

# The Center Post

Volume 26

MARCH 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 for**  
**information about...**

- ♦ *Aging with Music,*  
*pg. 2*
- ♦ *Large print Library*  
*books available for*  
*check out, pg. 3*
- ♦ *Crusin' Into Spring*  
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*Entertainment, pg. 3*
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## 14th Annual Regional Caregiver Education Conference

**Tuesday, April 4, 2017**

**Dennis A. Wicker Civic Center**

**1801 Nash Street, Sanford, North Carolina 27330**

**Registration 8:00 a.m. Program Starts 9:00 a.m.**

**Lunch provided. Community agencies' resource information will be offered on site.**

**Participate in the *Virtual Dementia Tour* and you will experience the challenges someone with dementia might face.**



<b>Tuning In to Avoid Burnout: Cultivating Wellness</b>	<b>with Daniel P. Marlowe, Campbell University School of Osteopathic Medicine</b>
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<b>The ABC's of Legal Information for the Caregiver: Act Now, Be Prepared, Communicate</b>	<b>with Greg Wallace, Elder Law Attorney</b>
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<b>Humor, Health and Healing</b>	<b>with Renea Henderson, NC Outreach Ministries</b>
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<b>An Update on Alzheimer's Research from UNC Pembroke</b>	<b>with Heather Walters Romine, KUNC Pembroke Biotechnology Research &amp; Training Center</b>
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<b>Creating a Meaningful Day Based on Level of Dementia</b>	<b>with Melanie Bunn, Alzheimer's NC</b>
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**Respite care available for your  
loved one upon request.**

**Registration fees: family caregivers,  
clergy, students and volunteers, \$10.  
Professionals: \$40, includes 5.0 CEUs.**

**Conference made possible  
by support from:**

**Pfizer**

**Amedisys Home Health & Hospice**  
**Bayberry Retirement Inn**  
**Central Carolina Hospital**  
**Edward Jones - Dargan Moore**  
**First Choice Home Care**  
**FirstHealth Moore Regional Hospital**  
**Griswold Home Care**  
**Liberty Home Care & Hospice**  
**Liberty Medical Specialties**  
**Piedmont Health SeniorCare**  
**Sanford Health & Rehabilitation**  
**St. Joseph of the Pines**  
**Westfield Rehabilitation & Health Center**  
**Bubba's Subs and Pizza**  
**Miller - Boles Funeral Home**  
**The Sanford Herald**  
**WLHC-FM/WLQC-FM Life 103.1**  
**Spring Arbor of Apex for Providing the  
Virtual Dementia Tour Experience**

**For general information you may contact *Holly Hight, Senior Center Caregiver Specialist* at The Enrichment Center (919) 776-0501 Ext. 2230.**



*"There are few things that stimulate the brain the way music does . . . music is medicine for your mind." -John Hopkins University*

## Aging With Music



Wednesday  
March 8, 2017  
2:00 – 4:00 P.M.

Guest Speaker Bobbie Wicker,  
LRT/CTRS, Recreation Therapy Manager of  
Piedmont Health SeniorCare Research has shown that listening to music can reduce anxiety, blood pressure, pain, and can improve your quality of sleep, mood, mental alertness and memory. Keeping your brain engaged throughout the aging process by listening to, or playing music, is a great brain workout! Registration requested, call (919) 776-0501 Ext. 2201.

## The Lee County Genealogical & Historical Society Needs Your Help!

Thursday, March 9, 2017 from 2:00 p.m. until 4:00 p.m. at The Enrichment Center. Join your fellow Lee County residents for an afternoon of reflections, memories and Sanford history. We will record your recollections of Lee County landmarks for a presentation by Lee County High School's History Honors Class at the Lee County Library, at a later date. Come celebrate Sanford and Lee County and preserve your memories for the next generation!

**Pot Luck, Music & Fellowship** Thursday, March 30 at 6:00 p.m. Bring your favorite dish to share. Call Carole if you need more information (919) 776-0501 Ext. 2203.

**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 MARCH 9.** If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.



**Grab a book, magazine, newspaper or e-reader...because**

**is NATIONAL READING MONTH**  
**March**

**Read Our Script! The EC Drama Club is the greatest drama club from here to Harvard!** No talent? Some talent? Broadway talent? All baby boomers and better are welcome! Midsummer Murder Dinner Theatre in the works. Please call (919) 776-0501 ext. 2230 for more details and to become a part of the EC Drama Club.

