

The Center Post

Volume 27

OCTOBER 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.

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...

Senior Centers:
Masters of Aging



Card Party! **& Other Games**

Tuesday, October 9, 2018

2:00 p.m. - 5:00 p.m.

7:00 p.m. - 9 p.m.

\$4.00 per person, per session

Refreshments and Door Prizes

Co-Sponsored by
Miller-Boles Funeral Home

The proceeds from the Card Party benefit **The Enrichment Center, Inc. Helping Fund**. This fund assists low income Lee County older adults who are in a crisis situation with fuel, electricity and other necessities of life. 100% of all donations to the **Helping Fund** directly assists citizens in need. The Card Party is a great way to fellowship and help Lee County older adults in need.

Register and secure your tables by
calling (919) 776-0501 Ext. 2201.

All adults 50 and better are
welcome to participate!

YEE-HAW!

Wear your boots if you want
and come party western-style!

Special Guest Entertainer

Faith Bardill

Menu: Chicken Pie, Green Beans, Sweet
Potatoes, Roll and Peach Cobbler

Thursday

Oct. 11, 2018

6 p.m. - 8 p.m.

\$10 secures your
reservation!

Payment required
in advance.



Fall Festival

Saturday

October 27

8 a.m. - 2 p.m.



Purchase from more
than 50 tables filled with woodcarving,
jewelry, paintings, baked & canned
goods, homemade soaps and lotions,
candles, Christmas decorations, hand-
sewn items and much more!

Join us for a grilled
HOTDOG or
SAUSAGE DOG with
all the trimmings— chili,
slaw & onions. Drinks
and **Fresh Baked Goods** will be available
for purchase.



All food proceeds benefit The
Enrichment Center, Inc. Helping Fund.
The Helping Fund assists Lee County older
adults who are in a crisis situation with the
basic necessities of life.

20% Off Inventory
Rada



Cutlery items
available for
purchase and orders
accepted. Proceeds
benefit The
Enrichment Center,
Inc. Helping Fund.

All Rada Cutlery open stock 20%
off through October 31, 2018.

Contact Melanie today at
(919) 776-0501 Ext. 2214.

Health & Wellness Day

Friday, October 12, 2018

9:00 a.m. until 12:00 p.m.

Ask the Experts

By Medicine Park Pharmacy

Question/Answer Session On Vitamins, Medicines
& Other Topics

Breast Cancer Supplies

By Quality Home Health

COPD

By Quality Home Health

Fall Risk Assessment

By Liberty Home Care

Sign-up required. Call (919) 776-0501 Ext. 2201.

Flu Shots by Walgreens

**NOTE time 10:00 a.m.- 1:00 p.m.*

Walk-ins welcome, sign up preferred. *Free of charge to those 65 and over with Medicare Part B.*

Please bring your Medicare card.

Spinal Assessment

By Ammons Chiropractic

REMINDER

The Annual enrollment period for Medicare will begin on October 15 and continue through December 7.

Individual appointments for LEE COUNTY residents will be accepted no earlier than October 1, 2018.

Medicare beneficiaries
who live outside of Lee
County can call

855-408-1212 for the NC

S.H.I.P. (Seniors' Health Insurance Information
Program) office in Raleigh.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

A Novel Approach Book Group

Meets the second Tuesday of the month at 12:00 p.m. October 9th book is The Johnston Flood by David McCullough. November 13th book is Five Days in November by Clint Hill. The group is open to all adults. Registration is not necessary.

Friday Afternoon Movie Club 1:00 p.m.



Seating Is Limited.

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

Friday, October 19, 2018

"Young Frankenstein"

Friday, November 16, 2018

"Driving Miss Daisy"

Friday, December 7, 2018

"Meet Me in St. Louis"

Come enjoy a relaxing afternoon with friends watching your favorite cinema classics. Popcorn & drinks provided!

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

Rex UNC Healthcare Mobile

Mammography at The Enrichment Center, Friday, October 12, 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.

La Unidad Movil de Manograma Rex UNC Healthcare viene al Centro de Enriquecimiento!

Horario: 10:00 a.m. - 3:00 p.m.

Fecha: October 12, 2018

Para mas informacion y para pre-registrarse por favor llame al Departamento de Salud del Condado de Lee (919) 718-4640 Ext. 5317.

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.

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.

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.

