

# The Center Post

Volume 26

JANUARY 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.**

- ◆ Overnight trips, Pg. 2
- ◆ A Novel Approach  
Book Group, Pg. 2
- ◆ Tai Chi with Peggy,  
Pg. 2
- ◆ EC Drama Club, Pg. 2
- ◆ Family Caregiver  
Corner, Pg. 3
- ◆ Support Groups, Pg. 3
- ◆ Inclement Weather  
Reminders, Pg. 4
- ◆ 2017 Caregiver  
Education Conference,  
Pg. 4

**Meet Your  
NC Senior Tar Heel Legislator  
Mrs. Mary Upchurch  
Wednesday, Jan. 25, 2017  
11:00 00 AM**

Mrs. Upchurch represents Lee County older adults at the NC Senior Tar Heel Legislature. This is a volunteer position in which she advocates about aging issues and concerns before the NC General Assembly. Mrs. Upchurch will review the newly voted on NCSTHL priorities for 2017:

1. Re-establish the Study Commission on Aging.
2. Increase Home and Community Care Block Grant Funding.
3. Increase Funding for Senior Centers.
4. Sustain and Expand Project C.A.R.E.
5. Strengthen and Fund North Carolina's Adult Protective Services Program (APS).

You will have the opportunity to share with Mrs. Upchurch any issues you find important.

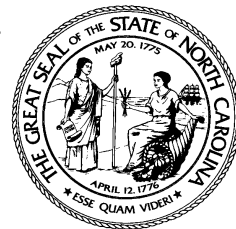


**Coffee &  
Conversation with  
The Enrichment  
Center Program  
Director**

**Debbie Williams  
Monday, January 30, 2017  
9 am - 12 pm**

The Enrichment Center invites you to sit down with the Program Director and voice concerns, offer preferences and suggestions and discuss those issues that are important to you - while enjoying a cup of coffee! Bring your ideas on how to improve our programs and services. We value your input.

**Governor's  
Volunteer  
Service  
Award 2017**



Any person, group, or business from the public, non-profit and private sector may be nominated for an award.

The Awards honor the true spirit of volunteerism by recognizing **individuals, groups and businesses** that make a significant contribution to their community through **volunteer service.**

**Nomination forms are being  
accepted now through  
Friday, January 13, 2017.**

If you need further details contact Janice Holmes, Volunteer Services Coordinator, 919-776-0501 ext. 2206.



Nomination forms are available at the Enrichment Center. Forms are also available at

**[www.leecountync.gov](http://www.leecountync.gov) or  
[www.volunteernc.org](http://www.volunteernc.org) under the  
"Volunteer Awards" tab. Please return  
the completed forms to the Enrichment  
Center, 1615 S. Third Street, Sanford,  
NC 27330, no later than Friday,  
January 13, 2017.**

The Enrichment Center invites you to indulge, savor and celebrate your senses during this vacation to: **New Orleans, LA**

6 days/5 nights June 4 - 9, 2017

\$739 per person, double occupancy

\$100 Deposit due at time of registration. Balance due by April 14th. Travel Protection Insurance \$79 per person, payable at registration. All checks payable to PML Tours.

The Enrichment Center presents a fabulous Holiday Festival of Lights in: **Charleston, SC**

3 days/2 nights December 12 - 14, 2017

\$349 per person, double occupancy

\$100 Deposit due at time of registration. Balance due by November 3rd. 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. Jan. 10, 2017 book: Me Before You by Jojo Moyes. Feb. 14 book: Dead Wake by Erik Larson.

**Saturday Nite Dance** Live music and fellowship 7:00 pm - 10:00 pm. Admission is \$8.00 per person. Bands for JANUARY 2017: 7TH—SOUTHERN EXPOSURE, 14TH—THE FABULOUS TROUBADOURS, 21ST—THE MIDNITE EXPRESS, 28TH—THE TARHEEL RHYTHM

**Tai Chi Classes** by the Arthritis Foundation  
Instructor: Peggy Rowles, Cost \$50/First Time Student. DVD available for purchase. Open to all adults, space is limited. Class meets Mondays and Wednesdays from January 23, 2017 through March 1, 2017. Compelling evidence shows that Tai Chi prevents and treats an array of age-related health conditions. It stabilizes bone density, lowers blood pressure and cholesterol and improves Parkinson's patients' well-being. This program is designed by the Arthritis Foundation and is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems. Call 919-776-0501 ext. 2201 to register.