## A Novel Approach Book Group

Open to all adults and meets at 12 PM on 2nd Tuesday. **March 14th discussion, The House Girl by Tara Conklin. April 11th discussion, Nightingale by Kristin Hannah.**

## The Enrichment Center and the Lee County Library have partnered to bring you an exciting option!

A variety of large print books and a check-out kiosk are now available at The Enrichment Center! Anyone with a Lee County Library card may check out the books, which are located in the conference room at The Enrichment Center. Books should be returned to the Main Branch Library, Hawkins Ave.



## Saturday Nite Dance

Live music and fellowship 7:00 pm - 10:00 pm. Admission is \$8.00 per person. **Bands for MARCH 2017: 4TH—SOUTHERN EXPOSURE, 11TH—THE TARHEEL RHYTHM, 18TH—THE MIDNITE EXPRESS, 25TH—THE FABULOUS TROUBADOURS.**



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

## 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 Almondine,  
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.



### Financial Planning Seminar

**with Dargan Moore, of Edward Jones**

Thursday, April 6, 2017 at 2:00 PM 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.

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

### VET CENTER Service Member

**Counseling Services** are available at The  
Enrichment Center on Mondays from 8:00 a.m. until 10:30  
a.m. Counseling services are for active duty service members  
and their family. **Mr. Sincere Hussein, Counselor, of the  
Fayetteville Vet Center** provides a broad range of counseling,  
outreach and referral services to assist in making a positive  
post deployment readjustment to life.

*Will Medicaid cover mom's nursing  
home costs? Can I get paid to be a  
caregiver for dad?*

**RESERVE YOUR SPOT  
TODAY FOR A SEMINAR  
WITH ACCLAIMED  
ATTORNEY**

**BOB MASON**

Thursday, March 30, 2017

2:00 P.M.

Robert A. Mason, JD, CELA, CAP is owner of  
Mason Law, PC of Asheboro, NC, a law firm devoted  
exclusively to legal issues involving the elderly and  
the disabled. [www.masonlawpc.com](http://www.masonlawpc.com)

We have invited Mr. Mason back to The Enrichment  
Center to provide updates and take your individual  
questions as well. Registration is requested, call (919)  
776-0501 Ext. 2201.



## Women's Program



*Join us for an evening celebrating  
the unique life of women!*

*Open to all ladies who are 50 and better.*

**Thursday, April 20<sup>th</sup>, 2017**

**6:00 - 8:00 P.M.**

*This special program will include:*

- **A Fashion Show** with LuLaRoe Fashion Consultant, Anita Barber.
- **Makeup Tips** from Stephanie Rojas, Lancome Counter Manager with Belk.
- **Best Quick Food Choices** with Alyssa Anderson, MS, RDN, LDN Family & Consumer Sciences Agent.
- **"Fit Bits" Quick Fix Exercises That Will Bring Good Results** with Jordan Wofford, Fitness Instructor Intern at The Enrichment Center.
- **"Healing Starts From Within"** motivational speech from Pam Glover.

Meal sponsored by Miller-Boles. Door Prizes!

**Please call to R.S.V.P (919) 776-0501 ext. 2230**

# Card & game groups listed are FREE and open to all adults. Drop in and join us for BRAIN FITNESS!

*Brain fitness is our brain's ability to strengthen and promote connections in the brain to maintain important brain functions.*

*Brain fitness activities contribute to improved mental and physical health.*

## **4th Wednesday Cards**

Facilitator: Janet Fasick, 12:30 p.m. - 5:00 p.m. Bring cards and friends and play the game of your choice.

## **Hand N Foot - A Form of Canasta**

Facilitator: Freeman Totten, Mondays, 12:30 p.m. - 4:00 p.m.

## **Open Canasta**

Instructor/Facilitator: Freeman Totten, Fridays, 12:30 p.m. - 4:00 p.m.

## **Mexican Train Dominos**

Instructor/Facilitator: Wilma Price, 2nd & 4th Tuesday  
12:30 p.m. - 4:00 p.m.

