

The Center Post

Volume 26

NOVEMBER 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 ...

- ♦ **Medicare Part D Open Enrollment, pg. 2**
- ♦ **Fitness Room Reminder, pg. 2**
- ♦ **Diners' Club Calendar, pg. 3**
- ♦ **NC Governor's Award for Volunteer Service, pg. 4**
- ♦ **Family Caregiver Program, pg. 5**
- ♦ **Project Angel Tree, pg. 6**
- ♦ **AARP Tax Aide Training, pg. 7**



You Are Invited



Candlelight Reflections Reception

to honor, hope and remember...

We will take this time to raise awareness of Alzheimer's disease and related dementias and celebrate the lives of those affected by this condition.

**Thursday
November 2, 2017
5:00 PM until 7:30 PM**

Honoring Loved Ones with a Reception, Presentation & Outdoor Candle Lighting.

Luminary bags \$5 with proceeds donated to Alzheimer's NC. Candlelight Reflections is an annual national event.

Please RSVP to (919) 776-0501 Ext. 2230.

Veterans Appreciation



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

**THURSDAY
NOVEMBER 9**

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

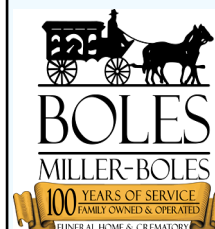
8:00 AM

**Entertainment: The 82nd
Airborne All American Chorus**

RESERVATIONS REQUIRED

by Wed., Nov., 1, 2017.

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,
\$3.00 paid in advance.**



REMINDER

Medicare Part D Open Enrollment continues through December 7

Call (919) 776-0501 Ext. 2206 to schedule your personalized appointment with a trained SHIP counselor. *Check your plan and be sure your medications are covered and there are no surprises in 2018.*

Medicare Part D

Walk-In Clinic

No Appointment Needed

Thursday, November 30, 2017

8:30 a.m. until 4:00 p.m.

Help is available to choose the best Medicare Prescription Drug Plan for your individual needs. FREE Assistance available to residents of Lee County

If you are on Medicare and UNDER age 65

a dedicated enrollment clinic to assist you in selecting your Medicare Part D Prescription Drug Plan is available

Tuesday, November 21, 2017

from 8:00 a.m. until 4:00 p.m.

Trained counselors will assist you with your Medicare Part D choices.

For Lee County residents.

No appointment required.

If you need more information call (919) 776-0501 Ext. 2206.

**All North Carolina residents may
call the main SHIP office in
Raleigh, 1-855-408-1212, for
assistance with their
Medicare Part D enrollment.**



**NC DEPARTMENT OF
INSURANCE**
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Guard Your Card

Did you know changes are coming in 2018 to YOUR Medicare Card?

- All Medicare beneficiaries will receive a NEW Medicare card between April 1, 2018 and April 1, 2019
- The new card will have a Medicare Beneficiary Identifier (MBI)
- The new Medicare card will not have a signature line
- There is no enrollment process or COST to receive a new card
- The government WILL NOT visit, call or ask beneficiaries to go on-line to obtain a new card
- More information to come—be SMART and

GUARD YOUR CARD



65th Birthday Party Medicare is Next...Now What? Thursday, January 25, 2018

Find out what's next with Medicare at a birthday party just for you! If you or someone you know is turning 65 in the next several months, you will not want to miss this informative program. To reserve your spot call (919) 776-0501 Ext. 2201.

Fitness Room Reminder Please be aware of the time you spend on equipment in The Enrichment Center Fitness Room. If someone has signed the small white board in the fitness room to indicate that they are next in line for specific equipment, spend no more than 30 minutes on that equipment station so that others may take a turn.

Our attendance is increasing at all times of the day and we want to make sure everyone has the opportunity to use equipment within a 30-minute window. The small white board is located on the wall you exit the fitness room to the front desk. Feel free to write your name on the board and the equipment for 'next in line' use. If you have any questions please speak with one of our fitness instructors or the front desk. Thank you.