## 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.

### JANUARY 2017 programs:

- 4th—Laurence Poindexter Celebrating the New Year
- 6th—Program by Candy Alvin, Sanford Health & Rehab
- 11th—Cough & Cold Season Reminders, Charity, Medicine Park Pharmacy
- 13th—Control Infectious Diseases, Jennifer Matthews, Amedisys
- 17th—Sassy Red Hatters at 10 AM
- 18th—Celebrating the New Year, Miller Boles
- 20th—Home Safety, Liberty Home Care
- 25th—Mary Upchurch, Senior Tar Heel Legislature Priorities
- 27th—New Year - New You, Kathy McLeod-Edwards
- 27th—Chinese Year of the Rooster

### Let's Color MONDAYS

### Walking Club WEDNESDAYS at 10 AM



The EC Drama Club will meet twice a month. Call Holly Hight at 919-776-0501 ext. 2230 for more

**corner****c  
a  
r  
e  
g  
i  
v  
e  
r****Caregivers New Year's Resolution**

by Kristine Dwyer, LSW

**In this new year, I will...**

Learn to take one hour out of each day just for myself to read, enjoy a hot bath, journal my thoughts or call a friend.

Attend at least one caregiver support group to realize that I am not alone and that I can learn from others.

See my doctor for a physical exam and give my own health needs more priority.

Use respite care at least once a month so that I may get a break and be refreshed. I will consider using the time I have to discover the benefits of massage therapy, the joy of a musical concert, self expression in a painting class or a day at the spa to find stress relief.

Eat a balanced diet and exercise at least 20 minutes three times a week even if all I can do is walk around the house, up and down the stairs or exercise from a chair.

Seek out one new resource to support my caregiver role such as chore services, housekeeping, home care programs or delivered meals.

Try to find a way to laugh or find humor in the day amidst the sadness or discouragement I may feel.

Reach out to my family and friends to help with my loved one so that the weight of my responsibility can be lifted and shared. One way I can do this is to keep a list of needs handy so that when help is offered, I can be ready with an answer.

Seek spiritual support or personal counseling to gain perspective of my life, clarity of my role and keep my mental health in check.

Finally, by focusing on these resolutions, I will be able to reap the rewards of caregiving, maintain balance in my life and provide care longer for my loved one.

*Happy New Year! ~ 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.**

**Alzheimer's Support Group**

Facilitator Holly Hight

Senior Center Caregiver Specialist

Thursday, January 5, 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.**

**Enrichment Center****Support Groups Open to All Adults**

Diabetes Support Group - Wed., January 4 at 10:00 AM

Parkinson Support Group - Wed., January 18 at 10:30 AM

Stroke Support Group - Thurs., January 12 at 1:00 PM

Grief Support Group - Thurs., January 12 at 1:00 PM

Low Vision Support Group - Wed., January 11 at 1:00 PM

MS Self-Help Group - Mon., January 9 at 6:30 PM

ANGELS Caregiver Support Group - Jan. 10 &amp; 24 at 6:00 PM

**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. The next meeting is JANUARY 12, 2017.** If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.





## The Enrichment Center

1615 S. Third Street, Sanford, NC 27330  
919-776-0501 [www.leecountync.gov/ec](http://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.*

The Enrichment Center will be **CLOSED**  
Monday, Jan. 2, 2017  
in observance of New Year's Day.

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 **delayed** 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 WXKL AM1290.

## National Wear Red Day Friday, February 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.

## SAVE THE DATE FOR:

14th Annual

### Caregiver Education Conference

Tuesday, April 4, 2017

From 8:00 AM until 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.

*Sponsored by:*



alznC  
Alzheimers North Carolina, Inc.

Making Every Day a Great Day

Here for you...  
today and tomorrow