

# The Center Post

Volume 27

SEPTEMBER 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.*

## Look inside ...

**Pg. 2, Country Dinner with Entertainer Faith Bardill**

**Pg. 3, Defensive Driving Class for EC Volunteers**

**Pg. 4, Trips!**

**Pg. 5, October Health & Wellness Day**

Senior Centers:  
Masters of Aging



## SENIOR CENTERS: Building Momentum

*Innovative Programs & Important Resources to Empower People Age 50 and Better*

### Health & Wellness Day

*Open to all who are 50 and better!  
No Registration Required*

**Friday, September 21, 2018**

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

**Dermatologist Screening**  
*By Central Dermatology*

**Hearing Screening**  
*By Bright Audiology*

**Vision Screening**  
*By Triangle Visions Optometry*

**Dental Health**  
*By CCCC Dental Hygiene Students*

### Friday Afternoon Movie Club

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

**Friday, September 14, 2018 at 1:00 p.m.**

***Singin' In The Rain***

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

### Estate Planning

**Wednesday, September 19, 2018**  
**2:00 p.m. - 3:00 p.m.**

**With an Attorney &**  
**Lisa M. Pace, AAMS, Financial Advisor**  
**Light Refreshments Served**  
**Call to RSVP (919) 776-0501 Ext. 2201**

### Falls Prevention Programs

**For ages 60 and better.**  
**See page 2...**

### Give Yourself a Break!

#### Powerful Tools for Family

**Caregivers Class** 9:30 a.m. until 12:00 p.m. on Thursdays, September 13 - October 18, 2018. Classes are free and led by trained facilitators. Contributions accepted.

Are you caring for a loved one fulltime or part time with Alzheimer's, Parkinson's or other dementia, stroke recovery or chronic condition? This class will provide you with tools and strategies to better handle the unique caregiver challenges you face.

*"After taking the Powerful Tools for Family Caregivers Classes, I felt more confident about my day, the decisions I made and my health as well," Lee County family caregiver.*

The tools learned in this evidence based series benefit caregivers by helping reduce stress, improve caregiving confidence, establish balance, communicate needs, make tough decisions and locate helpful resources. **Registration is required. Call (919) 776-0501 Ext. 2201. We can assist with care for your loved one while you attend these classes. Contact Holly at (919) 776-0501 Ext. 2230.**

## SPIRIT WEEK



**In Celebration**  
**of Senior Center**  
**Month! See page 2...**



The Enrichment Center  
of Lee County

# SPIRIT WEEK



In Celebration  
of Senior Center Month

Monday, September 24 –  
Friday, September 28, 2018

*Dress Up For Your Lunch &  
Activities This Week!*

**\*MONDAY:** Favorite Color

**\*TUESDAY:** Country-Western

**\*WEDNESDAY:** Wacky-Tacky

**\*THURSDAY:** Crazy Hair/Hats

**\*FRIDAY:** Rock-N-Roll

Prizes awarded daily  
for best costume!

## YEE-HAW!

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

**Faith Bardill**

We're having a country dinner hoe-  
down; fun and fellowship by the mile!

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

**Thursday, September 13, 2018**

**6:00 p.m. - 8:00 p.m.**

**\$10 secures your reservation!**

*Payment required in advance.*



## 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. **Mondays, September 10 through October 29, 2018 from 2:00 PM until 4:00 PM.** 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.

*Informational Class for Sessions 1 and 2*

*Held on Friday, September 7, 2018 at 12:00 noon.*

### SESSION #1 Mondays and Fridays

**12:30 p.m. - 1:30 p.m.**

**September 10 for ten weeks. Class ends on Monday, Nov. 19, due to Veterans Day Holiday.**

**OR**

### SESSION #2 Tuesdays and Thursdays

**4:00 p.m. - 5:00 p.m. September 11 for ten weeks.**

**Class ends on November 15, 2018**

## STRING ART Class



*With Instructor  
Jeannie Jones*

**Tuesday**

**September 18, 2018**

**1:30 p.m. - 2:30 p.m.**

A beautiful, yet simple art form using a string medium to create a unique design.

**Cost is \$10 for supplies, paid at registration, by September 11.**

## TECH 9-1-1

**Cell Phones - Laptops - Tablets - Etc.**

**Wednesday, October 10, 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 45 minute time slot.

(919) 776-0501 Ext. 2201.

Please bring your device to the session.

## Happy 65th Birthday!

Thursday, September 20, 2018

5:30 p.m. 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? Answers are available! *Attend this free*

*informational presentation brought to you by SHIP, Seniors' Health Insurance Information Program,*

*a Division of the NC Department of Insurance.*



NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM



**September 11 - 16, 2018**

## Attention

**Senior (age 65+) Veterans:**

**Thursday, September 13**

**Is a day just for YOU**

**at the Lee Regional Fair!**

**Parking available on 5th Street at Gate 4 with shuttles to activities.**

**\*NOTE, no parking at the Colon Road Entrance**

9:00 - 9:45 a.m.

9:45 a.m. - 10:30 a.m.

10:45 a.m. 11:30 a.m.

Selected Rides Open for Seniors

Agriculture Exhibit Hall & Barn Open

America's Country Darlins at the Amphitheater Stage



## ATTENTION ENRICHMENT CENTER VOLUNTEERS

A Defensive Driving class will be offered to ALL Volunteers

**Tuesday, September 25, 2018**

**9:00 a.m.**

Space is limited - registration is required. Call (919) 776-0501 Ext. 2201. Take advantage of this opportunity to refresh those skills we need every day!

**SAFETY  
FIRST**  
**SAFETY IS  
EVERYBODY'S  
JOB**

## 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.*

September 27 Mt. Airy, \$75  
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.*

September 17-19 Lancaster  
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.

