

# The Center Post

Volume 27

MARCH 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 ...*

- ♦ *What is a Reverse Mortgage?, pg. 3*
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**Senior Centers:  
Masters of Aging**



15th Annual

## Regional Caregiver Education Conference



**Tuesday  
March 27, 2018**

**Dennis A. Wicker Civic Center  
1801 Nash Street, Sanford, NC  
8:00 a.m. Until 4:00 p.m.**

Lunch provided. Resource information.

***Registration Required***

**Contact: Lisa Levine  
(800) 228-8738 or [llevine@alznc.org](mailto:llevine@alznc.org)**

### **Registration Fees:**

**Family caregivers, clergy, students,  
volunteers, \$10.**

**Professionals \$40, includes 4.5 CE Hrs.  
Respite care available for your loved  
one upon request.**



***Presented by:  
Alzheimer's N.C. and  
The Enrichment Center  
of Lee County***

This conference is  
presented for family,  
community members and  
professional caregivers.  
Gain information from  
professionals in their fields  
about the latest trends in  
Alzheimer's care.  
Seminars, vendors, door  
prizes and more!

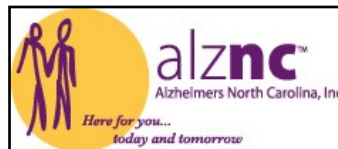
**Contact Holly Hight  
at The Enrichment  
Center with general  
questions  
(919) 776-0501  
Ext. 2230.**

**See page 2 of this  
newsletter for more  
conference details...**

# 15th Annual Caregiver Education Conference

Tuesday, March 27, 2018  
Dennis A. Wicker Civic Center  
1801 Nash Street, Sanford, NC  
8 A.M. until 4 P.M.

*Presented  
By:*



At the Caregiver Education Conference, participants will explore how to better communicate with others for the betterment of care for those living with dementia. Experts and resources will be available to help build your care team and develop strategies to enhance care. Networking with other caregivers is highly encouraged.

## Conference made possible by support from:

Amedisys Home Health & Hospice  
Bayberry Retirement Inn  
Central Carolina Hospital  
Community HomeCare & Hospice  
Edward Jones - Dargan Moore  
First Choice Home Care  
FirstHealth Moore Regional Hospital  
The Laurels of Chatham  
Liberty Home Care & Hospice  
Liberty Medical Specialties  
NC Planning  
Peak Resources - Pine Lake  
Piedmont Health SeniorCare  
Sanford Health & Rehabilitation  
Seniors Helping Seniors of the Sandhills  
Twin Rivers Independent Senior Living/  
Cambridge Hills of Pittsboro  
Miller - Boles Funeral Home  
The Sanford Herald  
Life 103.1 WLHC-FM/WLQC-FM

Thank you to Spring Arbor of Apex for providing the VDT (Virtual Dementia Tour) experience! During the conference you will have the option to participate in the Virtual Dementia Tour®. You will experience the challenges someone with dementia might face. Sign up at morning conference check-in to participate.

General Information: Holly Hight,  
(919) 776-0501 Ext. 2230  
hhight@leecountync.gov

To Register: Lisa Levine,  
(800) 228 - 8738 llevine@alznc.org

## Family Caregivers, Clergy, Students

### & Volunteers: \$10

Respite reimbursement is available with prior approval. Call DeeDee Harris at (919) 832-3732.

### Professionals: \$40 Includes 4.5 CEUs

Visit <https://www2.ncdhhs.gov/dhsr/acls/ceu.html> for details about these credits.

Please make checks payable to: Alzheimer's North Carolina. Credit card payment can be made by calling (800) 228-8738. Payment non-refundable after 3/20/18.

**Room temperatures vary, please dress in layers.**

## Conference Schedule for March 27, 2018

**8:00 A.M.** Registration    **9:00 A.M.** Welcome

**9:15 A.M.** The 5 Love Languages for Caregivers, Samantha Allred, North Central Regional Director, NC Baptist Aging Ministry (NC BAM)

### **10:30 A.M. Break - please visit exhibitors**

**10:45 A.M.** Breakout Sessions (choose one, sessions repeat after lunch) **A.** Healthcare and Your Retirement Dargan Moore, CFP, CLU, AAMS, Financial Advisor, Edward Jones

**B.** Capitalizing on Governmental Benefits to Help Pay for Care, Lauren Campbell Maxie, Attorney, and Kyle Frizzelle, Attorney, NC Planning, Adams, Howell, Sizemore & Lenfestey, P.A.

