

# The Center Post

Volume 27

JULY 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 ...**

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## **Senior Centers:** **Masters of Aging**



## **Downsizing Made Easy!**

**Tuesday, July 24, 2018 2:00 p.m.**

The thought of downsizing can leave you feeling overwhelmed and unsure of where to start. Learn how to simplify your life and living space with **Lisa York - Realtor/Auctioneer with Adcock & Associates.** This class will provide useful information on how to start the process of downsizing, and give you simple tips to live your best life on a smaller scale. **Please call to RSVP (919) 776-0501 Ext. 2201.**

**Better Sleep B-I-N-G-O!** Wednesday, July 11 at 11:00 a.m. "If a great night's sleep is something you only dream of, play Better Sleep Bingo to identify and learn 25 tips for getting better ZZZZZs... all while playing a fun game of Bingo!" Call (919) 776-0501 Ext. 2201 to register.

## **Operation Fan Heat Relief**

Box fans are available at The Enrichment Center for people who live in Lee County and are 60 and older, as well as adults with disabilities. The purpose of the program is to provide a more comfortable living environment and reduce heat-related illnesses. The program is made possible by donations from Duke Energy Progress.

**Picture ID required. Request forms at The Enrichment Center front desk.**

## **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.

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

A FREE Diabetes Program for Seniors *Join us Thursdays for this fun, hands-on 6 session class!* July 5 - August 9, 2018, 2:00 p.m.- 4:00 p.m. At The Enrichment Center Reserve your spot today by calling (919) 776-0501 Ext. 2201.

**In cooperation with:**



Everyone with Diabetes Counts



## **The Enrichment Center's National Night Out Special**

**Safety Program** Wed. August 1 at 11:00 a.m. in the Grand Hall. Topics include: general safety, current scam prevention, prescription medication safety, community watch and National Night Out. **Special speakers: Capt. Hancox of the Sanford Police Dept., Ashley Graham, Project Lazarus, Lee Co. Health Dept.** Call (919) 776-0501 Ext. 2201 for more information.

## **Space is still available for the trip back in time..."Mayberry"**

Join us as we discover "Mayberry" in Mt. Airy, NC on Thurs., September 27. Cost of \$75 includes admission to the Andy Griffith museum, transportation and lunch at Snappy's —yum-yum! Free time to explore downtown or ride in the squad car! Payment due at time of registration.

## **2018 Wellness Tai Chi, \$15**

**Session 6** Monday, July 16 – Monday, August 20, 10:00 a.m. **OR 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.

## 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 &amp; 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.



## 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.

## Club

Menu selections include: Baked chicken,  
hamburger, chef salad, vegetables,  
fruit, bread, cobbler/cake and beverage.

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.

### JULY 2018 programs:

- 3rd—Farmer's Market - Tuesdays
- 6th—Extra Bingo
- 10th—Farmer's Market
- 11th—Laurence Poindexter Celebrating July
- 13th—Bob Lewandowski playing accordion
- 17th—Farmer's Market
- 18th—Miller Boles Celebrating July
- 24th—Farmer's Market
- 27th—What is Literacy? With Charmaine Earnest &  
Barbara Yukevich
- 31st—Farmer's Market

#### **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. 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!

**Saturday Night Dance Group** Saturdays at The  
Enrichment Center, 7:00 p.m.-10:00 p.m., \$8.00.

## Corner



### Palliative Care: *What is it and how does it differ from Hospice?*

[www.agingcare.net](http://www.agingcare.net)

Palliate means, “to make the effects of something, such as an illness, less painful, harmful or harsh.” It originates from the Latin word *pallium*, meaning “to cloak.”

While hospice care is typically provided to patients at the end of life, palliative care is appropriate at any age and at any stage in a serious illness.

*Palliative* care can also be provided in conjunction with curative treatment. Palliation can be provided at first diagnosis or late into the disease process because access is based on the needs of the individual. Palliative care is delivered by an interdisciplinary team of medical professionals that works closely with a patient’s specialist to develop an individualized symptom management plan and help accomplish treatment goals.

