

The Center Post

Volume 27

NOVEMBER 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

Connecting people who are age 50 and better, family caregivers and veterans with meaningful educational and volunteer opportunities; increasing their access to services, benefits and resources and offering them tools to manage their health and finances.

November Is National Family Caregivers Month

The annual observance is a time to honor family caregivers across the country and recognize the challenges that family caregivers face and how they manage them day and night.

Senior Centers:
Masters of Aging



You Are Invited

The Enrichment Center of Lee County and Lisa M. Pace, AAMS, Financial Advisor with Edward Jones Invite You To...

Thursday
Nov. 1, 2018
6 p.m. - 7 p.m.

Candlelight Reflections

At
The Enrichment Center
1615 S. Third St.
Sanford



TO HONOR AND REMEMBER

Open to the public.
Contact Holly if you need additional information,
(919) 776-0501
Ext. 2230.

A ceremony remembering those we have lost and honoring those currently living with Alzheimer's Disease, other dementias, and their dedicated caregivers.

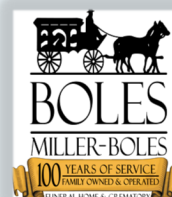
Veterans Appreciation

THURSDAY
NOVEMBER 8, 2018

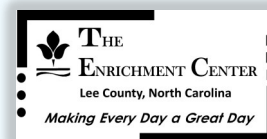
Dennis A. Wicker Civic Center
1801 Nash Street, Sanford
Doors Open at 8:00 AM

To show our appreciation for your service and dedication to our country, we invite you to breakfast.

RESERVATIONS REQUIRED
CALL 919-776-0501 EXT. 2201



Co-Sponsored by
Miller-Boles
Funeral Home
and



Special thanks
to Image One
Advertising
and Sanford Moose Lodge #386

Veterans and current military personnel are invited at no charge.

A Veteran may bring one guest.
\$3.00 paid in advance
at The Enrichment Center.



AARP Tax-Aide**Free Tax Help!**

For taxpayers with low and moderate incomes, with special attention to those age 60 and older.

AARP Tax-Aide is a group of volunteers who provide free tax filing services to seniors, low and middle income individuals during tax season. We only prepare individual income taxes. We perform in a due-diligence and confidential manner for the taxpayer.

We train all new and past counselors on the computer software and any changes in tax filing requirements. You DO NOT have to be a tax lawyer or professional to do our volunteer work. Some basic computer skills are helpful. **At the end of training, you will be assisted in becoming a Certified AARP Tax-Aide Counselor.** Tax season volunteers are requested to perform a minimum of one 4-hour day per week. We prepare and file taxes at The Enrichment Center of Lee County on Mondays, Wednesdays and Thursdays.

We hope you will join our Lee County AARP Tax-Aide team. If you are interested or need further information, please contact James Payne, (919) 718-9012 or email paynejw@windstream.net.

2019 Governor's Volunteer Service Award

Lee County has hundreds of volunteers working in a variety of agencies, organizations and businesses. Ever since 1979, the Office of the Governor recognizes North Carolina's most dedicated volunteers. Each county selects up to ten individuals, businesses, groups/teams and one paid Director of Volunteers to be recognized for their outstanding contributions to their communities. One of the nominees will be nominated for the Governor's Medallion Award for Volunteer Services, which is awarded to the top 20 volunteers in the state. A local committee evaluates the nominations.

Nomination forms are available at the below websites and The Enrichment Center, 1615 S. Third Street, Sanford.

www.leecountync.gov or www.volunteernc.org under the "Volunteer Awards" tab. The nomination form is available for submission online in 2019.

Return completed nomination forms to Janice Holmes at The Enrichment Center NO LATER THAN Friday, January 11, 2019.

If you need additional information call Janice at (919) 776-0501 Ext. 2206.



Project Angel Tree

Please consider adopting an Angel from our tree. Angels will be available for adoption starting ***Friday, November 9, 2018.***

Items should be returned December 3 - 7.

Our Angels are people we have assisted over the past year that we feel could benefit with a little something extra at Christmas. A list of items is provided at the time of adoption. We provide the container, pack the boxes and make deliveries. Requests to be placed on our tree are not accepted.

