

The Center Post

Volume 26

SEPTEMBER 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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Senior Centers:
Masters of
Aging

Senior Centers: Masters of Aging

Empower Enlighten Engage Enrich

Welcome to September and National Senior Center month! Masters of Aging is the 2017 theme. There are many wonderful opportunities for adults to engage in at The Enrichment Center not only in September, but year-round, that can empower you to master this phase of life.

The Enrichment Center is recognized as a NC Certified Senior Center of Excellence by the Division of Aging and Adult Services. This recognition is given to Senior Centers that provide the highest quality and most innovative programs and activities. We offer something for everyone! A nutritious hot lunch for those 60 and older, socialization, various exercise classes, card games, classes on health and wellness, computers, guitar lessons, wood whittling and entertaining dinners. You will empower, enlighten, engage and enrich your life and become a Master of Aging if you choose to participate in the activities and programs that are offered at The Center to Lee County residents. We have the tools to empower you!

We welcome you to visit The Center for a tour and be a part of our special programs being celebrated in September.

Debbie Williams,
Senior Center Program Director
(919) 776-0501 Ext. 2203



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 | AlexSandra 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.

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 (919) 776-0501**

**Ext. 2201 to register for
flu shot.**



Powerful Tools for Caregivers

If you are caring for a spouse, mom, dad, sister, brother or friend, part time or full time, this class is for you.

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.



Happy 65th Birthday!

Medicare is next...now

what???

Not sure what Medicare is, what Medicare costs and what Medicare pays? "Why am I getting so much mail? What are my choices?" Answers are available!

An informational presentation is planned for **Thursday, September 7, 2017 at 6:00 PM.** To register or for more information, please call (919) 776-0501 Ext. 2201. This program is brought to you by the NC Dept. of Ins. Seniors' Health Insurance Information Program.

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.

Dental Health Day, Friday, September 29, 2017

9:00 AM until 11:50 AM Learn from CCCC Dental School students correct brushing, flossing and cleaning techniques. Games, door prizes, demonstrations, informational handouts and freebies!



**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

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. **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.**



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

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.

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. Get 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.

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

Saturday Night Dance Group Saturdays 7:00 PM until 10 PM, admission \$8.00. Bands for September: 2nd—NO DANCE, 9th—Tarheel Rhythm, 16th—The Midnite Express, 23rd—Trace Jazz, 30th—Fabulous Troubadours.

Living with Vision Loss Support Group

Tuesday, September 12, 2017 at 1:00 PM. Join this group and learn ways of coping with vision loss.

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.

SEPTEMBER 2017 programs:

1st—Are you at risk for a fall? Dana Guevara with Liberty Home Care will assess your risk.
6th—Laurence Poindexter Sing-A-Long
8th—Grandparents Day Celebration
11th—9/11 Remembrance Program
12th—Advocacy Program with Debbie Williams
13th—Miller Boles, Plan for the Future
15th—Meet Miss N.C. Victoria Huggins
18th—What do you know about The Enrichment Center?
20th—Fall Prevention, Sanford Fire Dept.
22nd—Elder Abuse, Legal Aid of N.C.
25th—National Preparedness
27th—UNC Nurses' Program
29th—CCCC Dental School Program

MONDAYS

Crafts 'n Coloring

WEDNESDAYS

Let's Walk!

Blood Pressure checks provided by

Liberty Home Care on Tuesday, September 12, 2017 from 10:30 AM until 11:30 AM. No charge.

Corner

6 Reasons to Appreciate Your Job as a Caregiver

www.agingcare.net

Caregiving is the ultimate act of love. It is a selfless, generous thing to do. So give yourself some credit.