Enrichment Center Day & Overnight Trips

"We eat, we laugh and we eat some more!"
*Cleo Bryant, Enrichment Center frequent traveler
and volunteer.*

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. This trip is filled; however, you may put your name on the waiting list.

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. This trip is filled; however, you may put your name on the waiting list.

**Payment (or deposit) required
at time of reservation.**

**For travel policy and further information stop
by or call The Enrichment Center,
1615 S. Third Street, Sanford, (919) 776-0501.**

**Blood Pressure checks provided by
Liberty Home Care** on Tuesday, November 14,
2017 from 10:30 AM until 11:30 AM. No charge.

Bible Study, Mondays at 10:30 AM with
Facilitators **Joyce Billings and Al Simpson**. Open to
the public.

Living with Vision Loss Support Group
Tuesday, November 14, 2017 at 1:00 PM. Join this
group and learn ways of coping with vision loss.

Saturday Night Dance Group Saturdays
7:00 PM until 10 PM, admission \$8.00. **Bands for
November: 4th—Southern Exposure, 11th—The
Tarheel Rhythm, 18th—The Midnite Express,
25th—Fabulous Troubadours.**

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.**

**11:00 am programs in the Diners Club are
open to the general public.**

NOVEMBER 2017 programs:

- 1st—Laurence Poindexter singing patriotic songs
- 3rd—Jennifer Matthews from Amedisys speaks about
Protecting Your Eyes when a diabetic
- 8th—Check Your Christmas Lights, City of Sanford
Fire Dept.
- 13th—Grief & The Holidays, Dana Guevara, Liberty
Home Care & Hospice
- 15th—Miller & Boles Thanksgiving Party
- 15th—Education Program with UNC Student Nurses
- 17th—Education Program with Walgreens
- 20th—Education Program with Walgreens
- 22nd—Thanksgiving Program
- 29th—Education Program with UNC Student Nurses

MONDAYS

Crafts 'n Coloring

WEDNESDAYS

Let's Walk! 10 AM

Diners' Club Sassy Red Hatters Meets the
third Tuesday of the month at 10:00 AM. Join these
ladies for some fun and fellowship. Wear your red attire
on this day and make plans to be a part of a group of
women 50 and older who enjoy life to the fullest!

2018 GOVERNOR'S VOLUNTEER SERVICE AWARD

The Enrichment Center is the clearing house and contact for Lee County nominations for this award. Please consider nominating a volunteer individual, family, (or group) that you feel is deserving of this award.

There are numerous volunteers in Lee County and they give of their time and talents at a variety of places: The Enrichment Center, Highway to Healing, The Salvation Army, Lee County Parks & Recreation, Central Carolina Hospital, United Way of Lee County Agencies, Churches, Lee County Schools, CUOC (Christian United Outreach Center), Central Carolina Community College, Volunteer Fire Department, Rotary, Civitans, Hospice and many more.

Forms are available at The Enrichment Center or you may access a fillable form at www.volunteernc.org. If you have questions you can call (919) 776-0501 Ext. 2201. **The deadline to submit a nomination is January 12, 2018.**



November is a time for being THANKFUL and we want our representatives to know we are thankful for the funding of the Federal Older Americans Act.

Join us in writing to our representatives and letting them know what The Enrichment Center means to you and that you are THANKFUL for the services the **Older Americans Act** provides. They are: Diners Club Meals, Home Delivered Meals, Senior Services Transportation, Housing & Home Improvement, Senior Center Operations and Information & Options Counseling.

Pick up a card today at the front desk and express your thankfulness and the desire to increase and continue to fund the Federal Older Americans Act. Increased funding will allow others to come and participate so that they live healthier lives and are less isolated and happier.
Cards go in the mail
to representatives Thanksgiving week.



COLTS is a coordinated transit system that provides transportation services for the general public and human service agencies in Lee County.

*General Public Rides Available
Prepay by Purchasing Vouchers
Transportation for Work & Medical Needs
Accessibility for Physically Challenged*

If you have a question about transportation services in Lee County, please call our office:

919-776-7201

- *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 is funded through
The NC Department of Transportation,
the Federal Transit Administration,
local resources and the general public.