All you have to do is:

- Stop by The Enrichment Center
- Pick an Angel from the tree and register at the front desk
- Purchase the items and label with the Angel's number
- Return to The Enrichment Center

The Enrichment Center, 1615 South Third Street, Sanford, NC, 919-776-0501 ext. 2212. This is a wonderful project for families, church/civic organizations, corporate groups and anyone who desires to spread Christmas joy this holiday season.



**Need help choosing the
BEST Medicare
Prescription Drug Plan
for your individual
needs?**

If you are on Medicare
and **UNDER** age 65,
a dedicated enrollment clinic
is available.

Tuesday, November 20, 2018

between the hours of
8:00 am and 4:00 pm,
counselors will be available
to assist you with
your Medicare choices.

Make plans NOW to CHECK your plan!

Open Enrollment is through December 7

*Medicare beneficiaries who live outside
of Lee County can call*

*855-408-1212 for the NC S.H.I.I.P. (Seniors' Health
Insurance Information Program) office in Raleigh.*



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Guard Your Medicare Card

*Did you know changes are coming
to 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 (MDI)
- The new Medicare card will not have a signature line
- There is no enrollment process or cost to receive a new card
- The government will **NOT** visit, call or ask beneficiaries to go on-line to obtain a new card
- Be smart and guard your card!

**Friday
Afternoon
Movie Club
1:00 p.m.**



Seating Is Limited.

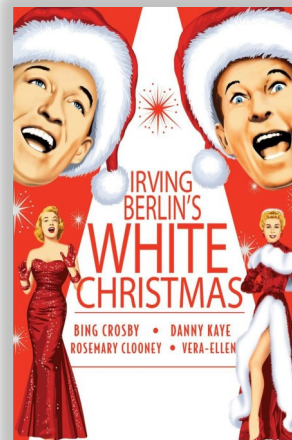
*Call To Reserve Your Spot
(919) 776-0501 ext. 2201.*

Friday, November 16, 2018

"Driving Miss Daisy"

Friday, December 7, 2018

"Meet Me in St. Louis"



**Special
Christmas
Edition
1:00 p.m.**

**Friday
December 14, 2018
*"White Christmas"***

**Movies start promptly at 1:00 p.m.
Come enjoy a relaxing afternoon with friends
watching your favorite cinema classics.
Popcorn & drinks provided at each movie!**



Thursday
Nov. 29, 2018
6:00 p.m.
Special Guests
Linda and Robert
Phillips Puppet
Ministry

Social Security Seminar Thursday, November 15 at 6:00 p.m. Everything you need to know about Social Security with **Brenda Brown, Public Affairs Specialist**. Please call to RSVP (919) 776-0501 Ext. 2201.

Coffee & Conversation with the EC **Program Director** Monday, November 19, 2018 from 10 a.m. until 12 p.m. The Enrichment Center wants to give participants the opportunity to sit down with the Program Director and voice concerns, offer preferences and suggestions and discuss those issues that are important to you. Every quarter the Program Director will be available to participants and staff for Coffee & conversation. Bring your ideas on how to improve our programs and services.

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.

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. Open to all adults.

Saturday Night Dance Group Live bands and fellowship at The Enrichment Center, 7:00 p.m. - 10:00 p.m., \$8.00 per person. **Bands for November: 3rd—Southern Exposure, 10th—Tarheel Rhythm Band** *Honor veterans and wear something from your branch of service. All others wear red, white and blue. **17th—The Midnight Express, 24th—Jr Gainey and The Killing Time Band** *Birthday dinner at 6:00 p.m.

Falls Prevention Programs

For ages 60 and better.

Space is limited, reserve your spot by calling (919) 776-0501 Ext. 2201. The Enrichment Center offers two programs for falls prevention:

A Matter of Balance and Tai Chi for Arthritis for Falls Prevention. A federal grant for health promotion and disease prevention allows the programs to be provided free of charge to participants. Contributions are accepted.

A Matter of Balance Series

is an award-winning program designed to manage falls and increase activity levels.

Class Dates Early 2019

Details Will Be Announced in Center Post

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.

Tai Chi For Fall Prevention

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

Class Dates Early 2019

Details Will Be Announced in Center Post

Friday Tai Chi at 11:00 a.m.
Or Monday Tai Chi at 11:00 a.m.
At The Enrichment Center

Cost \$10 per month. Class size limited.
Payment confirms your spot.