**C.** Resources for the Dementia Caregiver, Lee County Enrichment Center Staff and Natalie Leary, MSW, LCSW-A, Social Worker, Duke Family Support Program, Family Consultant, Central NC Project C.A.R.E

### **11:45 A.M. LUNCH and visit exhibitors**

**12:45 P.M.** Breakout Sessions (A, B or C from above)

### **1:45 P.M.** Break and visit exhibitors

**2:00 P.M.** Keeping the Peace - Is It Possible When Dementia Progresses? **Melanie Bunn**, MS, RN, GNP, Dementia Training Specialist, Alzheimer's N.C.

**3:30 P.M.** Completion of Evaluations, Door Prizes

### **Volunteers Needed in the Home Delivered Meal Program,**

contact Janice Holmes, Volunteer Services Coordinator, 919-776-0501 Ext. 2206, for a volunteer application and more information. Volunteers assist on a regular basis or as fill-in. Meals are picked up at The Enrichment Center and routes take about 1.5 hours. Make a difference in someone's life today by being a home delivered meal volunteer.

**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. Call to reserve your spot (919) 776-0501 Ext. 2201.

**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. Call to reserve your spot (919) 776-0501 Ext. 2201.

**SOS for the Caregiver, Thursday, May 9, 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). Registration requested call (919) 776-0501 Ext. 2201.

**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.*



### *Stop by The Enrichment Center ... New Artwork on Display By "A Different Strokes Art Group" from First Baptist Church*

**Veterans Remembrance Group,** Wednesday, March 14, 2018, 2:00 PM with **Special Guest Speaker AMH1(AW) James H. Van Cleave USN Retired.** Aviation Structure Mechanic (Air Warfare) First Class Petty Officer spent 21 years in the US Navy from 1983 until 2004. Served in missions Just Cause, Iraq, Afghanistan and humanitarian efforts in the Philippines and Indonesia. Registration is requested, call (919) 776-0501 Ext. 2201.

**Reverse Mortgage Program,** Friday, March 23, 2018 at 11:00 AM. **Special Guest Speaker Charlotte Spradling,** Housing Counselor Manager with Johnston-Lee-Harnett Community Action, Inc. A reverse mortgage is a type of home loan for older adult homeowners (62 years or older) that requires no monthly mortgage payments. Charlotte will further explain what a reverse mortgage is and answer your questions. Open to the public, registration not required.

**A Matter of Balance Series, Do You Have Concerns About Falling?** Attend the next **A Matter of Balance series,** an award-winning program designed to manage falls and increase activity levels. **Mondays, April 9 through May 21 from 2:00 PM until 4:00 PM and Friday, May 25 from 1:00 PM - 3:00 PM.** Through this series you will 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. Free to all participants; provided by a Health Promotion Grant. Contributions are accepted. Space is limited, reserve your spot by calling (919) 776-0501 Ext. 2201.

**2018 Wellness Tai Chi.** Known as, "meditation in motion," Wellness Tai Chi will help you maintain your strength, balance, physical and mental well-being. This is a great way to exercise both mind and body with little discomfort, or for those who are unable to stand for extended periods. Cost, \$15, payable at registration to reserve your spot. **Session 4, Mondays, April 16 through May 21, 2018 at 10:00 AM. Session 5, Mondays, June 4 through July 9, 2018 at 10:00 AM.**

### **MAHJONG Anyone?**

We currently have two people who would love for you to join their game! Contact Holly at (919) 776-0501 Ext. 2230.



## 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 through 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 - 3:00 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. 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 MARCH 2018: 3rd—Southern Exposure, 10th—Tarheel Rhythm Band, 17th—The Midnight Express, 24th—Colours Band, Birthday Dinner at 6:00 p.m., 31st—Jr Gainey and The Killing Time Band, Wear Your Easter Bonnet Ladies.**

**A Novel Approach Book Group** meets the 2nd Tuesday of the month, 12:00 PM at The Center. Open to all adults. March 13 discussion, Still Life by Louise Penney. April 10 discussion, The Water is Wide by Pat Conroy.

**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 Thursday, March 8 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.

**Tatting Club** Thursdays at 1:00 PM. Join others who love to tatt. Bring your own tatting 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.

**Guard Your Medicare Card!** All Medicare beneficiaries will receive a NEW Medicare card between April 1, 2018 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!