Transportación Pública

- *5 días a la semana para Chapel Hill, Durham y Pinehurst*
- *Recogidas programadas en Dreamland, Thornwood y Pine Village parques móvil*
- *Planea su viaje con convención*
- *Opciones para citas al último momento*

**919-776-7201 Servicios Telefónicos
de COLTS en Español**
12:00 PM – 5:00 PM Lunes – Viernes

Corner



Getting Your Siblings to Help with Caregiving

If you need resources to assist with your family caregiving, contact Holly Hight, (919) 776-0501 Ext. 2230.

When an elderly parent's health begins to fail, one adult child generally assumes the role of primary caregiver. While this arrangement may work well for a time, it can eventually lead to resentment when you find yourself shouldering most of the burden. *There are many reasons why people take on the role of primary caregiver, such as closest proximity to the parent or greatest availability to help out, but it's often because one child sees themselves as most suitable for the job.* While it's best to involve other siblings before a pattern develops, it is possible to redistribute these responsibilities later. Use these ideas for opening the lines of communication.

- **Call a family meeting.** Whether by conference call (or Face Time or Skype) or in person, schedule a time with ALL of your siblings to discuss the issues that your parents will be facing and what needs to be done to address them.
- **Make a written agenda.** Write down an agenda for discussion so that nothing is overlooked. Include everything: providing health care, housekeeping, transportation, groceries, bill-paying, etc.
- **Balance listening and talking.** Explain how you feel, but be open to others' feelings and viewpoints, too.
- **Be specific about what you want.** Have an idea beforehand of which tasks you'd like to be relieved of rather than just making a general appeal for help.
- **Divide up tasks.** Delegate tasks according to each person's expertise and skills. Be sure to include siblings who live a distance away. Even if they can't help with hands-on care, they might be able to contribute funds for a housekeeper or plan respite visits to give other siblings a break.
- **Don't expect total equality.** It's not likely you will divvy up tasks equally. This is okay.

Caring for a Patient or Family Member with Alzheimer's Disease and Related Dementia

Thursday, November 2, 2017

1:00 P.M. With Presenter

Tiffany Long, MS4

UNC School of Medicine

Families, friends and caregivers desiring more information regarding dementia and caring for someone with dementia are invited to attend.

Even if you have not directly experienced Alzheimer's or related dementias with your family, close friends or coworkers, chances are you will sooner than later. Be prepared with the latest information and resources.

Tiffany will cover:

- **Types of dementia and treatment**
- **Behavioral changes and management**
- **Potentially harmful medications**
- **Respite and caregiver support**
- **Resources**

Please call (919) 776-0501 Ext. 2201 to RSVP. **Note:** This program will take the place of the regular Alzheimer's Support Group meeting.

Caregiver Time Out

Tuesdays from 1:00 PM to 3:00 PM

You are invited to bring your loved one to The Enrichment Center on Tuesdays 1 PM - 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.**

DRAMA CLUB



Join Today!
Every Other Wednesday
2:00 PM until 3:30 PM

"The most enjoyable theatre experience I've had in 46 years!" ~ The News & Observance

"The Enrichment Center of Lee County has true talent. 5 thumbs up!" ~The Sanford Tribune

*~ Murder Mystery Dinner Theatre
 ~ Diners' Club Skits
 ~ Guest Speakers & Performances
 ~ Social Outings*

To join and for more information call
 (919) 776-0501
 Ext. 2230.

A Novel Approach Book Group meets the 2nd Tuesday of the month, 12:00 PM at The Center. Open to all adults. November 2017 discussion, A Man Called Ove by Frederick Bachman. December 2017 discussion, The Handmaiden's Tale by Margaret Atwood.