Recommended for participants that attended Health Promotion Beginner Tai Chi Classes.

Some Benefits of Tai Chi:

- Better Mood
- Lower Levels of Stress
- Depression & Anxiety
- Great Aerobic Capacity & Muscle Strength
- Improves Lower & Upper Body Strength
- Improves Balance
- Reduces Falls



A Novel Approach Book Group

Meets the second
Tuesday of the month
at 12:00 p.m.

November 13th book is
All Standing by Katherine Miles.
December 11th book is Five Days
in November by Clint Hill. The
group is open to all adults.
Registration is not necessary.

Blood Pressure checks provided by Liberty Home Care

on 2nd Tuesday
from 10:30 AM until 11:30 AM. No charge. Open to
all adults.

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 1-877-579-
7562 for assistance and an appointment.

Fayetteville VET Center

"Keeping the Promise"

Combat Veteran Readjustment Counseling Every
Other Monday at The Enrichment Center. 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

D A daily celebration

**i
n
e
r
s

C
l
u
b**



A nutritious lunch
is available
in the Diners Club
Monday through Friday
12:00 p.m.

for Lee County residents who
are 60 and better.

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.

November 2018 programs:

2nd—Extra Bingo!
7th—Miller-Boles Celebrating Veterans
9th—EC Drama Team, "Family Feud"
14th—Diabetes and Your Eyes, Cindy Julich
from Community Family Medicine
16th—What's Your Favorite Peanut Butter?
21st—Thanksgiving Program, "What are you
thankful for?"
28th—Diners Club Participants: Mesh Ribbon
Wreaths with Michele Fogle, \$
30th—New Pill Planner, Medicine Park
Pharmacy

MONDAYS

Crafts 'n Coloring

WEDNESDAYS

Let's Walk! 10 AM

Diners' Club Sassy Red Hatters

Third Tuesday, 10:00 AM. Wear your red attire
and be a part of this group of women 50 and
older who enjoy life to the fullest!

**Fact! By 2035, 17 years away,
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...**

Corner



Communication Techniques for Alzheimer's and Dementia Caregivers

From: www.agingcare.net

Contact Holly Hight, Senior Center Caregiver Specialist, for further details about local adult day care, respite services and The Enrichment Center Caregiver Time Out Program, (919) 776-0501 Ext. 2230.

Communicating with someone who has Alzheimer's disease or another form of dementia can be exceedingly difficult. The primary symptoms of confusion and memory loss can make it hard for a senior to convey when they're hungry, tired, in pain or in need of something. Patients may begin to make false accusations or shout lewd or insulting comments at strangers in public. Each of these dementia behaviors is troubling in its own way, and family caregivers often struggle with how to handle them. Not only are these situations frustrating, but they can also be embarrassing and downright hurtful. **Occupational therapist and dementia education expert Teepa Snow, M.S., examines three of the most common communication breakdowns that patients and caregivers experience, as well as techniques for handling them in a way that will diffuse tensions and provide reassurance.**

1. Common Accusations By Dementia Patients

Individuals with dementia are sometimes prone to falsely accusing people, including family members and caregivers, of things like theft and abuse. This behavior is both hurtful and potentially incriminating. **In these situations, it's important to remember that a dementia patient only says these things because their broken brain is telling them that they are true.** Their mind is attempting to fill in the information gaps caused by their confusion and memory loss. This can result in something called confabulation, also known as "honest lying." "Confabulation can be so powerful," explains Snow, "that people with dementia have passed lie detector tests while lying because they honestly believe their story to be true." Say your mother accuses her new in-home caregiver of stealing her purse. Your mother's mind manufactures a story using separate but related pieces of information to help make sense of the fact that she can't find her pocketbook. In this scenario, you won't be able to convince your mother that she is wrong.

Continued on next column...

