

The Center Post

Volume 27

MAY 2018

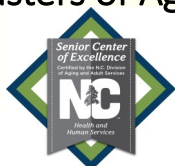
**The Enrichment Center
Hours of Operation:
Monday - Thursday
8 a.m. - 8 p.m. and
Friday 8 a.m. - 5 p.m.
919-776-0501**

**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



The 2018 theme for Older Americans Month, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental and emotional well-being. Older adults make a difference in our communities.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you— those are just a few examples of what being engaged can mean. No matter where you are in life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

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,
Flowers by Petals,
Co-Owner Sarah Jackson
Photos by Bob Smith*

**Contact Debbie Williams,
(919) 776-0501 Ext. 2203.**

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.

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, May 10, 2018

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

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

**TECH 9-1-1
Cell Phones - Laptops
Tablets - Etc.**

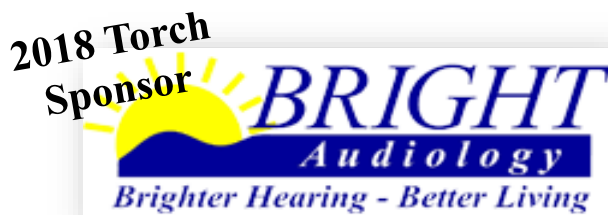
Monday, May 14, 2018
Do you have questions about your
device, or just need help learning how
to work the dang contraption?

**Call to reserve your
30 minute time slot
(919) 776-0501 Ext. 2201.**



**2018 Opening
Ceremonies
Dinner &
Performing Arts**
Tuesday
May 15, 2018
5:30 p.m.

Senior Games & Silver Arts of Lee County is a wellness program to promote fitness, friendship and well-being for folks 50 years of age and better. We welcome participants from neighboring counties.



For more information contact Jimmy Solomon
(919) 776-0501 Ext. 2207, or email
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.*

Alzheimer's Support Group **1st & 3rd 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.

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.



Reunions can be MURDER.

You're Invited to

The Hamilton High Reunion

A Dinner Theatre Performance by
The Enrichment Center Players
\$10 Dinner and Show
Thursday, June 14, 2018
6:00 PM

**Payment Due at Time
of Reservation**



SOS "Help!" for the Caregiver, free class!

Thursday, May 9, 2018 from 1:00 p.m. until 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. Led by a professional from NCBAM (NC Baptist Aging Ministry). Registration requested call (919) 776-0501 Ext. 2201.

Water Aerobics

May 30, 2018 - August 31, 2018
OT Sloan Pool

\$45 for the Summer or \$15/Month
Payment due at time of registration.

Priority given to those 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.





Powerful Tools For Caregivers

A Class for Family Caregivers

"After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, and healthier me... and a healthier us!"

~Class Participant

Powerful Tools for Caregivers is an educational and nationally recognized evidence-based program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home or across the country.

This class meets once a week for six weeks. Class size is limited and registration required.

Thursdays, May 3 - June 7, 2018

2:00 p.m. - 4:30 p.m.

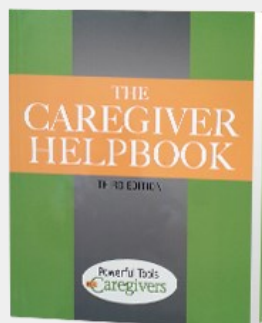
At The Enrichment Center

Classes are provided FREE by the National Family Caregiver Grant. Contributions accepted.

Respite services available for your loved one while you attend class. Contact Holly, (919) 776-0501 Ext. 2230.

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

Each person receives their own copy of The Caregiver Helpbook



Summer Fling Pot Luck Dinner

Thursday, May 31, 2018 at 6:00 p.m.

Bring a friend and your favorite food.

We will provide drinks and entertainment. Registration required, call (919) 776-0501 Ext. 2201.



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. Craft snowflake ornaments with a jeweled center; make a unique bookmark or cross for framing. You can even make sachet covers, earrings, necklaces and delicate chokers.

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.

Tai Chi
Thursdays
Through June 21, 2018
4:30 p.m. - 5:15 p.m.

Instructor: Cathy Andrew

Cost: \$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, please call to register
(919) 776-0501 Ext. 2201.

Beginning June 22, 2018 this class will be on Fridays, 11:00 a.m.—11:45 a.m.



Rex UNC Healthcare Mobile Mammography is coming to 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.

National Senior Fitness Day



Thursday, May 10, 2018

FREE CLASSES! PRIZES!



Aerobics 9:00 AM

**Fitness Screening
10:15 AM**

**Flexibility ~ Balance
Upper & Lower Body
Endurance**

Diner's Club Fitness Activity 11:30 AM

On-going Tai Chi 4:30 PM

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.

Saturday Night Dance Group Saturdays, 7:00 PM - 10:00 PM, admission \$8.00. **Bands for MAY 2018:** 5th—Southern Exposure, 12th—Tarheel Rhythm Band, 19th—The Midnight Express, 26th—Colours Band and Birthday Dinner at 6:00 p.m. Red, White & Blue for Memorial Day.

A Novel Approach Book Group meets the 2nd Tuesday of the month, 12:00 PM at The Center. Open to all adults. May 8th discussion, Mudbound by Hillary Jordan.

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.

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.**

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!

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.

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.