## **Scrabble**

Facilitator: Carolyn Arnold, 1st Thursday, 12:30 p.m.

## **4th Friday Bridge**

Facilitator: Ann Griffin, 10:00 a.m. - 1:00 p.m.

## **Shanghai Rummy**

Facilitator: Janet Fasick, 1st Wednesday, 2:00 p.m. - 5 p.m.

## **Card & Game Party**

Held twice a year. Check the Center Post Newsletter for details!





# Public Transportation

## (919) 776-7201



### C.O.L.T.S. - County of Lee Transit System

**Providing transportation services for the general public and human service agencies in Lee County.**

- **Pinehurst 5 days a week**
- **Sanford in town one stop options**
- **Frequent pick up & drop off times outside of City Limits**
- **Prepay by purchasing vouchers**

**Physical: 112 Hillcrest Drive, Sanford, N.C.**

**Mailing: 1615 S. Third Street, Sanford, N.C. 27330**

[www.leecountync.gov/colts.aspx](http://www.leecountync.gov/colts.aspx)



**Llama a Zaida**

**Servicios telefónicos de COLTS en español**

**12:00 PM – 5:00 PM**

**lunes – viernes**



¡Buenas! Mi nombre es Zaida Cruz y sirvo de despachadora para COLTS. Mis padres son de Puerto Rico. Nací y crecí en Brooklyn, NY, y me mudé para Lillington, NC en el 2013.

Estoy aquí en COLTS de lunes a viernes de las 12:00 PM hasta las 5:00 PM. Estoy lista para servir a la comunidad latina. **Llame al 919-776-7201 y oprima #2** para preguntas sobre los servicios COLTS o para hacer citas.

*\*coloca este folleto en un lugar visible\**

**COLTS: Sistema de Tránsito del Condado de Lee**  
*Viaje a su destino con seguridad.*

- Cualquier lugar dentro del Condado de Lee
- Citas médicas fuera del Condado de Lee en Pinehurst, Chapel Hill, y Durham
- Tarifas fijas y asequibles
- Transporte gratuito para niños menores de 5 años
- Accesibles para sillas de ruedas

#### **Dash Express**

*Más fácil de montar, menos que pagar.*

**lunes - viernes**  
**8:30 AM - 4:00 PM**

➤ **De:**  
Dreamland  
Pine Village  
Thornwood

➤ **A:**  
Cualquier lugar en Horner Blvd



#### **Horario de Tarifa**

Transporte a demanda dentro del Condado de Lee	\$ 4.00
COLTS Dash Express	\$ 2.00
Transporte para citas médicas fuera del Condado de Lee en Pinehurst, Chapel Hill, y Durham	\$17.50
<b>Pre-Pago de Boletos</b>	
1 boleto por trayecto dentro del Condado de Lee	
10 Boletos	\$40.00
20 Boletos	\$76.00

**Llame a Zaida Cruz para más información**

**919-776-7201 (despachadora: #2)**

**lunes - viernes 12:00 PM - 5:00 PM**

## Enrichment Center Day & Overnight Trips

Travel Policy available at the front desk.

**April 13, 2017: Buddy: The Buddy Holly Story at the Wohlfahrt Haus Dinner Theatre in beautiful Wytheville, Virginia.**

You will be served a delicious meal followed by a Broadway caliber musical production. Cost is \$125 per person and includes transportation, meal and show ticket.

**June 4 -9, 2017: New Orleans, LA**

\$739 pp/double occupancy. Travel Protection Insurance \$79 per person, payable at registration. All checks payable to PML Tours.

**September 17-23, 2017: Mackinac Island FUND-raiser!** \$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.

**October 17, 2017: NC State Fair in Raleigh**

\$20 per person and someone else does the driving! Sit back and relax- enjoy all the NC State Fair has to offer! Spaces available.

**Dec.12-14, 2017: Charleston, SC**

\$349 pp/double occupancy. Travel Protection Insurance \$51 per person, payable at registration. All checks payable to PML Tours.

## 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. **I** If you are interested in having lunch with us call Carole Nicely at 919-776-0501 ext. 2205 for information and to register.

