

# The Center Post

Volume 26

MAY 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...*

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## Older Americans Month

**AGE OUT LOUD** - giving aging a new voice—one that reflects what today's older adults have to say about aging. More than ever before, older Americans are working longer, trying new things and engaging in their communities. They are taking charge, striving for wellness, focusing on independence and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they are insisting on changes that make that possible.

At The Enrichment Center we recognize to today's older adults, whether in their 50s, 70s or 90s, getting older means something different than it meant twenty-five years ago. We hear your requests, know your needs and our goal is to provide the programs, services, information, fitness and healthy opportunities you need to continue living well.

**In celebration of Older Americans Month and The Enrichment Center's 25th Anniversary, we bring to you a special schedule of events. Continue reading inside for further details!**

Mon., May 1 - Open House, 10 AM til 2 PM

Wed., May 3 - Celebration Luncheon Honoring Lee County's 90 Year Olds & Better

Fri., May 5 - Cinco de Mayo & Dancing, **Gilroy Buller**

Tues., May 9 - Senior Fitness Day

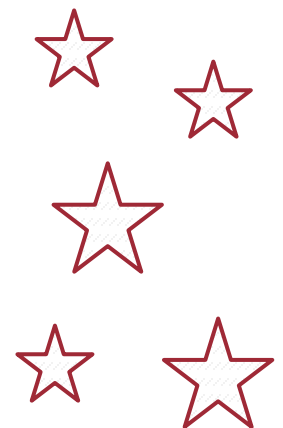
Thurs., May 11 - Better Choices Nutrition Program, **Alyssa Anderson**, Family Consumer Sciences  
Thurs., May 11 - Desserts on the Lawn, special music by **Dana & Sergio Guevera**

Fri., May 12 - Diner's Club Mother's Day Program

Mon., May 15 - High Hopes Chorus

Tues., May 16 - Senior Games & Silver Arts  
Opening Ceremonies

Wed., May 31 - All American Celebration for Lee County Veterans



**The  
Enrichment  
Center's**



# The Enrichment Center's **OPEN HOUSE**

Tours, Punch, Cookies and Prizes!

**Monday, May 1, 2017**

**10:00 A.M. til**

**2:00 P.M.**



*Join us and bring a friend as we celebrate  
Older American's Month and  
The Enrichment Center's  
25th Anniversary*

## *Cinco de Mayo Celebration!*

*...in celebration  
of Older Americans Month*

**Friday, May 5, 2017  
10:00 AM**

*Gilroy Buller, Certified Salsa Instructor  
with Sanford Latin  
Dance, will*

*demonstrate Latin  
dancing at 11:00 AM*



*Registration  
Not Required*

# **CELEBRATION LUNCHEON**

*Annual Luncheon Honoring Lee  
County's 90-Year-Olds and Better*



Lee County residents  
who are 90 years young and better  
are invited to lunch along with their guest.

**Wednesday, May 3, 2017**

**12:00 P.M.**

**Special Menu & Entertainment  
At The Enrichment Center  
1615 S. Third Street, Sanford, NC  
Reservations required.  
Contact Debbie Williams  
at (919) 776-0501 Ext. 2203.**

The Lee County Senior Services Advisory Board,  
Lee County Board of Commissioners,  
The Enrichment Center Staff, Guests and Volunteers  
look forward to celebrating and honoring each of you.

*"This is what getting older looks like today! I look  
forward to seeing you at The Enrichment Center,"  
Jeanne Moore, born 3/21/1921,  
daily participant at The Enrichment Center.*

***Are you ready to take control of  
your diabetes?...***

**FREE Diabetes Program  
for Seniors**

**Mondays, May 1 through June 12, 2017  
2:00 PM until 4:00 PM**

**NO Charge! This program is made possible by  
the Centers for Medicare & Medicaid  
Services. Space is limited, registration  
required. Call (919) 776-0501 Ext. 2201.**

# Desserts on the Lawn



Thursday  
May 11, 2017  
4:00 PM until 6:00 PM



*In celebration of Older Americans Month & The Enrichment Center's 25th Anniversary*



Special Music provided by  
Dana & Sergio Guevera  
Please call (919) 776-0501 to register.

