

The Center Post

Volume 27

FEBRUARY 2018

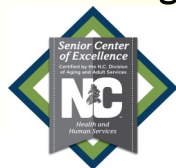
**The Enrichment Center
Hours of Operation:**
Monday - Thursday
8 a.m. - 8 p.m. and
Friday 8 a.m. - 5 p.m.
919-776-0501

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.

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Senior Centers:
Masters of Aging



National Wear Red

Day Friday,
February 2, 2018 is
a day when
Americans
nationwide will take
women's health to heart by wearing red to
show their support for women's heart disease
awareness. Join the national awareness
movement by wearing red on Feb. 2 and
encourage your family, friends and coworkers
to do the same. ***Love your heart and avoid
tobacco; be more active and choose good
nutrition!***



TAKE CONTROL ***Nutrition Program for Adults***

**“Come learn lifelong habits to
help you eat healthy and be
physically active!”**

Program Benefits:

- Sample healthy foods
- A cookbook, water bottle, and spice jar for you to keep
- Information to help you control sodium, fat, and added sugar
- 6 engaging and interactive sessions

Wednesdays
February 28 - April 4, 2018
10:30 a.m.—11:30 a.m.
At The Enrichment Center
Call (919) 776-0501 Ext. 2201
to reserve your spot.

Black History

Celebration Friday, February 23,
2018 at 10:30 AM in the Diners Club Grand
Hall. Black History Month, or National
African American History Month, is an
annual celebration of achievements
by black Americans and a time for
recognizing the central role of African
Americans in U.S. history. Master of
Ceremonies Claudia Lee will lead the
program, special music by Tempting
Chorus and Minister Roslind Prince of
Tempting Congregational Church will
speak.

RESCHEDULED

Scams & Fraud Prevention Seminar



Friday, March 2, 2018
1:30 PM - 2:30 PM

**Join Narcisa Woods, Assistant
Attorney General—Public
Protection, for an in-depth discussion
on the latest scams, frauds, and what
you can do to protect yourself. She will
also discuss the latest news on the
Equifax data breach.**
Please call to reserve a spot,
(919) 776-0501 Ext. 2201.

Veteran Town Hall

Meeting Tuesday, February 27,
2018 4:00 PM until 5:00 PM with VA
Hospital, Fayetteville, NC. Open to
the public, registration not necessary.

AARP Tax-Aide

is a group of volunteers who provide free tax filing services to seniors, low and middle income individuals during tax season.

The AARP Tax-Aide program at The Enrichment Center is available for appointments Feb. - April 16.

Call (919) 776-0501 Ext. 2201 for an appointment.

You must bring the following documents to your appointment:

- Last year's tax return
- Social Security Card
- Photo ID
- All supporting income and tax documents

Jewelry Making Meetup Group

Wednesdays, 2:00 PM - 4:00 PM. Join other jewelry making enthusiasts and spend a relaxing afternoon designing your very own collection of hand-made necklaces, bracelets, earrings and much more. BYOS - Bring Your Own Supplies.

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.

Saturday Night Dance Group Saturdays 7:00 PM - 10:00 PM, admission \$8.00. **Bands for February 2018: 3rd Southern Exposure, 10th Tarheel Rhythm Band (Sweet Heart Dance), 17th The Midnight Express, 24th The Fabulous Troubadours (Birthday Dinner at 6 PM).**

A Novel Approach Book Group meets the 2nd Tuesday of the month, 12:00 PM at The Center. Open to all adults. February 13 discussion, The Wright Brothers by David McCullough. March 13 discussion, Still Life by Louise Penney.

Nifty Noggins are head coverings for cancer patients and come in a variety of materials and styles. Volunteers make them free of cost just for you. **The next volunteer meeting is Tuesday, February 13 at 10:00 AM. If you would like a head covering, contact Carole, (919) 776-0501 Ext. 2205.**

DRAMA CLUB

Join Today!



~ *Murder Mystery Dinner Theatre*
~ *Diners' Club Skits*
~ *Guest Speakers & Performances*
~ *Social Outings*

To join and for more information call (919) 776-0501 Ext. 2230.

Bible Study, Mondays at 10:30 AM with Facilitators **Joyce Billings and Al Simpson.** Open to the public.

Tattooing Club Thursdays at 1:00 PM. Join others who love to tatt. Bring your own tattooing shuttle. Thread provided.