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

Nutrition Services Program National Outcomes Positive

Adequate nutrition is critical for people of all ages, but it is especially important for older adults.

The Administration on Aging, within the Administration for Community Living at the Department of Health and Human Services, plays a vital role in ensuring the needs of older adults are met through the Nutrition Services Program (NSP). The NSP is designed to alleviate hunger and food insecurity among older adults while also giving them the opportunity to enrich their social lives.

A core component of the NSP is the provision of congregate and home-delivered meals. Congregate meals are served at senior centers or other community settings where program participants can socialize with their peers. Homebound NSP participants have nutritious meals delivered to their home, offering them the opportunity for face-to-face contact or conversation with meal delivery drivers and volunteers.

In 2015, more than 76 million congregate meals were served to 1.6 million people, and more than 140 million home-delivered meals were served to almost 850,000 people. The evaluation estimated the program's impact on participants' food security, socialization, and diet quality.

Program participants had a positive impression of the program and its staff, and most of them liked the food.

Most participants were poor or near-poor. About one-third (31 percent of congregate meal participants and 35 percent of home-delivered meal participants) had annual household incomes below the federal poverty level (FPL).

Many participants said their health was only fair to poor. One-half to three-quarters of them reported they were diagnosed by a doctor with chronic health conditions such as hypertension, glaucoma, cataracts or macular degeneration, arthritis or high cholesterol.

The findings showed that participation in the programs had a positive impact on food security, socialization and diet quality.

D A daily celebration



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.**

October 2018 programs:

3rd—Singing with Laurence Poindexter
5th—Crime Prevention with Lee County Sheriff's Office
10th—Health & Wellness with UNC Nursing Students
12th—Health & Wellness Day—FREE SCREENINGS
17th—Halloween Party with Miller Boles
17th—Health & Wellness with UNC Nursing Students
19th—Fire Safety with Sanford Fire Dept.
22nd—Halloween Word Scramble
24th—Health & Wellness with UNC Nursing Students
26th—Scams & Frauds with Kayla Gilbert of The Better Business Bureau
29th—Coffee with the Director
31st—9:00 a.m. UNC Nursing Students
31st—Health & Wellness with UNC Nursing Students
31st—Halloween Bash

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!

Fayetteville VET Center "Keeping the Promise"

Combat Veteran Readjustment Counseling
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

At The Enrichment Center

Fayetteville Vet Center Resource Fair

Free Event

Pro Bono Veteran Legal Advice

Wed., October 24, 2018
12:30 p.m. until 4:00 p.m.

Robeson Plaza
2301 Robeson Street, Suite 102
Fayetteville, NC 28305
(910) 488-6252

The following resource vendors will be available for veterans:

NC Works Veterans Employment Consultants,
VA Employment Coordinator/Recruiter, Hope
thru Horses, Inc., VA Peer Recovery Support,
Veterans Assembled Electronics, Ranks 2
Riches, Transitional Care Management, VA
Homeless Veterans Program, Family
Endeavors, Veterans Service Officer, Social
Security, Civilian Personnel (NAF), Civilian
Personnel Advisory Center (APF), St Josephs
of the Pines, Community Patriots Art Center,
Legal Aid of NC, NC Pro Bono Resource
Center, Vet Center Counselors

Veterans Appreciation



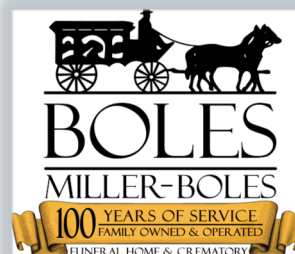
**THURSDAY
NOVEMBER 8, 2018**

Dennis A. Wicker Civic Center
1801 Nash Street, Sanford

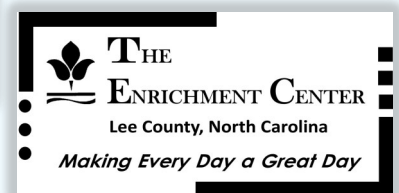
8:00 AM

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

**RESERVATIONS REQUIRED
by Thursday, Nov. 1, 2018
CALL 919-776-0501 EXT. 2201**



**Co-Sponsored by
Miller-Boles Funeral Home
AND**



Special thanks to Image One Advertising

***All Veterans and current military
personnel are invited at no charge.
A Veteran may bring one guest,
\$3.00 paid in advance.***



Corner



Adult Day Care for People with Alzheimer's Disease or Dementia

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.

