

# The Center Post

Volume 27

JUNE 2018

## **The Enrichment Center**

### **Hours of Operation:**

**Monday - Thursday**

**8 a.m. - 8 p.m. and**

**Friday 8 a.m. - 5 p.m.**

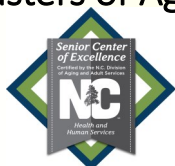
**919-776-0501**

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 ...**

- ♦ *Downsizing Made Easy*, pg. 2
- ♦ *Parkinson's Disease Support Group*, pg. 2
- ♦ *Canada & New England Cruise*, pg. 3
- ♦ *2018 Day & Overnight Trips*, pg. 5
- ♦ *Melodies for Me*, pg. 6
- ♦ *Tech 9-1-1*, pg. 6

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



## **Do you have high blood pressure?**

Do you need help managing it?



## **Know It Control It** *for Seniors*

In order to enroll in this program you

**must:** be at least 50 years old, have been diagnosed with high blood pressure, have a normal heart beat and not have had a heart attack or stroke in the past six months. **You will receive:** blood pressure checks, training on how to take your blood pressure, tips and tricks for managing your blood pressure and DOOR PRIZES.

**Eight Thursdays beginning June 7 with Blood Pressure Coach: Ashley Graham, MPH, Lee Co. Health Dept. Classes held at The Enrichment Center. This is a free program and you must register by calling (919) 776-0501 Ext. 2201.**

## **Veterans Remembrance**

**Group** Wednesday, June 13 at 2:00 p.m. with special guest speaker **Randy Jackson**. In Vietnam, he was a Uh-1H Crew Chief and supported Lam Son 719, a losing battle. He worked on aircraft as a mechanic. Randy has visited many countries and is also a Ham Radio Operator. Open to the general public.

## **Rex UNC Healthcare Mobile**

**Mammography** at The Enrichment Center, Friday, June 8, 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.

*You are cordially invited  
to a reception honoring*

**Cleo Bryant  
and  
Mary Upchurch**

*Recipients of the  
2018 Governor's Award  
for Outstanding  
Volunteer Service  
in Lee County*

*and*

**George and Theresa Miller**  
*2018 Governor's Medallion  
Award Recipients*

*Thursday, June 21, 2018  
2:00 p.m.*

*At The Enrichment Center  
Refreshments Served*

**Caring for the Caregiver** Wed., June 6, 2018 2:30 p.m. **Samantha Allred, NCBAM (NC Baptist Aging Ministry)** "At the end of the day, who cares for the caregiver?" This presentation examines the daily concerns of the caregiver, some of the frustrations they face, and takes a look at resources and ideas that the caregiver can take advantage of to maintain and improve their lives - emotionally, physically and spiritually. Implementing these practices will be a win-win for the caregiver and the person who needs the care. Call (919) 776-0501 Ext. 2201 to register.

**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.

**2018 Wellness Tai Chi Sessions** Mondays, June 4 - July 9, 2018 OR July 16 - August 20, 2018 OR September 10 - October 15, 2018 at 10:00 a.m. Tai Chi will help you gain strength, balance, physical and mental well-being. Tai Chi is a great way to exercise both mind and body with little discomfort, or for those who are unable to stand for extended periods. \$15, payable at registration reserves your spot.

**Reunions can be MURDER. You're Invited, Hamilton High Reunion**, A Dinner Theatre Performance By The Enrichment Players. \$10, dinner included. Thursday, June 14, 2018, 6:00 p.m. - 8:00 p.m. Payment due at time of reservation.

**Water Aerobics** Now through August at OT Sloan Pool, \$15/Month, **Payment due at time of registration at The Enrichment Center.** Priority given to those ages 50 and better. Space available open to all adults. **NO REFUNDS.** Mondays/Wednesdays/Fridays at 11:00 a.m. OR Mondays/Wednesdays/Thursdays at 5:30 p.m. Register, complete an information form and pay at The Enrichment Center.