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

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.

Fayetteville VET Center
"Keeping the Promise"

Combat Veteran
Readjustment Counseling

At The Enrichment Center
1615 S. Third Street, Sanford
Every Other Monday

FREE Counseling for veterans,
active duty and their families.

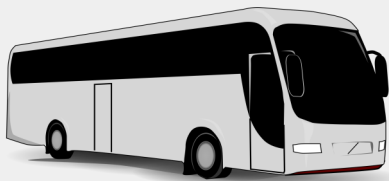
8:30 AM—11 AM Individual Sessions
11 AM—12 PM Group Session

With Sincere Hussein (910) 488-6252

E. C. TRAVELERS 2018 Destinations

Join us for the day....

<u>May 7</u>	<i>Biltmore House</i>
<u>June 28</u>	<i>The Wizard of Oz</i>
<u>September 27</u>	<i>Mt. Airy</i>
<u>October 16</u>	<i>NC State Fair</i>
<u>December 13</u>	<i>Billy Graham Library</i>



*Or on one of our overnight
excursions....*

<u>April 21-28</u>	<i>Caribbean Cruise</i>
<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,
1615 S. Third Street, Sanford, (919) 776-0501.

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.
l If you are interested in having lunch
u with us call Carole Nicely
b 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.**

FEBRUARY 2018 programs:

2nd—National Wear Red Day - Awareness of Heart
Disease in Women, Cindy Julich, Community Family
Medicine
5th—National Burn Week, Fire Dept. Speaks
7th—Laurence Poindexter Singing to Your Valentine
9th—Extra Bingo
14th—Valentine's Day Program
16th—Back Yard Bird Count, Jamie Osborne, Lee Co.
Parks & Recreation
20th—Sassy Red Hatters at 10:00 AM
21st—Happy Valentine's Day with Miller Boles
23rd—Black History Day
28th—Chocolate Trivia

MONDAYS

Crafts 'n Coloring

WEDNESDAYS

Let's Walk! 10 AM

Diners' Club Sassy Red Hatters Meets the
third Tuesday of the month at 10:00 AM. Join these
ladies for some fun and fellowship. Wear your red attire
on this day and make plans to be a part of a group of
women 50 and older who enjoy life to the fullest!

Technology Classes

Space For Each Class Is Limited

Please Call To Register (919) 776-0501 ext. 2201



Computer Class

Thursdays

February 1, 8, 15
& 22, 2018

9:00 A.M. - 10:00 A.M.

Tablet Class

Fridays

February 2, 9, 16
& 23, 2018

3:00 P.M. - 4:00 P.M.



iPhone

Smartphone Class

Friday, March 2, 2018

3:00 P.M. - 4:00 P.M.

Android Smartphone Class

Friday, March 9, 2018

3:00 P.M. - 4:00 P.M.



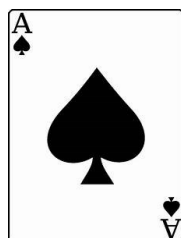
Stop by The Enrichment Center ...

New Artwork on Display

January through April 2018

**By "A Different Strokes Art Group"
from First Baptist Church**

Are you interested in a
Spades Card Group? If so,
contact Holly
at (919) 776-0501 Ext. 2230.



Lee County Senior Services is located at the Enrichment Center, a building which serves as a focal point in the community where older adults meet to participate in activities and enhance their involvement in the community. The Center was developed for the purpose of providing an activity center for older adults who can function independently. It is a visible reminder in Lee County of the value and contributions of our older citizens.

The Enrichment Center is a NC Certified Senior Center of Excellence.

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

Our purpose is to connect 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.

Services and programs we offer Lee County Citizens:

- Nutritionally balanced meals in a congregate setting
- Home delivered meals
- General and medical transportation
- Information and Options Counseling
- Health Promotion/Disease Prevention classes
- Home Repair
- Family Caregiver resources, training and support
- Medicare Counseling & Registration
- Tax Assistance
- Volunteer Opportunities
- Healthcare POA & Living Will
- Support Groups & Resources

Corner

Winter Top Tips: How to Keep Happy, Healthy & Warm

From: www.AgingCare.com

Here's valuable information from experienced caregivers for keeping a loved one cozy, content and clean in spite of cold winter weather.

