

# The Center Post

Volume 26

DECEMBER 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



## **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](http://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.**

## **Single & Mingle Jingle (Ugly Christmas Sweater**

**Party)** Wednesday, December 13, 2017 from 2:00 p.m. until 4:00 p.m. Deck the hall in your tackiest Christmas attire with other 60 and better local singles are looking to meet new friends or even potential life partners. Enjoy light refreshments, Christmas music and games. Ugliest sweater gets door prize. Call to reserve your spot today, (919) 776-0501 Ext. 2201.

## **REMINDER**

**Medicare Part D  
Open Enrollment  
continues through  
December 7, 2017**

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

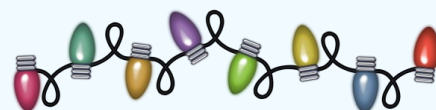


NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

## **The EC Drama Club Presents...**

**"Home for the Holidays"  
A Christmas Musical**

**Friday, December 15, 2017  
11:00 a.m.  
The Diner's Club**



### **Veteran's Remembrance**

**Group** Wednesday, December 13, 2:00 PM with guest speaker James Van Cleave. Mr. Cleave served in the Navy for over 20 years and was onboard ship much of that time. He served in a variety of conflicts including Panama and Mogadishu. Registration encouraged, call (919) 776-0501 Ext. 2201.



**A Novel Approach Book Group** meets the 2nd Tuesday of the month, 12:00 PM at The Center. Open to all adults. December 12, 2017 discussion, The Handmaiden's Tale by Margaret Atwood. January Jan. 9, 2018 discussion, The Summer Before the War by Helen Simonson.

### **Blood Pressure checks provided by**

**Liberty Home Care** on Tuesday, December 12, 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.

### **Parkinson's Disease Support Group**

Wednesday, December 20, 2017 at 10:3 AM with Facilitator Bob Brickhouse. Support, problem solving and education for persons with Parkinson's Disease, their families and caregivers

**Tatting Club** Thursdays at 1:00 PM. Join others who love to tatt. 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.

## **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.

**Saturday Night Dance Group** Saturdays 7:00 PM until 10 PM, admission \$8.00. **Bands for December—2nd—Southern Exposure, 9th—Tarheel Rhythm, 16th—The Midnite Express, 23rd—Flash Back, 30th—Fabulous Troubadours.**

**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.

## 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.**

## It's Coming...2018 Trip Announcement

**A NEW 4day/3 night trip for 2018  
will be announced in the  
January 2018 Center Post!  
\$100 deposit due at registration.**

**Checks or money orders ONLY.**

**Please see trip policy (available at the  
front desk) for additional information.**

## 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 l u b

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.**

### DECEMBER 2017 programs:

1st—Dana & Sergio Guevara singing for the holidays  
6th—Santa's Coming!  
8th—NO Bingo  
8th—Tramway Elementary School Sings with Sarah  
Bullard  
13th—High Hopes Chorus Singing  
15th—EC Drama Club Singing  
20th—Miller Boles Christmas Party  
22nd—Christmas Program  
29th—Extra Bingo

### 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!



## Highway to

**Are you or someone you know undergoing treatment for cancer (radiation and/or chemotherapy) or who has to make visits to doctors associated with their cancer?  
Is transportation needed?**

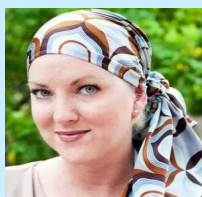
A driver picks up the cancer patient at their home, drives them to their treatment or appointment, and then returns them home at absolutely NO COST.

**Highway to Healing** has been transporting cancer patients to hospitals and doctors from Moore County to Durham and beyond for years. We have about 100 drivers ready and willing to help with transportation, no matter if it is a one-time appointment or a series of 40 or more treatments.

**To get more information, or to schedule a trip, call Highway to Healing at 919-774-8940. There are only two restrictions: You must live in Lee County and your trips must be cancer related.** Fighting cancer is difficult, and the more help you can get and the more people who are on your side, the less difficult the fight will be.

## 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

December 12. **If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.**



**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**

## The Greatest Gift: Make Yourself a Priority This Holiday Season

**www.agingcare.net**

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

When I counsel my caregiver clients to take care of themselves, they usually respond with something like, "Yes, I know I should, but..." This indicates to me that it's not the first time they've heard this advice, and it's not the first time they're going to ignore it. I'm really not trying to be a nag. I'm simply trying to help them avoid the inevitable train wreck that caregiver burnout causes. It can truly turn a family upside-down. All caregivers think that their situation is unique, and it absolutely is.