## D A daily celebration

**i  
n  
e  
r  
s**



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.

**C  
l  
u  
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.

### September 2018 programs:

4th—Farmer's Market  
 5th—Singing with Laurence Poindexter  
 7th—Who am I?  
 11th—Farmer's Market

13th—Diner's Club Lee  
 County Fair Day, Departing  
 the EC at 8:45 a.m.



14th—What the EC Means to Me  
 18th—Farmer's Market  
 19th—Plan Your Future, Miller Boles Funeral Home  
 21st—Health & Wellness Day  
 24th—Early Voting Information, Parker Holland,  
 Director of Elections  
 25th—Farmer's Market  
 26th—Senior Center Trivia  
 28th—Dancing with the Stars, Gilroy Buller, Latin  
 Dance Instructor

### 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!



## 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**

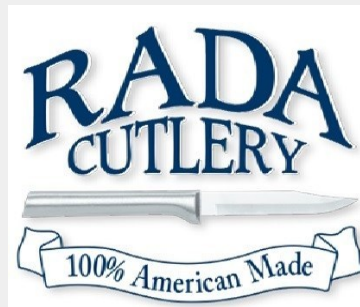
### **REMINDER**

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

## Sale! 20% Off



**All Open Stock Inventory**

**Drop off  
or call Melanie  
with your list,  
(919) 776-0501**

**Ext. 2214**

**or email [mrodgers@leecountync.gov](mailto:mrodgers@leecountync.gov).**

*Proceeds from Rada Cutlery sales benefit The Enrichment Center, Inc. Helping Fund. This fund is used to assist older adults in Lee County who are in a crisis situation with medication, utilities and other necessities of life.*

### **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

***If you have to choose between buying groceries or paying your Medicare bills...SHIIP may be able to help. Extra Help and Medicare Savings Programs***

*are available for those who qualify, but you have to apply. Lee County residents can call Janice at The Enrichment Center, (919) 776-0501 Ext. 2206. Neighboring counties and Lee County residents can call 855-408-1212, NC Department of Insurance, Seniors' Health Insurance Information Program.*

## Corner



### *How to Identify and Minimize Caregiver Burden*

*Proven self-assessment tools can help caregivers come to terms with what they are truly feeling and realize the importance of seeking assistance.*

Most of us have heard of caregiver burnout or are familiar with the trials and tribulations involved with providing care for a loved one. Each person's level of burnout can be different, and fulltime as well as part time caregivers experience burnout. Caregivers feel that they are powerless to change their situation and therefore turn a blind eye to their emotional, physical and even financial difficulties. However, this denial only provides a cozy little space for burnout to take root and grow.

According to AARP's 2015 Caregiving in the U.S. Report, 38 percent of caregivers consider their situation to be highly stressful. Nearly half of this high-stress group provides more than 20 hours of care each week. Even if you believe you are on top of your loved one's needs and meeting your own, it is crucial for you to periodically take an objective look at your circumstances to prevent pushing your limits too far. You may be meeting many of these needs, but are you providing the best possible care? At what costs? Gauge the amount of strain you are experiencing and become more proactive in finding a healthy middle ground between sacrifice and selfishness.

A marathon runner realizes they need to prepare themselves for the long haul. Caregivers, like marathon runners, must learn the lay of the land, find a sustainable pace and accept replenishment along the journey. Caregivers should not ignore the signs of burden and burnout of the next uphill stretch. Runners throttle back on their pace, and so should caregivers. Burnout can sneak up on the healthiest, most devoted and best prepared caregivers.

**A free self-assessment packet for caregiver burnout is available, the Zarit Burden Interview Packet. Find it online or contact *Holly Hight, Senior Center Caregiver Specialist, (919) 776-0501 Ext. 2230 or [hhight@leecountync.gov](mailto:hhight@leecountync.gov).***

**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.

**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.

### **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.

**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.

### **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**.

## Friday Afternoon Movie Club



Friday, October 19, 2018:

*Young Frankenstein*

Friday, November 16, 2018:

*Driving Miss Daisy*

Friday, December 7, 2018:

*Meet Me In St. Louis*

*Seating Is Limited. Please Call To Reserve Your Spot  
(919) 776-0501 ext. 2201.*



### Tis the Season!

### Stress & The Holidays

**Thursday, November 8, 2018**

**10:30 a.m. - 11:30 a.m.**

**Special guest speaker Marcy Simpson, MSW, LCSW, CEAP & Health Coach with Pinehurst Medical Clinic will be presenting on holiday stress; what you can do to manage and prevent it. Light refreshments served. Please call to reserve a spot (919) 776-0501 Ext. 2201.**

**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 September, 1st—NO DANCE, floor maintenance, 8th—Southern Exposure—wear something telling your career, 15th—The Midnight Express, 22nd—Skyryder Band-Birthday Dinner at 6:00 p.m., 29th—Jr. Gainey and The Killing Time Band.

# Fall Festival

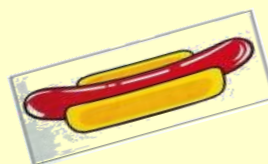
Saturday

October 27, 2018

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.*



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

**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.**



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.

Enrichment Center's Information &  
Resource Directory Available Online:  
[www.leecountync.gov/ec](http://www.leecountync.gov/ec)

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 today  
(919) 718-9012  
for more information  
and to volunteer.

The Enrichment Center will be CLOSED Monday,  
September 3, 2018 for Labor Day

## A Novel Approach Book Group

meets the second Tuesday of the month at 12:00 p.m. September 11th book is Snow Child by Eowyn Ivey . October 9th book is The Johnston Flood by David McCullough. The group is open to all adults. Registration is not necessary.

## Box fans available to Lee County

residents age 60 and better or adults with a disability. 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 and complete a request form.

