

The Center Post

Volume 27

AUGUST 2018

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 ...

We are BUILDING MOMENTUM for September, which is Senior Center Month! Look inside for incredible programs: health and wellness, volunteer, trips, dinner with entertainment and much more!

Senior Centers:
Masters of Aging



“SOS” Help for the Caregiver

Thursday, August 2, 2018 1:00 p.m.
(During the regular Alzheimer’s Support Group Time) This class focuses on the challenges of caregiving as well as coping techniques to assist in dealing with the day-to-day care of an aging adult. Participants learn ways to reduce stress and to handle feelings of being overwhelmed and frustrated. Led by a professional from NCBAM (NC Baptist Aging Ministry). Please call to reserve your spot (919) 776-0501 Ext. 2201.

Medical, Financial & Legal Documents To Have In Place For Stress Free Aging Wed. August 22, 2018, 2:00 P.M. – **Erin Haygood, Attorney from Legal Aid NC.** The purpose of this program is to learn about the important legal, financial and healthcare related documents that seniors and caregivers should have in order to feel prepared for aging and unexpected circumstances. Individual questions encouraged. Call to RSVP (919) 776-0501 Ext. 2201.

2018 Wellness Tai Chi

\$15 Session 7

Monday, September 10 – Monday, October 15, 10:00

a.m. Exercise both mind and body with little discomfort. Beneficial class for those who are unable to stand for extended periods. Call (919) 776-0501 Ext. 2201 to register.



Saturday Night Dance Group

Live bands and fellowship at The Enrichment Center, 7:00 p.m. - 10:00 p.m., \$8.00 per person.

Health & Wellness Day

Friday, August 24, 2018

9:00 a.m. to 12:00 p.m.

Open to all who are age 50 and better!

Brown Bag Medication Review
By Medicine Park Pharmacy

**Bring Your Prescription Medications*

Diabetic Foot Care
By Quality Home Health Care

Medical Equipment Repair
(Minor repairs - screws, broken parts, etc.) **By Quality Home Health Care**

COPD
Chronic Obstructive Pulmonary Disease Causes, Prevention, Symptoms, Diagnosis, Treatment
By Central Carolina Hospital

Blood Pressure Screenings
By Central Carolina Hospital

August is National Immunization Awareness Month

Vaccines are an important step in protecting against serious and sometimes deadly diseases. Immunizations are especially important for older adults and for adults with chronic conditions such as asthma, COPD, diabetes or heart disease. Medicare covers a number of vaccines for beneficiaries under Medicare Part B and the Medicare prescription drug plans (Part D). Ask a SHIIP, Seniors’ Health Insurance Information Program, counselor for more information. **Call toll free 855-408-1212.**

E. C. TRAVELERS

2018 Destinations

2018 Day Trips

*Open to all adults in Lee County
and neighboring counties.*

<u>September 27</u>	<i>Mt. Airy, \$75</i>
<u>October 16</u>	<i>NC State Fair, \$20</i>
<u>December 13</u>	<i>Billy Graham Library, \$99</i>

2018 Overnight Trips

*Open to all adults in Lee County
and neighboring counties.*

<u>September 17-19</u>	<i>Lancaster</i>
<u>October 9-12</u>	<i>Ark Encounter, Louisville & Lexington</i>
<u>Nov. 29 - Dec. 2</u>	<i>New York City</i>

**For more information and pricing, see
flyers at the front desk or announcement
board in hallway.**

**Payment (or deposit) required
at time of reservation.**

**For travel policy and further information
stop by or call The Enrichment Center,
(919) 776-0501 Ext. 2201.**

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. Donations are accepted and used to replenish supplies.

If you are interested in volunteering, the group meets the 2nd Thursday of the month, 10:00 a.m. at The Enrichment Center, 1615 S. Third Street, Sanford. **If you would like a head covering, contact Carole at 919-776-0501 Ext. 2205.**



D A daily celebration



A nutritious lunch
is available
in the Diners Club
Monday through Friday
12:00 p.m.

for Lee County residents who
are 60 and better.

**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.**

AUGUST 2018 programs:

**Wednesday, August 1st at 11:00 am - National Night
Out Program Special speakers Capt. Hancox of the
Sanford Police Department, Ashley Graham of the
Lee Co. Health Dept. Topics include: Project
Lazarus, general safety, current scam prevention,
prescription medication safety, community watch.**

3rd—Extra Bingo
8th—Watermelon Social with Miller Boles
10th—Extra Bingo
15th—Hospice Awareness with Liberty Home Care &
Hospice
17th—Extra Bingo
22nd—All About Gangs, St. Jynn Bridges, Lee Co.
Sheriff's Office
24th—Health & Wellness Day
29th—Low Vision for Independent Living, Sallie
Wofford
31st—Extra Bingo

MONDAYS

Crafts 'n Coloring

WEDNESDAYS

Let's Walk! 10 AM

Diners' Club Sassy Red Hatters

Third Tuesday, 10:00 AM. Wear your red attire and be a part of this group of women 50 and older who enjoy life to the fullest!