**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....*

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



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

<b><u>April 21-28</u></b>	<i>Caribbean Cruise</i>
<b><u>September 17-19</u></b>	<i>Lancaster</i>
<b><u>October 9-12</u></b>	<i>Ark Encounter, Louisville, &amp; Lexington</i>
<b><u>Nov. 29-Dec. 2</u></b>	<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 Ext. 2201.

# **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,  
**i** hamburger, chef salad, vegetables,  
**u** fruit, bread, cobbler/cake and beverage.  
**b** 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.**

## **MARCH 2018 programs:**

- 2nd—Diabetic Education Empowering Program with  
Sammy Bailey
- 7th—Laurence Poindexter Singing for an Early Spring
- 9th—NC Services for the Hard of Hearing, Kay  
Satterwhite
- 14th—What Can You Do for Your Kidneys?
- 16th—St. Patrick's Day Program
- 19th—Spice Up Your Meals, Alyssa Anderson
- 21st—Bring in Spring with Miller Boles
- 23rd—Reverse Mortgage with Charlotte Spradling,  
Housing Counselor Manager, Johnston-Lee-Harnett  
Community Action
- 28th—Easter Program

## **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!

## SENIOR GAMES



**SILVER ARTS**  
Of Lee County

Learn How to Play  
Senior Games events!  
Attend a clinic  
and learn the skills.

All clinics at 11:00 AM  
and follow rules set  
forth in the 2018  
edition of the North  
Carolina Senior Games  
Rules Book.

<b>Thursday, March 29</b>	<b>Shuffleboard</b>
<b>Friday, April 6</b>	<b>Bocce</b>
<b>Tuesday, April 10</b>	<b>Horseshoes</b>
<b>Monday, April 16</b>	<b>Football Throw</b>
<b>Tuesday, April 24</b>	<b>Corn Hole</b>

**To register for a clinic call (919) 776-0501 Ext. 2201.**

Senior Games & Silver Arts of Lee County is open to those ages 50 and better. Registration for 2018 games is April 1 - 30, 2018. Call Jimmy Solomon, local coordinator, to request a registration form (919) 776-0501 Ext. 2207, or email [jsolomon@leecountync.gov](mailto:jsolomon@leecountync.gov).

*Senior Games and Silver Arts of Lee County is part of a network of 53 Local Games across North Carolina and is sanctioned by North Carolina Senior Games, Inc.*

## CELEBRATION LUNCHEON

*Lee County residents who are 90 years young and better are invited to lunch along with their guest.*



**Wednesday, May 2, 2018 12:00 P.M.**  
**Special Menu & Entertainment**

**Now taking reservations!**

Contact Debbie Williams, (919) 776-0501 Ext. 2203, no later than Monday, April 23, 2018.

The Lee County Senior Services Advisory Board,  
Lee County Board of Commissioners,  
The Enrichment Center Staff, Guests and Volunteers  
look forward to celebrating and honoring each of you.

## We need you! And so does The Enrichment Center, Inc. Helping Fund!



**Tuesday, April 24, 2018**

**2pm - 5pm and/or**

**7pm - 9pm**

**\$4.00 per person, per session**

**Refreshments and prizes.**

**Co-sponsored by Miller-Boles Funeral Home**

Registration required call 919-776-0501 Ext. 2201.

Play any kind of cards or games!  
Come over and join us as we get together for a Card  
Party to raise money for our HELPING FUND.

***Did you know our Helping Fund assists low income  
Lee County residents who are in a crisis situation  
with fuel, electricity and other necessities of life?***

**100% of all donations**

To The Enrichment Center, Inc.

HELPING FUND directly assists citizens in need.

The Card Party is a wonderful way to have fun and  
help Lee County older adults in need!

## Happy 65th Birthday!

**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?**

**Reliable answers are available!  
Attend one of these presentations.**

***Thursday, May 10***  
***Or Thursday, September 13***  
***5:30 P.M.***

**To register and for more information  
contact The Enrichment Center  
(919) 776-0501 Ext. 2201.**



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

**Corner****7 Common Flu Myths Debunked**From: [www.AgingCare.com](http://www.AgingCare.com)

Myths about the flu are everywhere. Is what you hear true, or is there too much misinformation? Debunk the 7 most common myths about influenza.

