

The Center Post

Volume 26

OCTOBER 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 of Aging



Tuesday
October 3, 2017
2 P.M. - 5 P.M. and/or
7 P.M. - 9 P.M.

Card Party & games, too!

Co-sponsored by
Miller-Boles Funeral Home

\$4 per person, per session.

Door prizes and refreshments.

Reserve tables and bring your friends!

Play your choice of card games, board games or Dominoes.

100% of funds collected will go to The Enrichment Center, Inc. Helping Fund. This fund assists Lee County older adults who are in a crisis situation with the basic necessities of life.

Registration required to reserve your tables. Call (919) 776-0501 Ex. 2201.

Celebrating The **Informed Caregiver** **Dinner & Workshop**

Thursday, October 19, 2017
6:00 PM until 8:00 PM

Co-Sponsored by Amedisys
Home Health & Hospice

Call to Reserve Your Spot
(919) 776-0501 Ext. 2201

Join us for a night off from caring for a loved one. Enjoy a free meal while learning how to be a good caregiver, and manage stress from trained professionals. This is a night to share, learn and grow as caregivers. Door prizes will be awarded. Respite for your care recipient can be arranged, with a minimum of one week's notice. Contact Holly at (919) 776-0501 Ext. 2230.

Fall Festival

Saturday
October 28, 2017
8 A.M. - 2 P.M.



Browse and purchase from more than 40 tables filled with woodcarving, jewelry, paintings, baked & canned goods, homemade soaps and lotions, candles, Christmas decorations, hand-sewn items and much more!



Join us for a grilled
HOTDOG or
SAUSAGE DOG

with all the trimmings— chili, slaw & onions. Chips, drinks and **Fresh Baked Goods** will be available for purchase.

All food proceeds benefit The Enrichment Center, Inc. Helping Fund. The Helping Fund assists Lee County older adults who are in a crisis situation with the basic necessities of life.



Rada Cutlery
items available for purchase and orders accepted. Proceeds benefit The Enrichment Center, Inc. Helping Fund.

Who is helping you build your financial future? What Does A Financial Plan

Consist Of? Building the Foundation for a Solid Financial Plan **Thursday, October 5, 2017** at 6:00 PM with presenter: **Doug Gay, Financial Planner with Northwestern Mutual Management.** Building a financial plan is a lot like building a house: both need strong foundation to support your needs and last you a lifetime. Doug will provide you with the answers and tools to guide you through the process. To reserve your seat call (919) 776-0501 Ext. 2201.

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.

GRIEF & THE HOLIDAYS Thursday, October 26 from 5:30 PM until 7:30 PM. An educational program provided by **Liberty Home Care & Hospice** that discusses how to deal and cope with loss during the holiday season. Refreshments will be served. Registration requested, call (919) 776-0501 Ext. 2201.

DO YOU HAVE concerns about falling?

Many older adults experience concerns about falling and restrict their activities.

A MATTER OF

BALANCE is an award-winning program designed to manage falls and increase activity levels.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Classes meet at The Enrichment Center
1615 S. Third Street, Sanford, NC
On Monday afternoons from 2:00 to 4:00 PM
October 2 to November 20, 2017
To reserve your spot
call (919) 776-0501 Ext. 2201.**

NEW Fall Fitness and Wellness

Fun & Fit Fridays

beginning October 6, 2017 at 10 AM.
Chair exercise, balance, eye/hand coordination,
range of motion, brain exercise, too.
\$10/Month Paid in Advance

Wellness Tai Chi

Mondays beginning November 6, 2017 at 11 AM
Wellness Tai Chi is a combination of sit and
stand Tai Chi. \$10/Month Paid in Advance

PASS UP THE SALT!

*A food and nutrition class for those who are
interested in reducing their salt intake.*

Wednesday, October 11, 2017
10:30 a.m. - 11:30 a.m.

With **Alyssa Anderson, MS, RDN, LDN**
And Alyssa Wassil, Dietetic Intern with NC
Cooperative Extension in Lee County.
Learn alternative ways to spice up your life!
To register call (919) 776-0501 Ext. 2201.

Take Control of Your Diabetes

*A FREE Diabetes Program for Seniors
Ages 60 and better. Open to adults under 60 on
space available basis.*

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!



Enrichment Center Day & Overnight Trips

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

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! Space still 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.

**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, October 10,
2017 from 10:30 AM until 11:30 AM. No charge.

Bible Study, Mondays at 10:30 AM with
Facilitator Joyce Billings. Open to the public.

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.**

OCTOBER 2017 programs:

4th—Sing-A-Long with Laurence Poindexter
6th—Karaoke with Siggie
9th—National Depression Screening Day
11th—Celebrating Fall with Miller Boles
13th—NO Bingo
17th—Sassy Red Hatters at 10 AM
18th—UNC Student Nurses' Program
25th—UNC Student Nurses' Program
27th—Extra Bingo
31st—Holler-Weenie Roast, EC Drama Club
31st—Dress Up for Halloween

MONDAYS

Crafts 'n Coloring

WEDNESDAYS

Let's Walk!

Hurricane Season is Through November

Even if there's no risk of a hurricane, it's important to be
safe and plan ahead. Make a plan; get supplies; get your
family, home and car ready; evacuate or stay at home.

Ask any Enrichment Center staff member for a
www.ready.gov checklist.