## New Driver License & Federal I.D. Requirement

The **Real ID Driver License** with gold star in upper right hand corner is scheduled to begin being issued in North Carolina May 1, 2017. After December 31, 2017, you will not be allowed entrance in any Federal building or on military base without this license; and after October 2020 you will not be allowed to board any airplane. If your driver license does not renew before these dates, you can provide required documentation and get a duplicate driver license for \$13.

Senior Games & Silver Arts  
Opening Ceremonies  
Dinner & Follies  
Tuesday, May 16th  
At 5:30 PM



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

*Heartfelt thanks to*



2017 Torch Sponsor

For more information contact Jimmy Solomon, Local Coordinator 919-776-0501 ext. 2207.

## A Novel Approach Book Group

Open to all adults and meets at 12 PM on 2nd Tuesday. May 9th discussion, Defending Jacob by William Landay. The group takes off June through August.

## 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.

## VET CENTER Service Member Counseling Services

are available at The Enrichment Center on Mondays from 8:30 a.m. until 10:30 a.m. Counseling services are for veterans and 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.

*In celebration of the  
Older Americans Month's theme  
**AGE OUTLOUD**  
& Maintaining Your  
Health & Wellness*



**Join us for  
National  
Senior Fitness Day  
Tuesday, May 9**

**FREE Classes! PRIZES!**

**Aerobics at 9:00 AM**

**Personal Fitness Screening at 10:15 AM  
(Registration Required for this screening)**

**Stretch & Tone at 11:00 AM**

**Diner's Club Fitness Activity at 11:30 AM**

**Yoga at 5:30 PM**

**Fitness Room Orientation at 6:30 PM**

**This is the perfect opportunity  
to find your fitness interest!  
We look forward to seeing you  
on Tuesday, May 9th!**

**Kathy McLeod-Edwards  
& Cathy Andrew**

**Saturday Nite Dance**

**At The Enrichment Center  
Live music and fellowship 7:00 pm - 10:00  
pm. Admission is \$8.00 per person.**

**Bands for MAY 2017:**

**6th—Southern Exposure, 13th—The  
Tarheel Rhythm, 20th—The Midnite  
Express, 27th—Fabulous Troubadours**

*In recognition of Older  
Americans Month and to  
show our appreciation for  
their service...*

**All American  
Celebration  
For  
Lee County  
Veterans**

**Wednesday, May 31  
10:00 AM – 2:00 PM**

**Hot dog lunch  
will be served to veterans.**

**Various veterans  
organizations will be on  
site in the Grand Hall area  
for benefit information.**

**Registration is required.  
Please call (919) 776-0501  
ext. 2201.**



## 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.

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

\$739 pp/double occupancy. Travel Protection Insurance \$79 per person, payable at registration.

**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.*

**Tues., September 19, 2017: The Barn Dinner Theatre in Greensboro, NC.** "Nunsense" follows the crazy antics of five nuns from the Little Sisters of Hoboken convent. When their cook accidentally serves up some tainted soup, several sisters are poisoned. Reserve your seat today to watch the rest of the story!

**Tues., 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. 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. Come by The EC for complete details and to register!

## Social Security Seminar: Get the facts!

Thursday, June 8, 2017 at 6:00 PM

With Brenda Brown, Public Affairs Specialist

Everything you need to know about Social Security.

Please register by calling (919) 776-0501 ext. 2201.

## VOICE OF FAITH

**Cancer, can it be defeated? Do miracles still exist?**

Friday, June 9, 2017 at 2:00 PM

Come and meet local author, and former community school administrator, Kimberly W. McLean. Hear the true story of how she overcame Stage 4 Cancer.

Please register by calling (919) 776-0501 ext. 2201.

