eligible North Carolinians in Medicare cost-savings programs. There are more than 80,000 in NC who may be eligible for help but have yet to apply. Contact SHIIP today and see if you or someone you know qualifies, 1-855-408-1212.

Coffee & Conversation with the EC Program Director, Monday, June 26 from 10:00 AM until 12 PM. Offer suggestions and preferences, discuss issues and concerns. Registration not required.

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! \$849 pp/double occupancy. Includes hotel, 6 breakfasts, 4 dinners, 1 evening 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! *\$50 of your payment will go to The Enrichment Center Helping Fund, a fund used to assist older adults in Lee County who are in an emergency situation with fuel, power or medications.*

Tues., September 19, 2017: The Barn Dinner Theatre in Greensboro, NC. "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 to watch the rest of the story!

Tues., October 17, 2017: NC State Fair in Raleigh \$20 per person 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. Come by The EC for complete details and to register!

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. **I** If you are interested in having lunch with us call Carole Nicely at 919-776-0501 ext. 2205 for information and to register. **u** 11:00 am programs in the Diners Club are open to general public. **b**

JUNE 2017 programs:

2nd—Extra Bingo
7th—Laurence Poindexter Celebrating Father's Day
9th—Share Your Favorite Vacation Memory
14th—Miller Boles Father's Day Celebration
16th—Diners Club Father's Day Program
20th—Sassy Red Hatters at 10 AM
21st—Hot Weather Safety presented by Sanford Fire Department
23rd—Cooking with Carole
28th—Billy O'Brien Singing Elvis & Johnny Cash Songs
30th—Celebrating July 4 Independence Holiday

MONDAYS

Crafts n Coloring

WEDNESDAYS

Let's Walk!



THURSDAY

Pot Luck June 29
6:00 PM

Corner

9 Ways Caregivers Can Recharge

By: Fran Kritz, Neurology Now

For more local information related to the 9 Ways Caregivers Can Recharge, contact Holly, Senior Center Caregiver Specialist, (919) 776-0501 ext. 2230.

Seeking a break from caregiving is not selfish, says Donn Dexter, MD, FAAN, a neurologist with the Mayo Clinic Health System in Eau Claire, WI. "If you're exhausted, the person you're caring for may end up in a nursing home," he says. "Respite care for caregivers can help keep patients at home." These tips may help you pay for someone to look after your loved one and allow you the time off you need.

1. TALK TO FAMILY MEMBERS. Caregiving often falls to just one or two family members, no matter how many people are in the family. If other family members can't take over the care temporarily, they may be able to help pay for someone else. And if they don't see it as their responsibility, ask them if they'll consider chipping in as a birthday or holiday gift. If that fails, ask if they'll investigate resources that would help pay the costs.

2. LONG-TERM CARE INSURANCE. Insurance firms vary on how much they provide. Some may reimburse families; others may pay providers directly. Check the terms so you know what amounts and options you have.

3. RESEARCH HEALTH INSURANCE AND MEDICARE. Private health insurance doesn't usually cover respite care for caregivers, but Medicare will provide some relief under certain circumstances.

4. INVESTIGATE STATE-BASED CARE. Many states have home- and community-based Medicaid waiver funds that can be allocated to pay for all or some respite care for either home-based care or at an approved facility, with need based on the income, age, and condition of the patient, not the caregiver.

5. CHECK WITH THE VA. Some programs may provide short-term care at home or in an approved facility such as a nursing home for veterans with dementia. In some cases, this benefit is available for caregivers who are veterans,

9 Ways Caregivers Can Recharge, cont.

6. REACH OUT TO PLACES OF WORSHIP. Most have collection plates or charity funds for community needs. Start with the place you attend, but inquire even if you're not a regular participant.

7. JOIN A PATIENT ORGANIZATION. Some patient organizations such as the Alzheimer's Association have information and sometimes even financial grants for respite care.

8. CALL 211. Operators at this state-based resource for information on health and human services can refer you to area organizations such as the United Way, the YWCA or YMCA, and Easter Seals, which may be able to provide some respite care for free or at a reduced cost.

9. SEEK OUT CHARITIES. Hilarity for Charity, a nonprofit group started by actor Seth Rogen and his wife Lauren Miller (whose mother has early-onset Alzheimer's disease and whose grandparents both died of the disease), provides grants for respite care for people looking after loved ones with dementia. To apply, go to <http://bit.ly/Hilarity-Grants>.

Midsummer Murder Mystery Cruise Dinner Theatre

"Low Down Murder on The High Seas?"

Thursday, July 13, 6:00 PM, \$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 at registration reserves your seat!

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

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

Do you play Mahjongg? If anyone is interested in starting a group to play this game, please call (919) 776-0501, ext. 2203.

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

Veterans Remembrance Group Facilitator **Don Schreiner** invites you to a group for veterans and the general public. Wednesday, June 14 at 2:00 PM with **guest speaker William Lancaster, recipient of Silver Star, Bronze Star and Purple Heart.** Veterans, men and women, from all branches of the military are invited. The general public is invited to join us. Registration is requested, please call (919) 776-0501 Ext. 2201.

Acrylic Painting Class, Learn the basic techniques of acrylic painting in a fun classroom setting. Every Thursday, June 1 - July 20, 2017. 1st Class: 9:00 a.m. until 12 p.m. and 2nd Class: 1:00 p.m. until 4:00 p.m. Classes are held at The Enrichment Center. Call Central Carolina Community College to register, (919) 718-7500.

Let me introduce you...to a COMPUTER! Beginner class, Mondays June 12, 19, 26 and July 10 from 9:00 AM until 10:30 AM. Learn basic functions, components and parts. Call to register, (919) 776-0501 ext. 2201.

It's Pool Time! June 19 - September 15, 2017, **Water Aerobics** will be held at OT Sloan Pool Mon/Wed/Fridays at 11 AM and Mon/Wed/Thursdays at 5:30 PM. Cost is \$25 for the summer, daytime or evening session. **Register and pay at The Enrichment Center, If you need further information call Kathy McLeod-Edwards or Cathy Andrew at (919) 776-0501. Note: June 19th is the tentative start date due to pool improvements. Keep in touch with Kathy & Cathy for updates.**

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. Registration is requested as space is limited. Call (919) 776-0501 ext. 2201.

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