### Your Health and Insurance

Keeping up with a loved one's medical issues and insurance coverage is pretty much a full-time job for some, but **you MUST take some time to think about your own health care needs. Consider the following:**

- Have you had your annual physical yet this year?
- Have you been keeping up with recommendations to get more exercise or change your diet? (Trust me, I know that this can be incredibly difficult in the midst of all your responsibilities.)
- If you are a Medicare beneficiary, have you taken advantage of preventive screenings (which are often free) to at least keep an eye on your blood pressure, cholesterol and blood sugar levels?
- Have you handled any changes that must be made to your health insurance coverage for the coming year? Have you scheduled that day off or weekend away that you've been promising yourself all year? (Whether friends and family have been offering to help or not, there are resources out there that can help you accomplish this!) If you don't see to these tasks now, they're even less likely to get crossed off your to-do list as the winter season ramps up.

Planning ahead and self-care are gifts to yourself, your care recipient and the rest of your immediate and extended family. Take a deep breath and use the coming weeks to "set the table" so that your holiday preparations and celebrations can be heartfelt, productive and enjoyable.

**The Powerful Tools Support Group** will meet Thursday, December 21 at 1:00 PM.

### **Alzheimer's Support Group**

Facilitator: Holly Hight

**1<sup>st</sup> Thursday of the month at 1:00 p.m.** This group offers support, advice & understanding to caregivers, family & friends of Alzheimer's patients. Come familiarize yourself with this overwhelming disease, learn about community resources & help yourself & others deal with the present and plans for the future.

### **"ANGELS" (Angels Now Getting Empathy, Love & Support) Caregiver Support Group**

Facilitator: Carolyn Savina

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month 6:00 - 8:00 p.m.**

Provides a forum for families and friends of individuals caring for loved ones. Share experiences, information, discuss mutual problems and learn coping skills.

### **The Caring Connection Support Group**

Facilitator: Jeanne Logue-Hunter & Candy Davidson

**1<sup>st</sup> Monday of every month at 10:00 a.m.**

A cancer support group that provides a time for patient & family members to discuss feelings & concerns.

### **Grief Support Group**

Facilitator: Linda Moore, RN, MSN, PA

**2<sup>nd</sup> Thursday of every month at 1:00 p.m.**

Provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

### **Sanford MS Self-Help Group**

Facilitator: Rosemary McLeod **2<sup>nd</sup> Monday of every month at 6:30 p.m.** Self-help group for people living with multiple sclerosis & their families in the Sanford area.

## **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.**

## North Carolina Senior Tar Heel Legislature 2018

The North Carolina Senior Tar Heel Legislature was created by the North Carolina General Assembly with the passage of Senate Bill 479 in July of 1993.

The Senior Tar Heel Legislature was created to:

- Provide information to senior citizens on the legislative process and matters being considered by the North Carolina General Assembly.
- Promote citizen involvement and advocacy concerning aging issues before the North Carolina General Assembly.

Assess the legislative needs of older citizens by convening a forum modeled after the North Carolina General Assembly.

Each of the 100 North Carolina counties is entitled to one delegate to the Senior Tar Heel Legislature. Most counties also have an alternate delegate. Delegates and alternates must be age 60 or older. The North Carolina Division of Aging and Adult Services provides staff support for the Senior Tar Heel Legislature in cooperation with the 16 Area Agencies on Aging, which are responsible for conducting the selection of delegates and alternates.

### **FACT SHEET**

#### **North Carolina Senior Tar Heel Legislature 2018 Legislative Priorities**

#### **1. Increase HCCBG Funding**

The North Carolina Home and Community Care Block Grant (HCCBG) is vital to assuring the availability of cost effective home and community-based services to the elderly, the malnourished, homebound, dependent and those who are socially and economically needy. Approximately 10,000 seniors are on the HCCBG waiting list for services and 1.2 million more are expected to turn 60 years of age by the year 2034. This rapidly increasing older adult population of North Carolina places an increased pressure on the service delivery system which is insufficient to meet the current needs of those seeking services.

### ***FACT SHEET, Continued***

The North Carolina Senior Tar Heel Legislature requests the General Assembly increase the Home and Community Care Block Grant funding by \$7 million dollars in recurring funds.

#### **2. Increase Funding for Senior Centers**

Increase funding for Senior Centers by an additional \$300,000 in recurring funds. There are 163 Senior Centers in 97 counties that provide programs and services to enhance the health and wellness of older adults. These services are of significant benefit to help elders remain independent, thus delaying their potential for costlier services or housing options. Senior Center General Purpose money is vital to support critical center operations. To maintain operation, senior centers must leverage resources from a variety of sources that include federal, state and local governments, special events, participant contributions, and grants and volunteer hours. Funding for senior centers has not met the needs of the increasing aging baby boomer's generation who now constitute more than two-thirds of the 50 plus population. It is recommended that the General Assembly increase funding for Senior Centers to continue to meet the vital needs of North Carolina's growing population of older adults.