**Myth #1: Getting Vaccinated Can Give You the Flu.** According to the National Foundation for Infectious Disease, there is no way that the vaccine can make you sick. The truth is that people often mistake the side effects of the vaccine for the illness itself.

**Myth #2: There Is No Treatment for the Flu.** There are three FDA-approved antiviral drugs that are highly effective against the flu. Tamiflu, Relenza and Rapivab. These antiviral medications do not cure the viral infection, they can minimize symptoms and reduce the amount of time you are sick and make you less contagious to others.

**Myth #3: Antibiotics Can Fight the Flu.** Antibiotics only fight bacterial infections.

**Myth #4: You Can't Get the Flu More Than Once During Flu Season.** You CAN certainly contract the flu more than once a year, because there are many different strains of the influenza virus.

**Myth #5: If You're Young and Healthy, You Don't Need to Get the Vaccine.** The Centers for Disease Control recommends that everyone over 6 months of age get vaccinated each season. Healthy adults are just as susceptible to the virus.

**Myth #6: Cold Weather Causes the Flu.** The influenza virus is spread year-round. Influenza peaks fall and winter.

**Myth #7: If You Haven't Gotten a Flu Shot by November, It's Too Late.** Flu season often peaks between December and February, but the timing can vary. No matter how late it is, if you have not been vaccinated yet, go get it done.

Influenza spreads from person to person often through the air, and you can pass on the infection even before you begin feeling symptoms. *Cont'd next column...*

**Cont'd "7 Common Flu Myths Debunked"**

Infection can stem from a contagious person near you coughing, sneezing or talking, or even from touching a surface that the virus is on, like a telephone or doorknob.

**If you need caregiver information and resources, contact Senior Center Caregiver Specialist, Holly Hight at (919) 776-0501 Ext. 2230.**

**Caregivers and Private Pay Home Care Workers Can Get Connected At Our Display Case**

Home care workers are welcome to share their business cards in the display case for family caregivers to access.

Display board located near the grand hall water fountain.

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

**Caring For A Loved One In The Home**

Janice Morris Fraley, RN, BSN

Wednesday, April 25, 2018 3:00 pm - 4:30 pm

**Alzheimers & Caregivers Support Group**1<sup>st</sup> & 3<sup>rd</sup> Thursday Of Every Month

1:00 pm - 2:00 pm

**Turn to page 3 of this newsletter for more caregiver events coming up at The Enrichment Center!**  
**Call (919) 776-0501 Ext. 2201 for more information and to RSVP.**

**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.lee-countync.gov/ec](http://www.lee-countync.gov/ec)

*Making Every Day a Great Day*



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**Handicapped Accessible Facility**



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

**The Enrichment Center will be CLOSED**  
**Friday, March 30, 2018 for Good Friday.**  
**Have a happy and safe holiday!**

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

## **LEE COUNTY SENIOR SERVICES** *WE ARE AVAILABLE TO ASSIST YOU (919) 776-0501*

### **Administrative:**

Front Desk, Ext. 2201, Information & Registration      Debbie Davidson, Ext. 2216, Director  
Melanie Rodgers, Ext. 2214, Finance, Marketing and Health Care POA

### **Assistance & Counseling:**

Janice Holmes, Ext. 2206, Seniors' Health Insurance (SHIIP), Volunteer Services, Trips  
Tamela Carter, Ext. 2212, Social Work Supervisor, Info & Options Counseling  
Laurie Draughn, Ext. 2213, Social Worker, Home Delivered Meals

### **Fitness & Wellness:**

Jourdan Wofford, Ext. 2211, Fitness Coordinator      Cathy Andrew, Ext. 2208, Fitness Instructor  
Jimmy Solomon, Ext. 2207, Senior Games & Silver Arts Coordinator

### **Senior Center Programming:**

Debbie Williams, Ext. 2203, Senior Center Director, Programs & Nutrition  
Carole Nicely, Ext. 2205, Nutrition Coordinator, Diners Club      Holly Hight, Ext. 2230, Senior Center Caregiver Specialist

### **Transportation (COLTS):**

Jimmy Solomon, Ext. 2207, Senior Services-COLTS      Sidney Morgan, Ext. 2228, COLTS Coordinator  
Tonya Surratt, Ext. 5418, COLTS Transportation Specialist

### **Veteran Services:**

John Sandrock, Ext. 2209, Veteran Services Officer      Heidi Hase, Ext. 2210, Admin. Support Asst./Veteran Services Officer