## Rex UNC Healthcare

**Mobile Mammography at The Enrichment Center**

Friday, June 9, 2017 at 9 AM

**FREE Mammogram!**

All patients must pre-register by calling Sharon at the Lee County Health Dept., (919) 718-4640 ext. 5317.

## BYE BYE STRESS! Free Class

*Come experience fun techniques and tools, from trained professional therapist **Katie Thomas LCSW**, on how to calm and relax your mind, body and spirit. You will learn simple yoga and breathing exercises, essential oils, meditation therapy, as well as other useful stress busters. (Wear comfortable clothing.)*

**Friday, June 16th, 2017 from 2:00 PM until 3:00 PM**

**Call To Reserve Your Space Today!**

**(919)776-0501 ext. 2201**

## Lee County Library Large Print Available at The Enrichment Center

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. Some of the authors available: Ann Quindlen, Robert Parker, James Patterson, Brad Meltzer, Jenn McKinlay, W.E.B. Griffin.





## 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?

**Reliable answers are available!**

An informational presentation is planned for  
**Tuesday, May 23, 2107 at 6:00 PM**

Program brought to you by S.H.I.I.P.

**(Seniors' Health Insurance Information Program)**

A division of the N.C. Department of Insurance  
To register or for more information, please contact  
(919) 776-0501 ext. 2201.

## **ALERT: New Medicare Scams**

The **Centers for Medicare and Medicaid Services** is working to remove Social Security numbers from all Medicare cards. The cards will begin being issued to new beneficiaries in April 2018. **CMS** will then begin the task of issuing new cards to existing Medicare beneficiaries. With this new changes comes the opportunity to scam Medicare beneficiaries. The new scam consists of phone calls to Medicare beneficiaries to obtain personal information. Callers use the beneficiary's personal information to conduct fraudulent activity. It is important to remember:

- Medicare will NEVER call to verify your number because they already have it; and
- There is no cost to get the new Medicare cards

**There's a rapidly growing phone scam aimed solely at getting the caller to say "yes".** That one simple word allows the caller to commit fraud against credit card companies, utilities, mail order or subscriptions using the other person's identity and their voice recording of the all-important "yes".

An individual receives what appears to be a marketing call or in some cases a call from the Social Security Administration. After introducing the call the party immediately says, "can you hear me?" It is important to NOT ANSWER this question and immediately hang up.

Frequently and closely monitor your credit, debit and other bank and credit union accounts. Report any fraud discovered or suspicious activity immediately to the billing company.

## **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,  
**l** hamburger, chef salad, vegetables, fruit,  
**u** bread, cobbler/cake and beverage. If you are  
**b** 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 general public.

### MAY 2017 programs:

- 1st—Open House 10 AM til 2 PM
- 3rd—Celebration Luncheon for 90 Year Olds & Better
- 5th—NO Bingo
- 5th—Cinco de Mayo Celebration & Dance  
Demonstration by **Gilroy Buller, Salsa Instructor**
- 9th—Senior Fitness Day with **Kathy McLeod-Edwards & Cathy Andrew**
- 10th—Safety Information from the **Sanford Fire Department**
- 12th—Mother's Day Program
- 15th—High Hopes Chorus
- 16th—Sassy Red Hatters
- 17th—Celebrating Mother's Day with **Miller Boles**
- 19th—Extra Bingo
- 24th—MySeniorCenter—What's It All About? With **Tami Carter**
- 31st—All American Celebration & Cook Out

### **MONDAYS**

**Crafts n Coloring**



### **WEDNESDAYS**

**Let's Walk!**



**Corner**



## Creating a Plan of Care

[www.caregiverstress.com](http://www.caregiverstress.com)

When a loved one is coming home from the hospital, it is important to have a good plan of care in place to help ensure a smooth transition home and to minimize stress for both the family caregiver and his or her loved one. **There may be many additional tasks that are not covered in your loved one's hospital discharge plan.** How will care be provided for those activities that are not covered in the discharge instructions? Will someone need to be at home with your loved one throughout the day or just at specific times during the day?