**Tai Chi**, Thursdays, 4:30 p.m. \$10 per month. This class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls. Space limited, call to register (919) 776-0501 Ext. 2201. Beginning June 22, 2018 this class meets Fridays, 11:00 a.m.—11:45 a.m.

**Saturday Night Dance Group** Saturdays, 7:00 PM - 10:00 PM, admission \$8.00. **Bands for JUNE 2018: 2nd—Southern Exposure, 9th—Silver Eagles Band, 16th—Skyryder Band (honor oldest and youngest dad), 23rd—The Fabulous Troubadours (birthday dinner at 6 p.m.), 30th—Jr Gainey and The Killing Time Band.**

Refreshments  
Provided

## 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.

### Alzheimer's Support Group

**1<sup>st</sup> & 3<sup>rd</sup> Thursday of Every Month**

**1:00 p.m. - 2:00 p.m.** This group offers support, advice & understanding to caregivers, family & friends of Alzheimer's patients. Come familiarize yourself with this overwhelming disease, learn about community resources & help yourself & others deal with the present and plans for the future. Open to the general public. *Mark your calendar for the ice cream social, 3rd Thursday in July for caregivers!*

### Parkinson's Disease Support Group

**3rd Wednesday of Every Month 10:30 a.m.**

Support, problem solving and education for persons with Parkinson's Disease, their families and caregivers. Open to the general public.

Canada & New England Cruise reservations will be accepted between 8:00 a.m. - 8:45 a.m. and 3:00 p.m. - 4:00 p.m. on Mondays and Wednesdays and 8:00 a.m. until noon on Fridays during the month of June 2018.



## PML Travel & Tours and The Enrichment Center

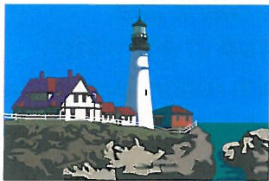
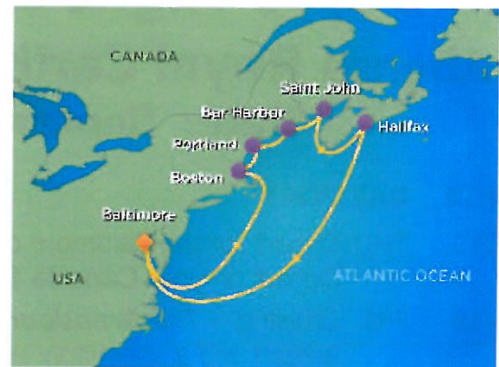


Presents a Fabulous

### 10 Day/9 Night Canada & New England Cruise Aboard Royal Caribbean's "*Grandeur of the Seas*"

Date: September 5 – September 14, 2019

*New England and eastern Canada have an unmistakable charm, history and natural beauty all their own. And there's no better time to visit than the fall; the foliage is brilliant in every imaginable color, lighthouses dot the coastline, and there's always an authentic lobster bake going on somewhere!*



**Price:** \$1229.00 Per Person Inside Cabin Cat 6V  
\$1289.00 Per Person Inside Cabin Cat 2V  
\$1529.00 Per Person Outside Cabin Cat 2N

\*Balconies Available upon request.

(Prices Based on Double Occupancy. Cabin Selection Subject to Availability)

#### **Included in Your Price:**

Cruise, Cabin, Shipboard Meals, Port Charges, and Taxes.  
Motor Coach to and from Baltimore Pier

**Travel Protection:** Cancellation Policy is Severe. Travel Protection can be purchased at \$119.00 per person for Inside Cabin Cat 6V & \$145.00 per person for Inside Cabin Cat 2V & Outside Cabin Cat 2N – double occupancy. Travel Protection should be purchased at the time of initial deposit to ensure full benefits. Insurance premiums are non-refundable.