In situations like this, Snow recommends avoiding confrontation about false accusations. Instead, it's important to validate your loved one's feelings and empathize with their situation. **An appropriate response in this example might be, "I hear that your purse is missing. I'm so sorry that that happened. Could I look around the house for it one more time? Rather than correcting a dementia patient or refuting their claims, calmly acknowledge the situation and assure them that you'll do everything you can to remedy it.** If you do find the missing item, avoid saying the equivalent of "I told you so," as it may make your loved one defensive and less likely to trust you in the future. If you don't find it immediately, put your loved one's concerns to rest and promise to follow up with the accused. **"The unfortunate reality is that elders are prone to accusing the people that are most involved in their care (caregivers, other family members, etc.) because those are the people that they see most often," muses Snow. "This can be extremely hurtful, but it's important to try and let it go and view these accusations as brain failures rather than personal attacks."**

2. Insults, Inappropriate Comments and

Dementia Teepa Snow attributes these troubling behaviors to the fact that the disease usually causes significant damage to the left side of the brain first. "This is the side that governs vocabulary and higher speech functions, while the right side of the brain helps people to engage in social chit chat and keep the rhythm of speech," she explains. "The right is also where most curse words are stored and it is generally not as affected as the left side." So, when your father has a not-so-nice thought about a heavyset woman who walks by while you're dining at a restaurant, he can't help but blurt out what he's thinking: "Boy is she a fatty!" He may also use a few expletives if he has difficulty accessing other words in his vocabulary to articulate this thought that he *should* know to keep to himself. **In this example, an appropriate response would be, "Dad, let's go to the bathroom so we can wash our hands before our food arrives." When you get back from the restroom, try to seat him so that the woman he commented on is not in his line of sight. This will hopefully prevent any further outbursts, at least on that topic.**

3. Alzheimer's Impacts Word-Finding Abilities Dementia can impair comprehension, basic concepts and vocabulary. If your loved one says, "Honey, I need....something...." The average person's response of, "Well, what is it," can be frustrating to both the caregiver and recipient. Help your loved one find the answer on their own by encouraging them to describe what they need, what room, such as the kitchen, or what color is it. You can also move around and help them find what they need. Visual cues are generally more helpful than verbal cues for people suffering from memory loss.

E. C. TRAVELERS

If trips are filled, we encourage you to add your name to the waiting list, no deposit required.

2018 Day Trips

Now open to all adults in Lee County and neighboring counties.

December 13 Billy Graham Library, \$99

2018 Overnight Trips

Now open to all adults in Lee County and neighboring counties.

Nov. 29 - Dec. 2 New York City

A great Christmas Gift!

The Barn Dinner Theatre

Greensboro, NC

*Celebrate Elvis
The King
of Rock & Roll*

*Saturday
January 12, 2019*

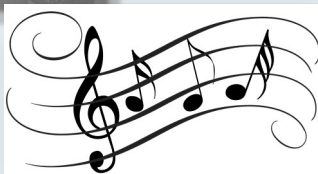
Elvis Tribute Artist

Stephen Freeman

\$95 due at registration.

Deadline Nov. 21, 2018

*Depart Riverburch
Shopping Center 4:30 p.m.*



For more information and pricing, see flyers at the front desk or announcement board in the 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.

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**.

TECH 9-1-1

Cell Phones, Laptops, Tablets, Etc.

Monday, December 17, 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 1 hour time slot.

Please bring your device to the session.

***Call (919) 776-0501 ext. 2201
to sign up for your 1 hour time slot.***

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.**



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.

Enrichment Center's Information &
Resource Directory Available Online:
www.leecountync.gov/ec

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.

Tis the season! Stress & The Holidays,
Thursday, November 8, 2018 from 10:30 a.m.
- 11:30 a.m. Call to reserve a spot (919) 776-0501
Ext. 2201. Special guest speaker **Marcy Simpson, MSW,**
LCSW, CEAP and Health Coach with Pinehurst
Medical Clinic will present about holiday stress. What
we can do to manage and prevent it. Light refreshments
served. Open to all adults.

Caregiver Christmas Celebration Thursday, December 6, 2018 1:00 P.M. – 3:00 P.M.



Join your fellow caregivers for a relaxing
afternoon of Christmas music, Christmas
cheer and Christmas refreshments. This is
a time to celebrate the season, as well as
another year with our loved ones.
No Scrooges allowed! Please RSVP To
(919) 776-0501.

The Enrichment Center will be CLOSED

Monday
November 12
in observance of
Veterans Day



Thursday, Nov. 22 and Friday, Nov. 23
in observance of **Thanksgiving**