*Hospice* is the medical service that provides a specialized type of palliative care to individuals who have received a terminal diagnosis and are approaching the end of life.

Many organizations provide both types of care. While they may be similar, this does not change the fact that each care program involves very different eligibility requirements for acceptance.

*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](mailto:hhight@leecountync.gov).*

### Caring For A Loved One In The Home

*Tips, tricks & treats to overcome caregiver burnout.*

**With Janice Morris Fraley, RN, BSN**

**Wednesday, August 29, 2018**

6:00 P.M. – 7:30 P.M. with Light Refreshments

Learn the ins & outs of caring for a loved one in the home with a professional who has been there, done that, and actually written a book on it! Janice’s booklet will be available for purchase. Call (919) 776-0501 Ext. 2201 to RSVP.

### “SOS” Help for the Caregiver

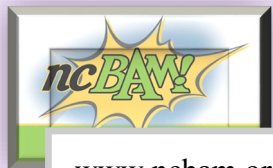
Thursday, August 2, 2018

1:00 p.m. - 2:00 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



[www.ncbam.org](http://www.ncbam.org)

(NC Baptist Aging Ministry).

Please call to reserve your spot  
(919) 776-0501 Ext. 2201.

### STAYING HEALTHY

You can live a healthy lifestyle and prevent disease by exercising, eating well, maintaining a healthy weight and not smoking. Medicare can help. Medicare pays for many preventive services to help keep you healthy. Preventive services can find health problems early and fight off certain diseases. *If you have Medicare, you can get a yearly wellness visit and many other preventive services. Ask a SHIP counselor for more information. For more information contact Janice Holmes (919) 776-0501 Ext. 2206.*

### TECH 9-1-1 for Cell Phones, Laptops, Tablets!

**Wednesday, July 18.** Do you have questions about your device, or just need help learning how to work the dang contraption? Ask Holly! Sign up for a 30-minute time slot. Call (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.**



# 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 & PML

Present a Fabulous Trip to

### *Savannah, Georgia & The Golden Isles*

**April 8 - 10, 2019**

#### **3 Day/2 Night Package Includes:**

Deluxe Motor Coach Transportation  
2 Nights Hotel Accommodations, 2 Breakfasts at Hotel &  
2 Dinners to Include 1 Dinner at The Pirate's House,  
Guided Tour of Historic Savannah, Performance at the  
Savannah Historic Theater, Guided Tram Tour of  
Historic Jekyll Island, Tour of St. Simon Islands, Visit to  
Famous River Street. Also includes standard taxes,  
baggage handling and meal gratuities.

Price: \$379 Per Person, Double Occupancy  
Travel protection insurance available for purchase  
separately, \$51 and non-refundable.

**For further information and/or reservations, please  
contact Janice Holmes, (919) 776-0501 Ext. 2206.**

## Winston-Salem VA Regional Office Serving Veterans and their families at the

### **Dunn Veterans Experience Action Center**

**Dunn Community Center**

**205 Jackson Rd., Dunn NC 28334**

**Wednesday July 25, Thursday July 26, and Friday  
July 27, 2018 from 8:30 AM to 3:00 PM**

Hosted by American Legion Post 59, City of Dunn, &  
Harnett County Veterans Office, in cooperation with  
Congressman George Holding

*Representatives available for: face-to-face assistance with  
claims and appeals, health benefit information & assistance,  
information about benefits & VA programs including  
Vocational Rehabilitation & Employment, education, home  
loans, insurance, pension, & survivor's benefits, State  
Veterans Benefits.*

#### **For more information:**

**Visit: <http://www.benefits.va.gov/winstonsalem/> or Call:  
(336) 251-0800 or your local Veterans Service Officer.  
In Lee County call (919) 776-0501 Ext. 2209 or Ext. 2210.**