

The Center Post

Volume 26

FEBRUARY 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.

A Special "Thank You" to the many ***Angels in our Community*** Every year we decorate a tree using Angels to identify people in our community that could use something a little extra during the holiday season. This year over 150 Angels were on the tree and all were adopted. Financial contributions were received which will allow assistance throughout the coming year as crisis situations may arise. On behalf of all gift recipients, the staff of the Enrichment Center would like to say "THANK YOU" for your generosity.



National Wear Red Day

Friday, Feb. 3, 2017

Heart disease is the #1 killer of American women. **Wear red on February 3rd to show support for women's heart disease awareness.** Stop by The Enrichment Center front desk for information on steps to take that will decrease your risk factors of heart disease.

The AARP Tax Aide program is accepting appointments for filing 2016 tax returns.

For an appointment call 919-776-0501 Ext. 2201. This program is designed to reach older adults, those age 60 and better; however, will accept appointments for those younger. Bring last year's tax return, any paperwork related to the Affordable Healthcare Act insurance and any paperwork that states, "important tax information."

***NOTE—Tax services are available year-round for members at LGFCU, Local Government Federal Credit Union, Spring Lane. Call the local branch at 919-774-8851.**

Happy 65th Birthday!

Medicare is next!

If you're not sure what Medicare is, what Medicare costs and what Medicare pays, find answers at this informative program on Thurs., Feb. 23, 2017 at 6:00 PM. Brought to you by SHIP, Seniors' Health Insurance Information Program, a division of the NC Dept. of Insurance. To register or for more information call 919-776-0501 Ext. 2201.



Pat Wright will entertain us with her musical talents in the Diners Club

on Wed., February 22 at 11 AM. Feel free to attend and enjoy this performance!

Senior Center Advocacy Event



Wed., February 8 in the Diners Club, 10 AM until 1 PM. Mary Upchurch, Lee County Senior Tar Heel Legislative Delegate tells us, "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." **Help us write letters and create cards to be sent to our representatives asking them to increase Senior Center funding. Your personal message will be added to a Valentine Cards. Supplies provided.**

Black History Month, or National African American History Month,

is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. The Enrichment Center will observe with a celebration program at 10:30 AM, Friday, February 24 in the Diners Club. **Pam Glover, Community Activist & Master of Ceremonies, special music by Dorothy Matthews and Joan Quick and Margaret Murchison, News & Public Affairs Director for WWGP & WFJA & Community Activist will speak.**

Are You a Grandparent Raising Grandkids? You are invited to attend Grancare,

a group dedicated to supplying resources and support for grandparents providing care for grandchildren. Next meeting is Friday, Feb. 17 at 1:30 PM with **Facilitator Holly Hight, Senior Center Caregiver Specialist.** For more information about this group call Holly at 919-776-0501 Ext. 2230.

Mackinac Island FUND-raiser!

7 days/6 nights September 17-23, 2017

\$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.**

Travel protection insurance, \$92.

All checks payable to PML Tours.

New Orleans, LA

6 days/5 nights June 4 -9, 2017 \$739 pp/double occupancy

Travel Protection Insurance \$79 per person,

payable at registration. All checks payable to PML Tours.

Charleston, SC

3 days/2 nights Dec.12-14, 2017 \$349 pp/double occupancy

Travel Protection Insurance \$51 per person,

payable at registration. All checks payable to PML Tours.

A Novel Approach Book Group

Open to all adults and meets at 12 PM on 2nd Tuesday.

Feb. 14 book: Dead Wake by Erik Larson. March 14 The House Girl by Tara Conklin.

Saturday Nite Dance

Live music and fellowship

7:00 pm - 10:00 pm. Admission is \$8.00 per person. **Bands**

for FEBRUARY 2017: 4TH—SOUTHERN EXPOSURE, 11TH—THE TARHEEL RHYTHM, 18TH—THE MIDNITE EXPRESS, 25TH—THE FABULOUS TROUBADOURS.

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 February 9. If you

would like a head covering, contact Carole at 919-776-

0501 ext. 2205.



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.

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

FEBRUARY 2017 programs:

1st—Laurence Poindexter Singing Valentine Love Songs

3rd—National Wear Red Day!

8th—Miller Boles Valentine Party & Advocacy Event

10th—Quality Home Health Care Presentation by Logan Friend

13th—Making Valentine Cards for Tramway Elementary School

14th—Celebrating Valentine's Day!

15th—Dana & Sergio Guevara Singing Valentine Love Songs

17th—Table Tennis Anyone?

22nd—Pat Wright entertaining us with her musical talents

24th—Black History Program, NO BINGO

Let's Color MONDAYS

Walking Club WEDNESDAYS at 10 AM

FACT: Lee County citizens were saved \$388,134 in Medicare Part D premiums and medication costs during The Enrichment Center's Open Enrollment plan review Oct. 15 through Dec. 7, 2016.

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Home Modifications to Make Aging-in-Place Safe

By: www.agingcare.com

Your home is supposed to be your sanctuary, a place where you always feel comfortable and safe. As seniors get older, that sanctuary can turn dangerous. Everyday items around your house and tasks you do regularly at home start to come with a risk of falls, which can be serious. For seniors who want to age in place, keeping your home safe and comfortable requires making a few home modifications.