1. **Accomplishment.** Providing care for another person in uncharted territory. Caregiving is a huge personal accomplishment, and you should be proud of your resourcefulness, flexibility and determination.
2. **A Rewarding Experience.** Even with a difficult parent, caregiving can be one of the most rewarding experiences of your life. Looking back someday, you will probably think that the time spent with your loved one was incredibly gratifying. When you are feeling overwhelmed, try to take a step back and think about the big picture.
3. **Being There.** One of the biggest fears that people have about illness and death is going through these events alone. Because of you, your loved one will never have to face that.
4. **Precious Moments.** Like life, caregiving is full of ups and downs. They may be few and far between, but when special moments come along, they make your heart sing.
5. **You are Forever Changed.** Caregiving changes your perspective on life. This experience will help you realize what is important to you in the long run and what your goals are for yourself, your family and your own golden years.
6. **Making a Difference.** Never underestimate the impact you have on others. You may not get an award, and you may not even receive any acknowledgement for what you do or what you sacrifice. Always remember: you are making a difference in someone's life every day.

If you need further information about family caregiving or resources contact Holly at (919) 776-0501 Ext. 2230.

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. Group discussion and questions are encouraged. This is a night to share, learn and grow as caregivers. We will also be learning some relaxation exercises and self-care practices. Door prizes will be awarded. Respite for your care recipient can be arranged, with a minimum of one week's notice.

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 from 5:00 PM until 7:30 PM
Honoring Loved Ones ~ Presentation
& Outdoor Candle Lighting
Please RSVP to (919) 776-0501 Ext. 2230.

Alzheimer's Support Group will meet Thursday, September 7, 2017 at 1:00 PM with Facilitator Holly Hight. Open to the public.

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
September 13 & 27, 2017
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.

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.**

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-free
setting. Call (919) 776-0501 Ext. 2201 to reserve your
spot!

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 per month.

Wellness Tai Chi Mondays beginning
November 6, 2017 at 11 AM
Wellness Tai Chi is a combination of sit and
stand Tai Chi. \$10 per month.

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 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 Fridays.

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 aynejlw@windstream.net.

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. September 2017 discussion, The Sandcastle Girls by Chris Bohjalian. October 2017 discussion, The Aviator's Wife by Melanie Benjamin.

What Does A Financial Plan Consist Of?

Thursday, October 5, 2017 at 6:00 PM
Presenter: Doug Gay, Certified Financial Planner with Northwestern Mutual Management.
 Educational program. Products will not be solicited. To reserve your seat call (919) 776-0501 Ext. 2201.

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!



Wills & Powers of Attorney Clinic

Legal Aid of North Carolina

**In Collaboration with Private Attorneys
& Law Students**

Thursday, October 5, 2017

At The Enrichment Center

To attend free of charge you must
 call 1-866-219-5262 to reserve a space.

Legal Aid of N.C. 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.

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 Sept.

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



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.

The Enrichment Center will be CLOSED
Monday, September 4, 2017 in observance of
Labor Day holiday.

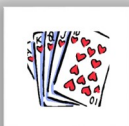
The mission of Lee County Senior Services
is to fashion an achievable vision of successful aging in Lee County.

Cards & Games Party for The Helping Fund



Tuesday, October 3, 2017 from 2:00
PM—5:00 PM and/or 7:00 PM—9:00
PM. \$4 per person, per session. We need you and
so does The Enrichment Center, Inc. Helping Fund!

The Helping Fund assists low income older adults in Lee County who are in a crisis situation with fuel, electricity and other necessities of life. The Cards & Games Party is a wonderful way to have fun and help Lee County older adults in need. Refreshments and door prizes! Co-sponsored by Miller-Boles Funeral Home. Call 919-776-0501 Ext. 2201 to register your tables. Open to all adults!



Annual Fall Festival Saturday, Oct. 28, 2017



Vendors or crafters interested in participating at our annual Fall Festival on October 28 may call 919-776-0501, ext. 2201. Be sure to mark your calendars to attend our annual fall festival!



There will be tables filled with your favorite items. *The EC, Inc. Helping Fund will have Rada Cutlery, hotdogs, sausage dogs and baked goods for sale.*

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.