FREE Smart Phone Training

Wednesday, August 8, 2018

5:00 p.m. - 6:00 p.m.

Do you have Smart Phone-Itis? It's when you regularly get frustrated at your cell phone...when you wonder who "Siri" is...Don't delay, join us for a journey into the mystical world of cell phones. Become a pro at navigating your device and learn the many features your smart phone has to offer. Topics include: basic communication, social networking, surfing the web, downloading apps, organizational tools and photography.

Bring your cell phone and questions!
Please call to register if you plan to attend,
(919) 776-0501 Ext. 2201.

TECH 9-1-1

Cell Phones - Laptops - Tablets - Etc.

Friday, August 17, 2018

Or

Friday, September 7, 2018

Do you have questions about your device, or just need help learning how to work the dang contraption?

Ask Holly! Sign up for a 45 minute time slot.

(919) 776-0501 Ext. 2201.

Please bring your device to the session.

Pot Luck Dinner Thursday, August 30 at 6:00 p.m. Bring your favorite dish to share with everyone. Drinks and music provided.



Happy 65th Birthday!

Thursday, September 20, 2018

5:30 p.m.

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?

Answers are available! *Attend this free informational presentation brought to you by SHIIP, Seniors' Health Insurance Information Program, a Division of the NC Department of Insurance.*



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Give Yourself a Break! Powerful Tools for Family Caregivers Class

9:30 a.m. until 12:00 p.m. on Thursdays, September 13 - October 18, 2018. Classes are free and led by trained facilitators. Contributions accepted.

Are you caring for a loved one fulltime or part time with Alzheimer's, Parkinson's or other dementia, stroke recovery or chronic condition? This class will provide you with tools and strategies to better handle the unique caregiver challenges you face.

"After taking the Powerful Tools for Family Caregivers Classes, I felt more confident about my day, the decisions I made and my health as well," Lee County family caregiver.

The tools learned in this evidence based series benefit caregivers by helping reduce stress, improve caregiving confidence, establish balance, communicate needs, make tough decisions and locate helpful resources.

Registration is required. Call (919) 776-0501 Ext. 2201.

We can assist with care for your loved one while you attend these classes. Contact Holly at (919) 776-0501 Ext. 2230.

YEE-HAW!

**Wear your boots if you want
and come party western-style!**

We're having a country dinner hoedown; fun and fellowship by the mile! Chicken Pie, Green Beans, Sweet Potatoes, Roll and Peach Cobbler

Thursday

September 13, 2018

6:00 p.m. - 8:00 p.m.

**\$10 secures your
reservation!**

**Special Guest
Entertainer Faith Bardill**



Health & Wellness Days

Open to all who are age 50 and better!

Friday, September 21, 2018

9:00 a.m. until 12:00 p.m.

Dermatologist Screening
By Central Dermatology

Hearing Screening
By Bright Audiology

Vision Screening
By Triangle Visions Optometry

Dental Health
By CCCC Dental Hygiene Students

Friday, October 12, 2018

9:00 a.m. until 12:00 p.m.

Ask the Experts
By Medicine Park Pharmacy

Question/Answer Session On Vitamins, Medicines &
Other Topics

Breast Cancer Supplies
By Quality Home Health

COPD
By Quality Home Health

Fall Risk Assessment
By Liberty Home Care

Sign-up required. Call (919) 776-0501 Ext. 2201.

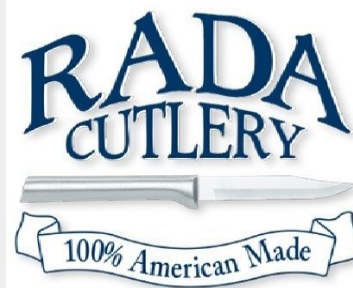
Flu Shots by Walgreens

***NOTE time 10:00 a.m.- 1:00 p.m.**

Walk-ins welcome, sign up preferred. *Free of charge to those 65 and over with Medicare Part B. Please bring your Medicare card.*

Spinal Assessment
By Ammons Chiropractic

Sale! 20% Off



All Open Stock Inventory

**Drop off
or call Melanie
with your list,
(919) 776-0501
Ext. 2214**

or email mrodgers@leecountync.gov.

Proceeds from Rada Cutlery sales benefit The Enrichment Center, Inc. Helping Fund. This fund is used to assist older adults in Lee County who are in a crisis situation with medication, utilities and other necessities of life.



