

# The Center Post

Volume 27

DECEMBER 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**

*Connecting people who are age 50 and better, family caregivers and veterans with meaningful educational and volunteer opportunities; increasing their access to services, benefits and resources and offering them tools to manage their health and finances.*

**By 2035,**  
**17 years away,**  
**Americans age 65**  
**and older are**  
**forecast to**  
**outnumber kids for**  
**the first time.**  
**The U.S. Census Bureau**  
**projects that the**  
**population of older**  
**adults will surpass**  
**children by almost two**  
**million.**

Senior Centers:  
Masters of Aging



## Caregiver Christmas Celebration

Thursday  
December 6, 2018  
1:00 P.M. – 3:00 P.M.



Join your fellow caregivers for a relaxing afternoon of Christmas music, Christmas cheer and Christmas refreshments. This is a time to celebrate the season, as well as another year with our loved ones. No Scrooges allowed! *Please RSVP To (919) 776-0501 ext. 2201.*

## A Novel Approach

**Book Group Meets the second Tuesday of the month at 12:00 P.M.** December 11 book is Five Days in November by Clint Hill. January 8, 2019 book is A Gentleman in Moscow by Amor Towles. The group is open to all adults. Registration is not necessary.

## TECH 9-1-1

Cell Phones, Laptops, Tablets...

Monday, December 17, 2018

Do you have questions about your device, or just need help learning how to work the dang contraption? Ask Holly! *Call (919) 776-0501 ext. 2201 to sign up for your 1 hour time slot. Bring your device to the session.*

## Friday Afternoon Movie Club 1:00 p.m.

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

**December 7, 2018**

**"Meet Me in St. Louis"**

Special Christmas Edition

**December 14, 2018**

**"White Christmas"**

*The following classes are free and made possible by a Health Promotion and Disease Prevention Grant. Contributions accepted.*

## Tai Chi

**for Arthritis for Fall Prevention**

*This class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls. Priority given to those age 60 and better. Open spaces available to adults under age 60. SPACE LIMITED. Registration required, call (919) 776-0501 ext. 2201.*

*\*Tai Chi registrants must attend the informational session Friday, December 17 at 12 pm.*



**Mondays & Fridays**

**January 4- March 15, 2019**

**10 weeks- 20 sessions**

**12:15-1:15 pm**

**OR**

**Mondays & Fridays**

**March 18- May 31, 2019**

**10 weeks- 20 sessions**

**12:15-1:15pm**



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**Mondays 2:00 - 4:00 pm (8 classes)**  
**February 25 to April 15, 2019**

Registration required,  
call (919) 776-0501 ext. 2201.

## E. C. TRAVELERS

The below trips are now open to all adults in Lee County and neighboring counties. For travel policy and further information stop by or call The Enrichment Center, (919) 776-0501 Ext. 2201.

### 2018 Day Trips

December 13 Billy Graham Library, \$99

### 2019 Day Trips

January 12 and August 3 The Barn Dinner Theatre, Greensboro, Elvis Tribute Artist Stephen Freeman

### 2019 Overnight Trips

Now open to all adults in Lee County and neighboring counties.

April 8-10 Savannah, Ga

Sept 5-14 Canada & New England Cruise

December 10 - 12 The Biltmore Estate in Asheville, NC \$399 Per Person, Double Occupancy, SEATS AVAILABLE!



**Open Enrollment for Medicare Part D is through December 7, 2018.**

Medicare beneficiaries can call

855-408-1212 for the NC S.H.I.I.P. (Seniors' Health Insurance Information Program) office in Raleigh with their questions and choosing a plan.

### Guard Your Medicare Card

Changes are coming to your Medicare card.

- All Medicare beneficiaries will receive a **NEW** Medicare card by US postal mail between now and April 1, 2019
- The new card will have a Medicare Beneficiary Identifier (MDI)
- The government will **NOT** visit, call or ask beneficiaries to go on-line to obtain a new card

## 2019 Governor's Volunteer Service Award

Lee County has hundreds of volunteers working in a variety of agencies, organizations and businesses. Ever since 1979, the Office of the Governor recognizes North Carolina's most dedicated volunteers. Each county selects up to ten individuals, businesses, groups/teams and one paid Director of Volunteers to be recognized for their outstanding contributions to their communities. One of the nominees will be nominated for the Governor's Medallion Award for Volunteer Services, which is awarded to the top 20 volunteers in the state. A local committee evaluates the nominations.