60 & Better Single & Mingle Jingle

Ugly Christmas Sweater Party Wednesday, December 13, 2017, 2:00 p.m. - 4:00 p.m. Deck the hall in your tackiest Christmas attire with other 60 & better local singles who are looking to meet new friends or even potential life partners. Light refreshments, Christmas music and games at The Enrichment Center will provide the perfect atmosphere to meet new people in a safe, fun and inviting space. "Ugliest" sweater gets door prize. Call to reserve your spot today! (919) 776-0501 Ext. 2201.

Tatting Club Thursdays at 1:00 PM with **Mrs. Ann Womble** for an afternoon of tall tales and tatting. Bring your own tatting shuttle. Thread provided.

Jewelry Making Meetup Group

Wednesdays, 2:00 PM - 4:00 PM. Join other jewelry making enthusiasts and spend a relaxing afternoon designing your very own collection of hand-made necklaces, bracelets, earrings and much more. BYOS - Bring Your Own Supplies.

Beginner Guitar Class, Wednesdays from 12:00 PM until 1:45 PM. **Instructor Mickey Bowman**. Bring your own guitar and learn the basic principles in a fun and stress-free setting. No charge.



Project Angel Tree

Please consider adopting an Angel from our tree. Angels will be available for adoption starting ***Monday, November 13, 2017.***

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. 27th - Dec. 1st. 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.



AARP Tax-Aide is a group of volunteers who provide free tax filing services to

Seniors, Low and Middle Income individuals during tax season. We only prepare individual income taxes. We perform in a due-diligence and confidential manner for the taxpayer.

We train all new and past Counselors on the TaxSlayer computer software and any changes in tax filing requirements. You DO NOT have to be a tax lawyer or professional to do our volunteer work. You are exposed to the individual filling requirements of each tax form. Some basic computer skills are helpful.

November 2017 a new training program will require about one hour per week through mid-January 2018. At the end of training, you will be assisted in becoming a Certified AARP Tax-Aide Counselor.

Tax season volunteers are requested to perform a minimum of one 4-hour day per week. We prepare and file taxes at The Enrichment Center of Lee County on Mondays, Wednesdays and Thursdays.

We hope you will join our Lee County AARP Tax-Aide team. If you are interested or need further information, please contact James Payne, (919) 718-9012 or email paynejw@windstream.net.



Rada Cutlery kitchen items available at The Enrichment Center. Proceeds benefit The Enrichment Center, Inc. Helping Fund. Contact Melanie at (919) 776-0501 Ext. 2214.

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**

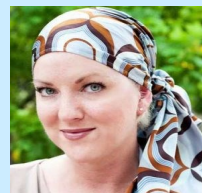
Legal Aid of North Carolina is a statewide nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. Call 1-866-219-5262 for assistance and an appointment.

You Will Receive Phone Messages From The Enrichment Center Phone Number

(617) 440-3507 Occasionally you may see a phone call coming in from the number above. This is a recorded phone message from us at The Enrichment Center using the MySeniorCenter computer check-in system. We are letting you know about programs, classes, trips, meetings, etc. Please answer the call when you see this number, or listen to the voicemail. If you have not been receiving these calls and would like to, please let the front desk know.

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

November 14. If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.



THE ENRICHMENT CENTER

1615 S. Third Street, Sanford, N.C. 27330
919.776.0501 www.lee-countync.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.

The Enrichment Center will be **CLOSED**
November 10 for Veterans Day and
November 23 and 24 for Thanksgiving.

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

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

THANK YOU

To those who have served
and who are currently serving
in the United States military.
Thank you for your service to
protect our country and our
freedom.

Lee County Veteran Services

Serving Those Who Have Served
Located at

The Enrichment Center
1615 S. Third Street
Sanford, NC
(919) 776-0501



The mission of Lee County Veterans Services is to pursue a high quality of life for local veterans, their families and their survivors. It is our goal to increase public awareness of the services available to veterans and their families. We advocate for Lee County veterans and their families by assisting them in obtaining the benefits to which they are entitled. Get Expert Assistance With Your VA Claim Monday - Friday 8:30 a.m. - 12:30 p.m.

Disability Benefits
Hospital & Medical Care
Dependent & Survivor Benefits
Burial Allowance
Education & Training
Other Miscellaneous Items