#### **Payment Schedule:**

1. **\$250.00 per person is due with names immediately, to hold your reservation.** Cabin selection will go to the earliest bookings. The cruise line reserves the right to lower our inventory or raise our prices at anytime.
2. **Additional \$500.00 payment due January 15, 2019. Final payment is due by May 15, 2019.**
3. Travel Protection, on an individual basis, should be forwarded to PML Tours as people give their initial deposit.

**\*See flyer at front desk for detailed itinerary\***







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.**



### Jewelry Making Meetup Group

Wednesdays, 2:00 PM Spend a relaxing afternoon designing your very own collection of hand-made bracelets, earrings and much more. For more information contact Holly Hight (919) 776-0501 Ext. 2230.

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

**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.

*By the year 2035, that's seventeen years from now, 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...*

## 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.**

**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.

### The Enrichment Center is a SilverSneakers Fitness Location!

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. If you are part of a Medicare health plan or a group retiree, you may already have the SilverSneakers benefit. Eligible participants receive FREE participation in our qualifying fitness programs at The Enrichment Center.

**To enroll, obtain your Silver Sneakers ID card from your health insurance provider. Bring your card to The Enrichment Center front desk for documenting and further information about our fitness programs.**



### 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

#### 2018 Day Trips

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

<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>

#### 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.**

### JUNE 2018 programs:

- 1st—Home Town Pharmacy, Barbara Worley
- 6th—Laurence Poindexter Singing for Father's Day
- 8th—Rusty Edmister, Volunteer Collector of Veterans Oral History
- 13th—Ten Tips to Liven Up Your Meals with Vegetables and Fruits
- 13th—Elder Abuse Awareness Program, Debbie Williams
- 15th—Father's Day Program
- 20th—Celebrate Father's Day with Miller Boles
- 22nd—Adequate's Singing Barbershop Music
- 27th—9:00 a.m. Mesh Ribbon Wreath Class (for Diners Club Participants)
- 29th—Extra Bingo

#### **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!

## Corner



### Melodies For Me!

*Did you know listening to music can alleviate frustration for the caregiver and care recipient?*



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 an exciting program, by The Enrichment Center, that has adapted the principles and techniques of other music related therapy for the mind. The Enrichment Center has two MP3 players, loaded with meaningful and period music personalized for the 50 and better population, that are available to lend to registered caregivers. The goal of the 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.

*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).*

**Guard Your Medicare Card!** All Medicare beneficiaries will receive a NEW Medicare card between now and April 1, 2019. The new card will have a Medicare Beneficiary Identifier and will NOT have a signature line. The government will NOT visit, call or ask beneficiaries to go on-line to obtain a new card. BE SMART AND GUARD YOUR CARD!

## “SOS” Help for the Caregiver

Thursday, August 2, 2018

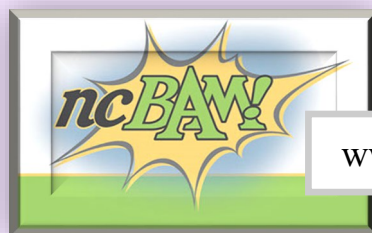
1:00 p.m. - 2:00 p.m.

(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 (NC Baptist Aging Ministry).

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



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

## TECH 9-1-1

Cell Phones Laptops Tablets Etc.

Wednesday, July 18, 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 30 minute time slot.**

**Call To Reserve Your 30 Minute Time Slot**

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

*Please bring your device to the session.*

## 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**.





***BIG NEWS from Mike Causey, Commissioner***  
**SHIIP Helps Save**

**N.C. Medicare Beneficiaries Millions**

In 2017, the Seniors' Health Insurance Information Program (SHIIP), along with the SHIIP coordinating sites statewide, assisted 102,000 consumers saving them \$60 million. In addition, nearly 6500 consumers received assistance applying for the Extra Help program. **In Lee County, The Enrichment Center staff assisted more than 440 consumers and saved Lee County residents more than \$569,817.**