Nomination forms are available at the below websites and The Enrichment Center, 1615 S. Third Street, Sanford.

[www.leecountync.gov](http://www.leecountync.gov) or [www.volunteernc.org](http://www.volunteernc.org) under the "Volunteer Awards" tab. The nomination form is available for submission online in 2019.

Return completed nomination forms to Janice Holmes at The Enrichment Center **NO LATER THAN Friday, January 11, 2019.**

If you need additional information call Janice at (919) 776-0501 Ext. 2206.

*Note: 7/1/2017 through 6/20/18, 3,237 duplicated (116 unduplicated) volunteers at The Enrichment Center logged 8,431 hours, a value of \$152,379.*

**Saturday Night Dance Group** Live bands and fellowship at The Enrichment Center, 7:00 p.m.-10:00 p.m., \$8.00 per person. **Bands for DECEMBER:** 1st—Southern Exposure, 8th—Tarheel Rhythm Band (wear something representing your career), 15th—The Midnight Express, 22nd—The Fabulous Troubadours (Birthday Dinner at 6 p.m.), 29th—Flash Back Band (ringing in the new year early so wear your party outfits)

**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 1-877-579-7562 for assistance and an appointment.

## Corner



Contact Holly Hight, Senior Center Caregiver Specialist, for further details about local adult day care, respite services and The Enrichment Center Caregiver Time Out Program, (919) 776-0501 Ext. 2230.

### 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.**

## Grandparents Raising Grandchildren

*Free Support Session*

**Thursday, February 28, 2019**  
**10:00 A.M. until 11:00 A.M.**  
**At The Enrichment Center**  
**Light Breakfast Provided**

- Printed resource materials available on-site
- Make a free craft
- Ask unanswered questions
- Find out about available community resources
- Network with other grandparents

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



## 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.

## C l u b

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

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

### December 2018 programs:

5th—Christmas Songs, Lee Christian School  
7th—Christmas Songs, First Grade, Tramway Elementary  
12th—High Hopes Chorus Concert  
14th—Here Comes Santa Claus!  
19th—Meet the Vendor, Susan McKenzie, Aging Outreach Services and Courtney Bunker, OutreachNC Magazine  
21st—10:30 a.m. The Adequates Barbershop Music  
28th—How Long Should You Keep Leftover Food?

### MONDAYS

**Crafts 'n Coloring**

### WEDNESDAYS

**Silver Striders**

**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!



# THE ENRICHMENT CENTER

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*



Non-Profit Org.  
U.S. Postage  
PAID  
Sanford, NC  
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](http://www.leecountync.gov/ec)

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

**The Enrichment Center will be CLOSED:**  
December 24, 25 and 26, 2018 for Christmas  
and January 1, 2019 for New Year's Day.

### 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 WXXL AM1290.

### You Will Receive Phone Messages From The Enrichment Center From Phone Number (617) 440-3507

We use this phone number to send you recorded phone messages from us at The Enrichment Center using the **MySeniorCenter** computer check-in system. We are letting you know about programs, classes, trips or meetings. If you have not been receiving these calls and would like to, please alert the front reception desk.

### As the calendar year 2018 comes to a close, please consider a charitable gift to The Enrichment Center, Inc. Helping Fund.

Recipients of The EC, Inc. Helping Fund live in Lee County, are age 60 and better and need assistance in a crisis situation with fuel, electricity, food or medication. Our staff members have a close relationship with other agencies, churches and organizations in the community to prevent abuse. Every dollar donated to The EC, Inc. HF are used to assist older adults in need. **Drop off or mail your contribution at The EC, 1615 S. Third St., Sanford 27330.**

### Did you know you can directly send your traditional or Roth IRA distributions to a qualifying charity?

Qualified charitable distributions (QCD) can be used to satisfy required minimum distributions from an IRA without having the distribution included in your income (on your tax return). There are requirements to meet; however, qualified charitable distributions (**QCDs**) can assist in satisfying required minimum distributions (**RMDs**). **Do not delay, contact your Financial Advisor about your IRA distributions. December 31 is the deadline.**