1. **Open up the space in your rooms.** Make clear pathways and plenty space to walk in without bumping into anything. Extra furniture can go to family members.
2. **Remove anything that's a trip hazard.** Remove items that are low to the ground. Keep cords away from walk areas or cover them. Place doggie beds, food and water bowls away from walk areas.
3. **Move items you use often within easy reach.** Reorganize pantry, cabinets and closets so that items you use regularly are within reach.
4. **Lower the temperature on your water heater.** Hot water can cause serious burns. Reduce from 140 degrees to 120 degrees.
5. **Add extra lighting.** Do a survey of your whole house to determine anywhere that could use more visibility.
6. **Add traction slips to the bathroom floor.** The bathroom is one of the spaces where you face the biggest risk of a fall. Buy traction slips or non-skid tape.
7. **Install an elevated toilet seat.** It makes the process much easier!
8. **Add levered handles to doors and faucets.**
9. **Install a doorbell and smoke detector with lights.** If your hearing is starting to fail, then the tools in your house that depend on sound will no longer cut it. You can find doorbells that turn on a light, so you'll know when someone comes over even without being able hear.

For more home modifications to keep you safe contact Holly Hight, Senior Center Caregiver Specialist, 919-776-0501 Ext. 2230.

Caregiver Time Out

Tuesdays from 1:00 pm to 3:00 pm family caregivers can bring their loved one to this weekly group where there's fellowship, games, puzzles, crafts and refreshments. Program made possible by the **National Family Caregiver Grant**. For further information and to become a part of this group contact **Holly Hight, Senior Center Caregiver Specialist**, at 919-776-0501 ext. 2230.

Financial Planning Seminar

with Dargan Moore, of Edward Jones

Whether you're planning for retirement, saving for college for children or grandchildren, or just trying to protect the financial future of the ones you care for the most, come and hear Dargan's informative seminar. No products will be solicited at the time of the presentation.

Thursday, April 6, 2017 at 2:00 PM Space is limited.

Call to reserve you spot 919-776-0501 ext. 2230.

Alzheimer's Support Group

Facilitator Holly Hight

Senior Center Caregiver Specialist

Thursday, February 2, 2017 at 1:00 PM.

This is an educational and mutual support group that provides a forum for families and friends of individuals with dementia to share experiences, information and coping skills. Open to all adults. **Feel free to call Holly Hight at 919-776-0501 Ext. 2230 anytime with questions or concerns.**

Caregivers & Private Pay Home Care Workers Can Get Connected at Our Display Board

Home care workers are welcome to share their business cards in the display board for family caregivers to access.

Guilt-Free Snacks! - Taken from Health Magazine

Each of these delicious treats is under 70 calories - so you can indulge and enjoy. 1 whole kiwi fruit - 46 calories, 1 dark chocolate-covered fresh strawberry - 45 calories, 9 smoked almonds - 69 calories, 1/2 ounce Brie cheese - 47 calories, 2 1/4 cups air-popped popcorn with 1 tsp. garlic salt - 69 calories, 1/2 T Nutella on a baguette slice - 51 calories, 9 little Swedish fish - 68 calories.



The Enrichment Center
1615 S. Third Street, Sanford, NC 27330
919-776-0501 www.leecountync.gov/ec

Handicapped Accessible Facility

*June 2013 Re-Certified Senior Center of Excellence by
the North Carolina Division of Aging and Adult
Services.*

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



*Be sure to tune in to The Enrichment Center Radio
Newsletter Monday through Saturday,
on Life 103.1 WLHC-FM.*

**Dr. Solomon of Pinehurst Neurology guest
speaker at Parkinson's Support Group
Wed., March 15, 2017 at 10:30 AM.**

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



***The S.S.
Enrichment
Invites You To
Come Set Sail With Us...***

2017 Cruisin' Into Spring Dinner

Thursday, March 23, 2017

**Seating In The First Class Dining Hall
Begins At 6:00 P.M.**

***Entertainment Provided By Legendary
Crooner - Mr. Darrell Barrett!***

Menu: Hawaiian Chicken, Scalloped Potatoes, Green
Bean Almandine, Tropical Pie &
Punch \$8 Per Person

**Reservations are required and payable at
time of registration or within one
business day. Call
919-776-0501 ext. 2201.**



**14th Annual
Caregiver Education Conference
Tues., April 4, 2017 from 8:00 AM - 4:00 PM
Dennis A. Wicker Civic Center
1801 Nash Street, Sanford**

Open to professionals in the field of aging and
caregiving, Law Enforcement, Fire Dept., Volunteer
Fire/Rescue, family caregivers or anyone wanting to
learn more about Alzheimer's and other forms of
dementia. Learn from dedicated professionals how to
be the best caregiver you can be. **Register today by
calling Holly Hight, 919-776-0501 Ext. 2230.**

Professional CEU's available.

Sponsored by:



alznc
Alzheimers North Carolina, Inc.

**St. Joseph of the Pines ~ Griswold Home Care ~ Liberty
Home Care & Hospice ~ First Choice Home Care
Central Carolina Hospital ~ Edward Jones-Dargon
Moore ~ Miller Boles ~ Bubbas ~ The Sanford Herald**