Adult day care provides caregivers with much-needed respite, a break from their caregiver duties. When Alzheimer's disease or another form of dementia is a factor in this equation, caregivers tend to be more nervous about their aging loved ones' ability to attend an adult day center. Fortunately, there are adult day care programs that provide specialized services for seniors with cognitive impairment.

Specialized adult day care centers offer a host of benefits for both attendees with dementia and their family caregivers. First and foremost, they offer security and supervision. Many dementia patients are unable to be left home alone due to wandering, forgetfulness and other potentially dangerous behavioral symptoms. This puts families in a difficult position, especially if outside help is scarce and they are/or still working.

Seniors in the middle and later stages of dementia often require prompting and supervision to begin and work through even the most basic household chores and recreational activities. However, these seniors still want to be active and useful. Common offerings at adult day care or caregiver time out include activities to maximize enjoyment and minimize frustration. Common offerings include arts, crafts, movies, board and card games, music therapy, exercise, reminiscence discussions, themed social events and much more.

Holly Hight, Senior Center Caregiver Specialist, (919) 776-0501 Ext. 2230, hhight@leecountync.gov, is your first contact for family caregiver resources. **Contact Holly today!**

"I don't want strangers in my house!" Tips on how to introduce caregivers into your family. Thursday, October 4, 2018 from 1:00 p.m. until 2:00 p.m. during Alzheimer's Support Group. Open to all adults. At some point in our lives we all will need some help and support from a family member, friend or professional caregiver. Unfortunately, not everyone graciously accepts needed help. A trained professional from *Aging Outreach Services* will share tried and true best practices to explain why a caregiver is needed, how to introduce the caregiver to the person needing assistance and how to establish caregiver routines.

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 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.**

E. C. TRAVELERS

2018 Destinations

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.

October 16 *NC State Fair, \$20*

December 13 *Billy Graham Library, \$99*

2018 Overnight Trips

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

October 9-12 *Ark Encounter, Louisville & Lexington*

Nov. 29 - Dec. 2 *New York City*

2019 Day Trips

January 12 and August 3 *The Barn Dinner Theatre, Greensboro, Elvis Tribute Artist Stephen Freeman*

2019 Overnight Trips

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

April 8-10 *Savannah, Ga*

Sept 5-14 *Canada & New England Cruise*

December 10 - 12 *The Biltmore Estate in Asheville, NC \$399 Per Person, Double Occupancy*

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.

Box fans available to Lee County residents age 60 and better or adults with a disability through October. Duke Progress donated funds to purchase box fans. If you are in need of a fan, come by The Enrichment Center with a picture ID with your current address and complete a request form.



New Scams Every Day!

Reported by the NC Department of Insurance, Raleigh, NC on August 30, 2018

If you or someone you know need to report a Medicare scam please call the toll-free number, **855-408-1212**, to report the incident. There is information we will need from them outlined below so we can send the report to our federal partners who are charged with investigating these scams.

- Beneficiary's name and phone number
- Date and Time of the call
- Name of person calling about the card
- Did the caller identify the name of their company? If the reporter has caller ID, please provide the number the call came from as identified on the call log.

Don't delay, report as soon as possible, even if you are unsure it's a scam.

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

Handicapped Accessible Facility

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

Volunteers Needed



The Lee County AARP Tax-Aide program is seeking volunteers to assist with all positions for the 2018 tax filing season. The program assists older adults and lower income with filing their tax return. Filing is electronic and completely confidential.

Volunteer training takes place October, November and January. Client appointments begin February 2019.

Volunteers work once or twice a week in jobs such as interviewers, counselors and data input.



Contact local
coordinator

Jim Payne

(919) 718-9012

for more information
and to volunteer.

Save the date for this special time...

Candlelight Reflections Reception & Ceremony

To honor, hope and remember...

Thursday, November 1, 2018 at 6:00 p.m.

The Enrichment Center of Lee County would like to invite you to attend our Candlelight Reflections Reception & Ceremony, 1615 S. Third St., Sanford. Our annual ceremony is a special national observance that raises awareness of Alzheimer's disease and related dementias and celebrates the lives of those affected by this condition.

Please RSVP to (919)
776-0501 Ext. 2201.

*"We remember their
love when they can no
longer remember."*
- Unknown



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