#### **3. Sustain and Expand Project C.A.R.E.**

Project C.A.R.E. (Caregiver Alternative to Running on Empty) was designed and tested in North Carolina. It has become a national best practice model for providing respite services to family members who are caring at home for a relative with Alzheimer's disease or related dementia. The number of North Carolinians affected with these dementias now approximates 160,000, and is expected to exceed 210,000 by 2025. North Carolina must develop methods to both encourage and support families to assist their aging family members and relatives to remain at home. Resulting savings in public funds are substantial. We recommend that the General Assembly increase recurring funding for Project C.A.R.E. in 2017-2018 by ten percent annually and thereafter to meet the expected growth, statewide.

**FACT SHEET North Carolina Senior Tar Heel  
Legislature 2018 Legislative Priorities, Continued**

**4. Strengthen and Fund North Carolina's Adult Protective Services Program (APS)**

North Carolina's APS Program must be strengthened and funded in order to respond to the accelerated growth in the State's aging population, some of whom may be at risk of becoming victims of abuse, neglect or exploitation. The State of North Carolina has not provided any funding for the APS Program since the 2010-2012 State budget. The only funding for the APS Program is provided by county governments and a decreasing federal Social Services Block Grant. We recommend that the North Carolina General Assembly recognize and value its vulnerable and older citizens by making available \$5 million in recurring funds in the State budget to meet the growing need for APS in North Carolina.

**5. Reestablish the Study Commission on Aging**

The General Assembly of the State of North Carolina created The North Carolina Study Commission on Aging in 1987 to study and evaluate the delivery of services to older adults and recommend improvements that would meet their current and future needs. In 2011, this commission was repealed, creating an information gap between the older adults in need of assistance and organizations concerned with meeting those needs. The North Carolina Senior Tar Heel Legislature requests the North Carolina General Assembly reestablish the North Carolina Study Commission on Aging.

**If you are interested in more information about the NC Senior Tar Heel Legislature, you may contact Lee County's delegate, Mrs. Mary Upchurch, [maryupchurch@charter.net](mailto:maryupchurch@charter.net) or alternate Mr. Jim Payne, [paynejw@windstream.net](mailto:paynejw@windstream.net).**

**Knowledge is Power**

**The Enrichment Center Resource Guide  
[www.leecountync.gov/ec](http://www.leecountync.gov/ec) Look for the Link**

The Enrichment Center of Lee County believes that people prefer to take charge of their lives. The Enrichment Center's RESOURCE GUIDE empowers you to take control by providing the necessary information to research issues and make decisions. The Resource Guide contains local, state and national organizations that address the issues of aging. The local organizations include service descriptions and any applicable eligibility requirements. The Enrichment Center staff is available to provide additional information during business hours in person or by calling (919) 776-0501, Monday through Thursday 8:00 AM until 8:00 PM and Friday 8:00 AM until 5:00 PM.

**Staff Members:**

**Debbie Davidson**, Director of Senior Services, COLTS and Veteran Services  
**Melanie Rodgers**, Administrative & Marketing Specialist  
**Anita Henderson**, Customer Service Assistant  
**Kathy St Clair**, Customer Service Assistant  
**Bettie Raynor**, Customer Service Assistant  
**Debbie Williams**, Senior Center Program Director  
**Carole Nicely**, Nutrition/Senior Center Coordinator  
**Cathy Andrew**, Fitness Instructor  
**Jimmy Solomon**, Community Services Coordinator & Safety Officer  
**Janice Holmes**, Senior Insurance & Volunteer Services Specialist  
**Tamela Carter**, Social Work Supervisor  
**Laurie Draughn**, Social Worker  
**Holly Hight**, Senior Center Caregiver Specialist  
**John Sandrock**, Veteran Services Officer  
**Heidi Hase**, Administrative Support Assistant  
**Donald Faulk**, Evening Staff  
**Sidney Morgan**, Transportation Coordinator  
**Tonya Surratt**, Administrative Support Specialist –Transp.  
**Robert Cameron**, Route Scheduling Specialist –Transp.  
**Zaida Cruz**, Dispatch & Latino Outreach –Transp.  
**Cynthia Wiley**, Dispatch –Transp.  
**Betty Daniels**, Office Assistant –Transp.





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

*Making Every Day a Great Day*



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Handicapped Accessible Facility



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

The Enrichment Center will be CLOSED  
December 25, 26 and 27, 2017 for Christmas.  
Merry Christmas everyone!

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

## INCLEMENT WEATHER AND OPERATIONS AT THE ENRICHMENT CENTER and COLTS

- ♦ If Lee County Government offices are de-layed or closed, this includes **Senior Services and Veterans Service**.
- ♦ **COLTS** delays and closings will be announced separately.
- ♦ Closings and delays will be announced on WRAL-TV 5, WFJA 105.5 FM, WWGP AM 1050, WLHC-FM Life 103.1 and WXL AM1290.

## 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.