ATTENTION ENRICHMENT CENTER VOLUNTEERS

A Defensive Driving class
will be offered
to ALL Volunteers

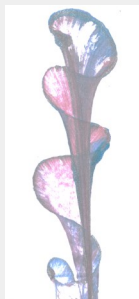
**Tuesday
September 25, 2018
9:00 a.m.**

Space is limited - registration is
required. Call (919) 776-0501
Ext. 2201.

**SAFETY
FIRST**

**SAFETY IS
EVERYBODY'S
JOB**

STRING ART



**With Instructor
Jeannie Jones**

**Tuesday, September 18, 2018
1:30 p.m. - 2:30 p.m.**

A beautiful, yet simple art form
using a string
medium to create
a unique design.

**Cost is \$10 for supplies, paid at
registration, by September 11.**

Corner



A Self-Help Approach to Coping with Caregiver Stress

Caregiving can bring forth an ever-changing kaleidoscope of emotions. Left unchecked, many of these emotions may lead to guilt, depression, anxiety and caregiver burnout.

Finding a path to self-help is different for each person. As our responsibilities and relationships shift throughout our lives, the ways we prefer to recharge ourselves can change. Caregiving imposes limitations on time, energy and financial resources, causing many to abandon the hobbies and pastimes they previously enjoyed. ***The bottom line is that caregivers must establish some sort of realistic self-care regimen that works for them.***

Physical activity, try a brisk walk, a short routine with stretch bands or light dumbbells. A walk-talk time with a neighbor provides a buddy system, respite and friendship.

Spiritual activity through music, reading, online live or pre-recorded church service or other type of meditation that decompresses and soothes you.

Laughter releases stress and provides a good mood. Keep a video library of funny comedy films.

Doing something for someone else is therapeutic. Have phone check-ins with a buddy or pick up someone's medicine or groceries while you are out.

Attend a support group. The Enrichment Center has ten support groups that meet regularly. ***See page 6 for the list.***

Never forget that professional counseling is always an option. Self-care works for many of us, but when thoughts and feelings become too dark and overwhelming, the right counselor can help you find your way again.

Make a commitment to care for yourself. Sticking to a regimen may seem like a chore at first, but perseverance and flexibility are crucial. You are important; believe you are worth the time.

*If you need further information about family caregiver classes, resources or general information, contact **Holly Hight, Senior Center Caregiver Specialist,** (919) 776-0501 Ext. 2230 or hhight@leecountync.gov*

Blood Pressure checks provided by Liberty Home Care on 2nd Tuesday from 10:30 AM until 11:30 AM. No charge.

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.

Tatting Club Thursdays at 1:00 PM. Join others who love to tatt. Bring your own tatting shuttle. Thread provided. The group teaches newcomers and all adults are welcome to attend. ***Tatting*** is a technique for handcrafting a particularly durable lace from a series of knots and loops.

Rex UNC Healthcare Mobile

Mammography at The Enrichment Center, Friday, October 12, 2018 from 10:00 a.m. until 3:00 p.m. Contact the Lee County Health Dept. for more information and to pre-register, (919) 718-4640 Ext. 5317.

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.

Caregiver Time Out Program

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 can join us. Caregiver Time Out is made possible by the **National Family Caregiver Grant.**

**Meetings are open to all adults and held at:
The Enrichment Center of Lee County**

N.C. Certified Senior Center of Excellence
1615 S. Third Street, Sanford, NC 27330
(919) 776-0501 Ext. 2201

Alzheimer's Support Group Facilitator: Holly Hight & Kay Gladden **1st & 3rd Thursday at 1:00 p.m.** This group offers support, advice & understanding to caregivers, family & friends of Alzheimer's patients.

"ANGELS" (Angels Now Getting Empathy, Love & Support) Caregiver Support Group Facilitator: Carolyn Savina **2nd & 4th Tuesday from 6:00 - 8:00 p.m.** Provides a forum for families and friends of individuals caring for loved ones.

The Caring Connection Support Group Facilitator: Candy Davidson **1st Monday at 10:00 a.m.** A cancer support group that provides a time for patient & family members to discuss feelings & concerns.

Diabetes Support Group Facilitator: Necole Thomas **1st Wednesday at 10:00 a.m.** Special speakers, information on new treatments and answers to your many questions on living a full life with diabetes.

Grandparents Raising Grandchildren Support Group (GRANCARE) Facilitator: Holly Hight. Are you a grandparent raising grandchildren and parenting the second time around? Grancare needs your participation.

Grief Support Group Facilitator: Linda Moore, RN, MSN, PA **2nd Thursday at 1:00 p.m.** Provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

Living with Vision Loss Support Group Facilitator: Ambrose Greene **2nd Tuesday at 1:00 p.m.** This group was created for people with vision impairments (including Macular Degeneration & Glaucoma) and their loved ones to discuss ways to cope with low vision.