**Outlined below are four key activity areas that may require family caregivers to assume more responsibility, time and effort than normal day-to-day activities.** Many of these activities may also require assistance from trained professionals, including home health care aides. You should ask your loved one's medical professionals which ones will likely need to be addressed and also work with your loved one to make sure all important paperwork is in order.

- **Health Care Tasks**

- o Change dressings, Monitor vital signs
- o Operate or adjust medical equipment
- o Assist with personal hygiene
- o Arrange for follow-up care
- o Maintain a schedule of appointments

- **Medication Management**

- o Order and pick up prescriptions and refills
- o Understand all medication labels, instructions and expiration dates
- o Administer the correct medication at the right time
- o Monitor for side effects
- o Store medications properly and safely
- o Maintain medication schedule,
- o Dispose of medications properly
- o Use a [medication tracking worksheet](#) to record all medications

...article continued in next column...

"Creating a Plan of Care" continued...

- **Household Management**

- o Conduct [safety checks](#)
- o Prepare special meals such as liquid-only diets
- o Take additional shopping trips for special foods and supplies
- o Greet and supervise visiting health care and home care professionals, arrange for deliveries of medical supplies and equipment

- **Family Communications**

- o Prepare and maintain [emergency and medical contact lists](#)
- o Communicate frequently with family members
- o Pay medical and other bills,
- o Provide instructions and training to other family members and friends

Assemble and store important documents like those listed below in a [senior emergency kit](#):

- ★ Advance Directive (Living Will and Health Care Power of Attorney)
- ★ Standard Will
- ★ Financial Power of Attorney
- ★ Insurance and Financial Documents

If you are considering hiring help from an [in-home senior care agency](#) for your loved one, be sure to discuss the above considerations with them as well. There are many different caregiver situations that might arise, so having a [plan of care](#) will go a long way to help ensure that family members are well prepared for any situation.

**Call Holly Hight if you need further details  
(919) 776-0501 ext. 2230.**

## Caregiver Time Out

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

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.**



1615 S. Third Street, Sanford, N.C. 27330  
919.776.0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)

*Making Every Day a Great Day*

**Handicapped Accessible Facility**



**2013**



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**  
**May 29, 2017 in observance of Memorial Day.**

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

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

## Melodies For Me

**DID YOU KNOW?** *Research has shown that listening to music can reduce anxiety, blood pressure, pain, can improve your quality of sleep, mood and mental alertness. Did you also know that for many people suffering from Dementia, it can act as a conduit for recollection, memory and alleviate frustration?*

***Melodies For Me*** is a new and exciting program, by The Enrichment Center, that has adapted the principles and techniques of other music related therapy for the mind. The Enrichment Center now has two MP3 players, loaded with meaningful and period music personalized for the 50 & better population, that are available to lend to registered caregivers.

The goal of our brand new ***Melodies For Me*** initiative, is to help improve the quality of life for both caregivers and recipients dealing with Dementia.

**For more information or to borrow an MP3 player for your loved one, please contact Holly Hight at (919) 776-0501 ext. 2230.**

## ATTENTION ALL VETERANS

Facilitator **Don Schreiner** invites you to a group for veterans and the general public. Beginning Wednesday, June 14 at 2:00 PM, we will gather once a quarter to explore past memories of our service time, listen to guest speakers and exchange information. Veterans, men and women, from all branches of the military are invited. The general public is invited to join us. Registration is requested, please call (919) 776-0501 Ext. 2201.

### It's Pool Time!

**June 12 through September 15, 2017**

**Water Aerobics** will be held at OT Sloan Pool Mondays, Wednesdays and Fridays at 11 AM and Mondays, Wednesdays and Thursdays at 5:30 PM. Cost is \$25 for the summer, daytime or evening session. Or, \$10 per month, daytime or evening session or \$2 per visit. Registration is required and begins May 15. Register and pay at The Enrichment Center, 1615 S. Third Street. If you need further information call Kathy McLeod-Edwards or Cathy Andrew at (919) 776-0501.