Winter Skincare Tips - Although many people use baby oil, it contains mineral oil and artificial fragrances. If your loved one has any chemical sensitivities it's best to stay away from any artificial fragrances, artificial ingredients and mineral oil. Try plain coconut oil for soothing and moisturizing dry skin. It's simple and very effective. One primary care physician recommends Eucerin lotion products. For dry hands try O'Keefe's Working Hands Hand Cream. Keep the bath or shower warm, not hot, to prevent dry skin.

Staying Warm While Bathing in Winter - Cover cold floors with plush, fall-resistant mats. A radiant heater panel can be especially useful for bathrooms. Most come with a motion sensor timer to set for automatic shut off. Anchor the heater to the wall if possible. Warm up the bathroom prior to bath time.

Ending the Thermostat Wars - Your loved one is chilly and you are hot! As people age, typically the circulation in their extremities diminishes, causing them to feel cold. Low thyroid can be another cause of being cold, so be sure to get that checked. Install home thermostats a little higher so that the care recipient cannot adjust it. Try a Sunbeam heating pad on the back of their favorite sitting chair. For yourself, try a tall Dyson fan. It makes very little noise and the air feels cool. Beanbag/rice bag microwaveable heat packs can be heated and strategically placed at the hip, stomach, back and feet for warmth. Offer your loved one warm beverages often, such as tea or broth, to keep them warm and maintain hydration.

The above tips were submitted by family caregivers to AgingCare.com. If you need caregiver information and resources, contact Senior Center Caregiver Specialist, Holly Hight at (919) 776-0501 Ext. 2230.

Caregiver Time Out

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 qualifies. Caregiver Time Out is made possible by the **National Family Caregiver Grant**.

15th Annual Regional Caregiver Education Conference

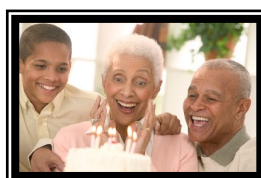
Tuesday, March 27, 2018

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 department, volunteer fire and rescue, family caregivers or anyone wanting to learn more about Alzheimer's disease and other forms of dementia. Learn from dedicated professionals how to be the best caregiver you can be. Register today by calling Lisa Levine, (919) 832-3732. Professional CEU's available.



"Explain how much I love my grandkids? That's like counting all the stars in the universe ... impossible!"

Grancare Informational Session

Thursday, March 8, 2018 6:00 PM - 7:00 PM

Grandparents Raising Grandchildren

Has your home become the place where parenting for the second time is your responsibility? Have you had to assume the role as a parent? If so, Grancare is where you belong. Grancare is a support program for anyone who can answer "yes" to either of the above questions.

Come and enjoy a combination of sharing experiences, educational presentations and informal exchange. If you would like to participate in this new group please RSVP to (919) 776-0501 ext. 2201.





THE ENRICHMENT CENTER

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

Making Every Day a Great Day



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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.

For weather closings and delays, tune in to local TV and radio or go to www.leecountync.gov/Departments/EmergencyManagement. Or register for the Enrichment Center's one call for updates.

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

Up & Coming! Register NOW! **Call (919) 776-0501**

Discover Your Love Language, The Five Love Languages for Caregivers Workshop, Thursday, April 5, 2018 from 10:00 AM until 11:00 AM. Led by a NCBAM (NC Baptist Aging Ministry) professional, based on principles from the bestselling book, "The Five Love Languages" by Dr. Gary Chapman. Learn ways that the principles from the book can be utilized to improve the care of aging adults in any setting.

Reducing Stress in the Golden Years, free class! Thursday, April 19, 2018 from 2:30 PM until 3:30 PM. Participants learn to de-stress their lives, how faith and humor can help, as well as practical solutions for a better night's sleep.

SOS for the Caregiver, Thursday, May 3, 2018 from 1:00 PM until 2:00 PM (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. Led by a professional from NCBAM (NC Baptist Aging Ministry).

Tai Chi For Fall Prevention



**Mondays and Fridays
April 9 - June 18, 2018
11:00 AM - 12:00 PM**

Informational Class April 6, 2018

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

**SPACE IS LIMITED. TO REGISTER CALL
(919) 776-0501 EXT. 2201.**

*This class is provided at no charge to participants by a Health Promotion Disease Prevention Grant.
Contributions accepted.*