***June is the month that we celebrate dads. What better time is there for men to get their health screenings scheduled?*** Even healthy men need to get health screenings for preventive care. If you are a man with Medicare coverage, now is the time to talk with your doctor about getting screened for prostate cancer, colorectal cancer and cardiovascular disease. Medicare covers prostate screenings once every 12 months for men over 50 and the colorectal screening tests every 120 months, unless at high risk. Cardiovascular screenings can detect conditions that could lead to heart attack or stroke and are covered by Medicare once every five years. **For more information, contact SHIIP at 1-855-408-1212 or Janice Holmes, SHIIP Coordinator at 919-776-0501, Ext. 2206.**

**Happy 65th Birthday!**

*Medicare is next.... now what? Not sure what Medicare is, what Medicare costs and what Medicare pays?*  
Reliable answers are available!

***5:30 p.m. Thursday, September 13, 2018***

To register call (919) 776-0501 Ext. 2201.

***This program is brought to you by SHIIP, a division of the NC Dept. of Insurance.***

**Medicare Card Update!**

**Current Medicare Card**

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY <b>JANE DOE</b>			
MEDICARE CLAIM NUMBER <b>000-00-0000-A</b>	SEX <b>FEMALE</b>	EFFECTIVE DATE <b>07-01-1986</b>	
IS ENTITLED TO <b>HOSPITAL (PART A)</b>	<b>MEDICAL (PART B)</b>	<b>07-01-1986</b>	
SIGN HERE <i>Janice Doe</i>			

**New Medicare Card**

MEDICARE HEALTH INSURANCE	
Name/Nombre <b>JOHN L SMITH</b>	
Medicare Number/Número de Medicare <b>1EG4-TE5-MK72</b>	
Entitled to/Con derecho a <b>PART A</b>	<b>03-03-2016</b>
<b>PART B</b>	<b>03-03-2016</b>
Coverage starts/Cobertura empieza	

- Medicare began mailing new Medicare cards April 1, 2018.
- Mailing takes time– your card may arrive at a different time than your friend's or neighbor's.
- Your Social Security number will NOT be on the new card.
- If you are in a Medicare Advantage plan, keep the card your company has given you. You will continue to use this card when you need medical services and/or medications.
- Your new card is paper.
- There is NO COST to get a new Medicare card.

**Lee County Government  
Volunteers May Join  
Local Government Federal  
Credit Union, LGFCU**

If you are a volunteer at The Enrichment Center, or any other Lee County Government Department, you may join Local Government Federal Credit Union, LGFCU.

LGFCU is located at the State Employees Credit Union (SECU) on Spring Lane in Sanford.

Alert the Customer Service desk attendant at SECU that you are a volunteer at The Enrichment Center.

**They may call Melanie Rodgers at (919) 776-0501 Ext. 2214 or Janice Holmes Ext. 2206 for verification.**



# 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.

**Subscribe to The Center Post today!**  
For \$5/year you will receive the newsletter in your mailbox! Drop off cash or check today.

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

## Medical, Financial & Legal Documents To Have In Place For Stress Free Aging

Wednesday, August 22, 2018, 2:00 P.M. – 4:00 P.M.  
Join **Erin Haygood, Attorney from Legal Aid NC**, 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.

*"I've discovered that loving kindness is required to make this an enjoyable and not a dreaded event."*

## 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

Join us for an informative evening of learning 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.



**Reminder! Crafters can begin calling July 1st to participate in our annual**

**2018 Fall Festival to be held**

**Saturday, October 27, 2018**

**8:00 a.m. – 2:00 p.m.**

**At The Enrichment Center**

**Crafters should call Debbie Williams**

**(919) 776-0501 Ext. 2203.**

**2018 Enrichment Center's  
Information & Resource Directory  
is available. To view or print,  
visit our website at**

**[www.leecountync.gov/ec](http://www.leecountync.gov/ec)**