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

The Biltmore House Asheville, NC on Monday, May 7. A few seats still available! Stroll acres of formal and informal gardens designed by America's foremost landscape architect, Frederick Law Olmsted. From the beauty of the Italian Garden to the breathtaking trees in America's first managed forest, Biltmore's lush landscape is a living tribute to Olmsted's genius. **Cost is \$125 per person and will include your transportation and ticket to the estate.**

Check out these other day trips!

<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>

Psssstttt- BIG trip announcement for 2019 coming in June'18 Center Post!

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 AM 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.

MAY 2018 programs:

- 4th—Cinco de Mayo Celebration
- 9th—Miller Boles Celebrating Mother's Day
- 11th—Mother's Day Program
- 16th—High Hopes Chorus Mother's Day Program
- 18th—How to Grow Grape Vines, A.K. Griffin
- 21st—Come Out and See the City Fire Truck
- 23rd—How to Grow Christmas Trees, A.K. Griffin
- 25th—Memorial Day Program, John Sandrock, VSO

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



Do You Hear What I Hear? *Virtual Dementia Tour*

From: Second Wind Dreams

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.

Imagine you are in a conversation with someone and five other people are talking to you, competing for your attention. How do you concentrate and tune out the others so you can focus on the person you are talking with already? It's not easy, is it?

Now imagine there was other white noise going on, as well: traffic sounds, dogs barking, fans blowing, etc. all while you are trying to concentrate on a single person's words. It's overwhelming. People with dementia live with this difficulty constantly. Sometimes the noise is not as loud, but it's always there.

The brain has an uncanny ability to decide what to listen to. It does it so well that it can decide that a sound isn't worth the brain power to respond. It can just idle and let the rest of the brain concentrate on other things. **On the other hand, when it hears unusual sounds it immediately tries to interpret them.** The brain associates the sound with a similar sound and determines whether to respond. If the sound can't be compared to anything else housed in the brain, the brain arouses other parts of the brain and tells it to investigate.

Actually, the process is far more complicated than this, but **it gives an idea of the complexity of sound discrimination and how the brain of someone with damage from dementia doesn't have the ability to search through their brain, find the sound, couple it with another sound, and determine whether it is worth a response or not.**

In the **Virtual Dementia Tour**, this deficit is simulated. By using the headphones, most surrounding noise is blocked out. The participant feels like they are in a bubble. When the sounds in the headphones start, it is almost impossible even for the normal brain to assimilate the information.

Continued on next column...

Do You Hear What I Hear, Cont'd.

We can only imagine how difficult this constant auditory over stimulation affects a person with dementia. It results in increased agitation, mumbling, pacing, inappropriate responses to spoken word, overreaction to loud sounds, to name a few all normal responses to this deficit.

There are some simple, practical ways to help reduce noise levels for people living with dementia:

- **Limit the use of background music.** Music has so many benefits, but the listener needs to have a preference for the type of music playing and it should be used only at times appropriate for the person listening – not when they are trying to concentrate on other things.
- **Turn off televisions and computer videos** when no one is specifically watching them.
- **Be aware of specific devices** such as pagers, alarms, doorbells, phones. The noise is jarring and intrusive.
- **Don't talk across someone and don't speak in a language the person with dementia cannot understand.** Not only is this disorienting, but it's just plain rude and dehumanizing.
- **Remove distractions**, especially at mealtimes.

The benefits of silence for the person with dementia are often underestimated. When speaking with the person, give them time to process information and respond. You just might find the quiet makes it easier for you to focus, as well.

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

RALEIGH -- Many retirees and Medicare beneficiaries are on a fixed income and want to save money wherever they can. Each year, thousands of people contact SHIIP throughout the state to help them identify savings in their Medicare coverages.

Throughout the year, but particularly during the Medicare Open Enrollment period from October 15 through December 7, Medicare beneficiaries are urged to compare their current coverage for the Part D Prescription Drug plan to determine if their current plan is still the most appropriate for the coming year. Each year formularies change, prices change and programs change and many times the Medicare beneficiary is unaware of the differences.

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.**

If you have questions about Medicare or the Extra Help program, contact SHIIP at 1-855-408-1212 to speak with a trained counselor or to request a free brochure. Contact information for local coordinating sites in each county in North Carolina can be found by visiting www.ncshiip.com. SHIIP is a division of the North Carolina Department of Insurance's [Consumer Assistance Group](#) that assists people with Medicare, Medicare Part D, Medicare supplement, Medicare Advantage and Long-Term care insurance questions. We also help citizens recognize and prevent Medicare billing errors and possible fraud and abuse through our N.C. Senior Medicare Patrol program.

Medicare Card Update!

Current Medicare Card

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

New Medicare Card

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

- 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

Making Every Day a Great Day



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

The Enrichment Center is CLOSED
Monday, May 28, 2018
For Memorial Day

Non-Profit Org.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198

Handicapped Accessible Facility

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

Do you have high blood pressure?

Do you need help
managing it?

Sign up for
**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.

Thursdays

June 7, 28, July 5, 19, Aug. 9, 23 and Sept. 6, 20, 2018.
10:30 a.m. - 11:30 a.m.

Blood Pressure Coach: Ashley Graham, MPH, Health
Education Supervisor, 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.

Caring for the Caregiver Wed., June 6, 2018 2:30 p.m. - 3:30 p.m. **Samantha Allred, NCBAM (NC Baptist Aging Ministry)** 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.

2018 Wellness Tai Chi Mondays, June 4 - July 9, 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.

Better Sleep B-I-N-G-O! Wed., July 11, 2018 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 ZZZZs all while playing a fun game of Bingo. To register call (919) 776-0501 Ext. 2201.