Parkinson's Disease Support Group Facilitator: Bob Brickhouse **3rd Wednesday at 10:30 a.m.** Support, problem solving and education for persons with Parkinson's Disease, their families and caregivers.

Sanford/Lee County Stroke Support Group Facilitator: Joy Murphy **2nd Thursday at 1:00 p.m.** Provides educational materials, speakers and support for those who have had a stroke, their families and caregivers.

Sanford MS Self-Help Group Facilitator: Rosemary McLeod **2nd Monday at 6:30 p.m.** Self-help group for people living with multiple sclerosis & their families in the Sanford area.

Falls Prevention Programs

For ages 60 and better.

REGISTER NOW for upcoming classes.

Space is limited, reserve your spot by calling
(919) 776-0501 Ext. 2201.

One in four Americans aged 65+ fall every year. Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among seniors can be reduced substantially.

The Enrichment Center offers two programs for falls prevention: **A Matter of Balance** and **Tai Chi for Arthritis for Falls Prevention**. A federal grant for health promotion and disease prevention allows the programs to be provided free of charge to participants. Contributions are accepted.

A Matter of Balance Series

is an award-winning program designed to manage falls and increase activity levels.

**Mondays, September 10 through October 29, 2018
from 2:00 PM until 4:00 PM.** Learn to view falls as controllable, set goals for increasing activity, exercise to increase strength and balance and make changes to reduce fall risks at home.



Tai Chi

For Fall Prevention

is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls.

SESSION #1 Mondays and Fridays

12:30 p.m. - 1:30 p.m.

September 10 for ten weeks. Class ends on Monday, Nov. 19, due to Veterans Day Holiday.

OR

SESSION #2 Tuesdays and Thursdays

4:00 p.m. - 5:00 p.m.

September 11 for ten weeks.

Class ends on November 15, 2018

Informational Class for Sessions 1 and 2

Held on Friday, September 7, 2018 at 12:00 noon.



The Enrichment Center
of Lee County

SPIRIT WEEK



In Celebration
of Senior Center Month

**Monday, September 24 –
Friday, September 28,
2018**

*Dress Up For Your Lunch &
Activities This Week!*

***MONDAY:** Favorite Color

***TUESDAY:** Country-Western

***WEDNESDAY:** Wacky-Tacky

***THURSDAY:** Crazy Hair/Hats

***FRIDAY:** Rock-N-Roll

**Prizes awarded daily
for best costume!**



Friday Afternoon Movie Club

Friday, September 14, 2018:
Singin' In The Rain

Friday, October 19, 2018:
Young Frankenstein

Friday, November 16, 2018:
Driving Miss Daisy

Friday, December 7, 2018:
Meet Me In St. Louis

**Come enjoy a relaxing afternoon
with friends watching your favorite
cinema classics.**

**All movies start at 1:00 p.m.
Popcorn & drinks provided!**

***Seating Is Limited.
Please Call To
Reserve Your Spot
(919) 776-0501
ext. 2201.***





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

Making Every Day a Great Day



Non-Profit Org.
U.S. Postage
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27330
Permit No. 198

Handicapped Accessible Facility



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

Enrichment Center's Information &
Resource Directory Available Online:
www.leecountync.gov/ec

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

Volunteers Needed



The Lee County AARP Tax-Aide program is seeking volunteers to assist with all positions for the 2018 tax filing season. The program assists older adults and lower income with filing their tax return. Filing is electronic and completely confidential.

Volunteer training takes place October, November and January. Client appointments begin February 2019.

Volunteers work once or twice a week in jobs such as interviewers, counselors and data input.



Contact local
coordinator
Jim Payne today
(919) 718-9012
for more information
and to volunteer.

The Enrichment Center & PML

Present a Fabulous Holiday Trip to

The Biltmore Estate in Asheville, NC

Mr. Vanderbilt created Biltmore as an escape from everyday life. Now, his descendants invite you to enjoy his legacy of hospitality.

December 10 - 12, 2019

\$399 Per Person, Double Occupancy

Your 3 Day/2 Night Package Includes:

2 Night Hotel Accommodations

2 Breakfasts at your Hotel and 2 Dinners Including

1 Holiday Dinner at the Biltmore Estate

View Gingerbread Houses at the Grove Park Arcade

Self-Guided Candlelight Tour of The Biltmore House

Admission to Biltmore Estate Gardens and Grounds

Wine Tasting at the Famous Biltmore Estate Winery

Visit the Western NC Farmers Market, Blue Ridge Folk Art

Center and Asheville Christmas Wonderland Lights Display

Standard Taxes, Meal Gratuities and Baggage Handling

Deluxe Motor Coach Transportation

And Much More! **For further information and/or**

reservations, please contact Janice Holmes

(919) 776-0501 Ext. 2206.