Let's Travel

2018 Trips with The Enrichment Center and PML Travel Tours, Inc.

Lancaster, PA

September 17-19, 2018

Your 3 day/2 night package

2 nights hotel accommodations

2 breakfasts at hotel

**2 wonderful dinners including an Amish Style
Dinner Feast!**

- **Sight & Sound Theater Production of "Jesus"**
- **Guided Tour of Amish Farmlands in Lancaster County, the oldest Amish community in the world, and some of the most beautiful farmland you'll ever set eyes upon**
- **Visit an Amish Farmers Market with quilts, crafts, furniture and fresh produce, cheese, meats, baked goods and more**
- **Shopping at the Newly Expanded Tanger Outlets**
- **Visit the Julius Sturgis Pretzel Bakery, tour the original bakery and learn to twist a pretzel, see original ovens and learn the history of pretzel baking in America**
- **Standard taxes, meal gratuities and baggage handling, motor coach transportation**
- **\$375 pp, double occupancy**
- **Travel protection insurance available**
- **Deposit due upon registration**

New York City

November 29-December 2, 2018

The spirit of the holiday season in the big city!

Your 4 day/3 night package includes

3 nights hotel accommodations

3 breakfasts at hotel

**2 wonderful dinners including 1 at New York
City Restaurant**

- **Guided tour of New York City to include sights (as time permits) Rockefeller Center featuring the Christmas Tree and Ice Skating Rink, St Patrick's Cathedral, 5th Avenue Store Windows including Macy's, Radio City Music Hall, Chinatown, Greenwich Village, Little Italy, Soho, Central Park, Lincoln Center and Ground Zero**
- **A Fabulous Broadway Show**
- **Visit the New 9/11 Museum along with the 9/11 Memorial that honors the nearly 3,000 victims of these attacks and those who risked their lives to save others. It further recognizes the thousands who survived and all who demonstrated extraordinary compassion in the aftermath.**
- **Holiday shopping in NYC, upscale Madison Ave. and bargain-friendly Lower East Side**
- **Visit to Chinatown**
- **Standard taxes, meal gratuities and baggage handling, motor coach transportation**
- **\$699 pp, double occupancy**
- **Travel protection insurance available**
- **Deposit due upon registration**

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

Corner



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

Thursday, November 2, 2017

At 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.

We are excited to have Tiffany Long with us on Thursday, November 2 to present current information about Alzheimer's and related dementias.

Tiffany will cover:

- Types of dementia
 - 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 for October.



**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 state-wide event in N.C.

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

Caregiver Time Out

Tuesdays from 1:00 PM to 3:00 PM

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.**

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

"I wish I could join this drama club. 1 word—WOW." ~Brad Pittman

~ Murder Mystery Dinner Theatre

~ Diners' Club Skits

~ Guest Speakers & Performances

~ Social Outings

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

Beginner Wood Burning Art Class

Fridays, October 6 - 27, 2017 from 1:30 PM until 3:00 PM with **Instructor Hulbert Mundy**. Supply cost: \$15, due first day of class. Reserve your spot by calling (919) 776-0501 Ext. 2201.

Jewelry Making Meetup Group

Wednesdays 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 necklaces, bracelets, earrings and much more. BYOS - Bring Your Own Supplies.

Living with Vision Loss Support Group

Tuesday, October 10, 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 October: 7th—Southern Exposure, 14th—The Tarheel Rhythm, 21st—The Midnite Express, 28th—Fabulous Troubadours.

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.

HEALTH & WELLNESS

FRIDAY, OCTOBER 13, 2017

The Enrichment Center Grand Hall

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.

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

- ⇒ Routes usually take 1.5 hours
- ⇒ 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 6-10 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. The buddy system works well with this volunteer opportunity!

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





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.

A new training program will begin mid-October 2017 and will require about one hour per week for training that will last to about 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 aynejw@windstream.net.



Available at The Enrichment Center. Proceeds benefit The Enrichment Center, Inc. Helping Fund. Contact Melanie at (919) 776-0501 Ext. 2214.

Oak Block Set, \$62.25 Includes oak block, slicer, carving fork, tomato slicer, utility/steak, heavy duty paring, granny paring.



Peeling Paring, \$4.75.

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

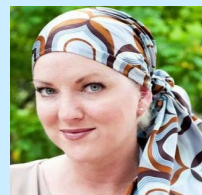
Diners' Club Sassy Red Hatters Meets the third Tuesday of the month at 10:00 AM. Join these ladies for some fun and fellowship. Wear your red attire on this day and make plans to be a part of a group of women 50 and older who enjoy life to the fullest!

A Novel Approach Book Group meets the 2nd Tuesday of the month, 12:00 PM at The Center. Open to all adults. October 2017 discussion, The Aviator's Wife by Melanie Benjamin. November 2017 discussion, A Man Called Ove by Frederick Bachman.

Beginner Guitar Class, Wednesdays from 12:00 PM until 1:45 PM. **Instructor Mickey Bowman.** Bring your own guitar and learn the basic principals in a fun and stress-free setting. No charge. Call (919) 776-0501 Ext. 2201 to reserve your spot!

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

October 12. **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.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.



See Page 7 for Rada Cutlery
featured products of the month!

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.

REMINDER

Medicare Part D Open Enrollment begins
**October 15 and continues
through December 7.**

Call (919) 776-0501 Ext. 2206 **AFTER**
October 1 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

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

Thursday, November 30, 2017

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

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

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.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

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