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

### MARCH 2017 programs:

- 1st—Laurence Poindexter Singing Springtime Songs
- 3rd—National Wear BLUE DAY for awareness of Colon Cancer. Program by Holly Hight.
- 8th—Organic Foods "Sugars & Sweeteners" with Cathy Sewell
- 10th—Kendra Bethea, Central Carolina Ear, Nose & Throat
- 15th—Miller Boles Bringing In Spring Time!
- 17th—Wear Green for St. Patrick's Day!
- 21st—at 10 a.m. Sassy Red Hatters
- 22nd—Dabbling in Change with Kevin Kirkman
- 24th—NO BINGO
- 24th—Brown Bag with Walgreens and Extra Help with SHIIP
- 27th—Billy O'Brien Playing Musical Instruments and Singing
- 29th—Home Safety with Liberty Home Care
- 31st—NASA Program with Dan Combs

**Let's Color MONDAYS**  
**Walking Club WEDNESDAYS 10 am**

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## Download the Caregiver's Survival Guide: Family Caring for Family Today...

Recommended by Holly, Senior Center  
Caregiver Specialist

Go to [www.agingcare.com/ebook](http://www.agingcare.com/ebook) and enter your email for this extraordinary resource.

- Learn how to care for an elderly family member legally, financially and emotionally
- Gain valuable insights from elder care experts and veteran caregivers
- Get real-life answers and emotional support throughout your caregiving journey

**AgingCare.com**, for family caregivers, provides trusted information, practical answers to real-life questions, and ongoing support through every challenge. Their mission is to help families prepare for and navigate the care of an elderly loved one. AgingCare.com has been recognized in both national and local media as an expert resource on elder care.

*If you are in need of family caregiver resources, training or options, contact Holly Hight, Senior Center Caregiver Specialist at The Enrichment Center, 919-776-0501 Ext. 2230.*

## Alzheimer's Support Group

Facilitator Holly Hight

Senior Center Caregiver Specialist

Thursday, March 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.**

## Caregiver Time Out

Tuesdays from 1:00 p.m. to 3:00 p.m.

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.**

If you are a grandparent raising grandchildren, we encourage you to join our **Grancare Support Group**. Please call Holly Hight (919) 776-0501 Ext. 2230 for more details.

**Dr. Solomon of Pinehurst Neurology will be the guest speaker at the Parkinson's Support Group** on Wed., March 15 at 10:30 a.m. You will not want to miss this important and informational meeting.

## S.H.I.I.P.

SENIORS' HEALTH  
INSURANCE  
INFORMATION



### DID YOU KNOW???

The **Seniors' Health Insurance Information Program (SHIIP)** counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. The counselors on our toll-free line offer free and unbiased information regarding Medicare health care products. We also help people recognize and prevent Medicare billing errors and possible fraud and abuse through our NC SMP Program.

Since the program's creation in 1986, SHIIP has become a role model for other states and has received two national awards for "innovative" and "exemplary" service.

**855-408-1212 (toll free)** Monday thru Friday  
from 8am to 5pm or locally Lee County  
Coordinator Janice Holmes, 919-776-0501 X2206.



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 Friday,  
April 14, 2017 in observance of Good Friday.**

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

**SGSA (Senior Games &  
Silver Arts) is a program  
to promote fitness,  
friendship and well-being  
for folks ages 50 years of  
age and better in Lee  
County. We welcome  
participants from  
neighboring counties.**



Registration takes place in April and the athletic, performing and visual arts events take place in May.

Individuals compete for awards within their own gender and age categories: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+. Top winners (medalists) in each event by age and gender are eligible to compete in the North Carolina Senior Games state competition each fall.

Individual and team sporting events include golf, bowling, basketball, swimming, corn hole, pickleball, cycling and track and field. Silver Arts includes visual, literary, heritage, craft and performing arts.

The program relies on volunteers and the generosity of sponsors. Events operate through sponsorship, private contributions and participant entry fees.

We look forward to seeing you at the May 2017 competitions! You may preregister today by contacting:  
**Jimmy Solomon, SGSA Coordinator**  
[jsolomon@leecountync.gov](mailto:jsolomon@leecountync.gov)  
(919) 776-0501 Ext. 2207  
1615 S. Third St., Sanford, NC

Complete our survey, copies available at the front desk, before March 20th and receive a free gift.

Participate in SGSA for the first time and receive a discount on your registration fees!