

# The Center Post

Volume 28

APRIL 2019

## 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.*

## By 2035,

16 years away,

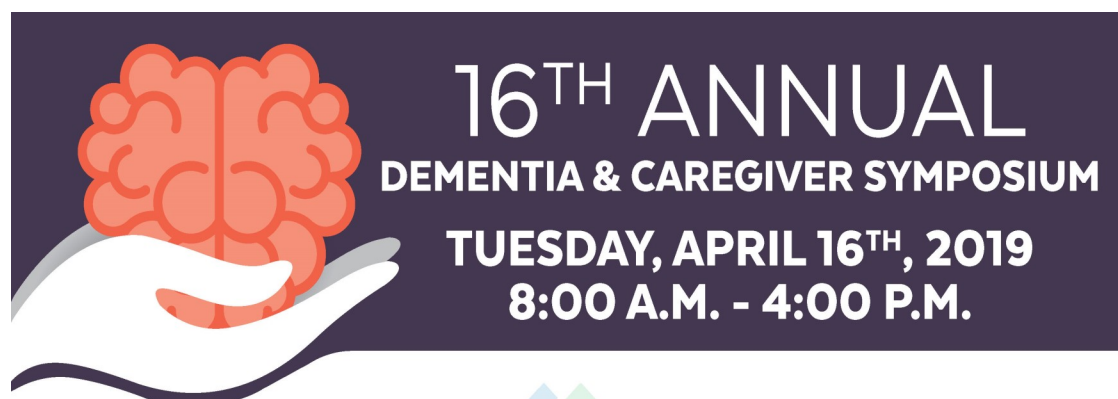
*Americans age 65 and older are forecast to outnumber kids for the first time.*

*The U.S. Census Bureau projects that the population of older adults will surpass children by almost two million.*

Senior Centers:  
Masters of Aging



**Register Today by Calling (919) 832-3732**



**DENNIS A. WICKER CIVIC & CONFERENCE CENTER**

**1801 NASH STREET**

**SANFORD, NORTH CAROLINA 27330**

The symposium is for family and professional caregivers as well as community members wanting to learn more. Discover current trends in dementia care, practical self-care suggestions, and information about legal issues and maintaining brain health. Education sessions, guest speakers, interactive resource tables, health screenings, Virtual Dementia Tours, Rock Steady Boxing, door prizes and more!

**REGISTRATION 8:00 A.M. | PROGRAM STARTS 9:00 A.M.**

**KEYNOTE ADDRESS BY**

**DR. KAREN SULLIVAN, PINEHURST NEUROPSYCHOLOGY**

**LUNCH PROVIDED.**

**REGISTRATION REQUIRED:** Please Contact Lisa Levine at:

(919) 832-3732 or [llevine@DementiaNC.org](mailto:llevine@DementiaNC.org) | [www.DementiaNC.org](http://www.DementiaNC.org)

Family Caregivers, Clergy, Students & Volunteers: **\$10** | Professionals: **\$40**

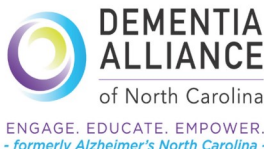
Continuing Education Contact Hrs. 4.5

**For Questions or to schedule respite care,** Please Contact:

Holly Hight, Senior Center Caregiver Specialist at The Enrichment Center

(919) 776-0501 ext. 2230 | [hhight@leecountync.gov](mailto:hhight@leecountync.gov)

**PRESENTED BY:**



**See Page 2 for Agenda and BREAKOUT SESSION Topics**

# Dementia & 16th Annual Caregiver Symposium

For online registration with credit card payment:

[www.DementiaNC.org/Sanford2019](http://www.DementiaNC.org/Sanford2019)

Designed for family and professional caregivers and anyone wanting to learn more about dementia.

**TUESDAY**  
**April 16, 2019**  
**Dennis Wicker Civic &  
Conference Center**  
**Sanford, NC**

**Join our interactive exhibits to learn more about the resources in your area!**

During the symposium you will have the opportunity to participate in the **Virtual Dementia Tour® (VDT)** – a dementia simulation where you can experience the challenges someone with dementia might face. The **VDT** is a powerful sensitivity and awareness experience created for anyone seeking to understand the physical & mental challenges of those with dementia.

**VDT** will be ongoing during all sessions and lunch. Sign up at morning check-in to participate. **Thank you to Spring Arbor for providing the VDT experience!**

## Agenda

- 8:00 am      **Registration & Check-In & Sign Up for Virtual Dementia Tour**
- 9:00 am      **Welcome**
- 9:15 am      **Uncommon Answers to Ten of the Most Common Questions Asked by Carepartners**, Melanie Bunn, MS, RN, Dementia Training Specialist, Dementia Alliance of NC
- 10:30 am      **Break and Visit Exhibitors**

## Agenda Continued

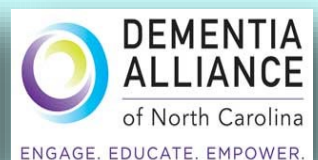
- 10:45 am      **BREAKOUT SESSION**  
(choose one, repeated after lunch)
- A. Legal Issues for the Dementia Caregiver**  
Jennifer Barnhart Garner, Attorney and Counselor at Law, Garner Law Firm, PLLC
- B. After the Diagnosis: Resources to Help you Through the Stages of Dementia**  
Jennifer M. Tyner, CMC, Lead Aging Life Care Manager, AOS Care Management
- C. Finding the Beauty, Approaching the End: Exploring Advanced Dementia**  
Melanie Bunn, MS, RN
- 12:00 pm      **Lunch**, provided on site
- 12:45 pm      **BREAKOUT SESSION**  
(choose one, repeated from before lunch)
- A. Legal Issues for the Dementia Caregiver**
- B. After the Diagnosis: Resources to Help you Through the Stages of Dementia**
- C. Finding the Beauty, Approaching the End: Exploring Advanced Dementia**
- 2:00 pm      **Break and Visit Exhibitors**
- 2:15 pm      **Protecting Your Loved One from “Brain Health” Fraud** Karen D. Sullivan, Ph.D., ABPP, Board Certified in Clinical Neuropsychology, Pinehurst Neuropsychology
- 3:30 pm      **Closing, Evaluations and Raffle Prizes**

**Submit registration to** Lisa Levine, Dementia Alliance of NC  
9131 Anson Way, Suite 206, Raleigh, NC 27615  
Phone: (919) 832-3732 Email: [llevine@DementiaNC.org](mailto:llevine@DementiaNC.org)

### Information/Registration

Lisa Levine, Dementia Alliance of NC  
(919) 832-3732 or email [llevine@DementiaNC.org](mailto:llevine@DementiaNC.org)

**Hosted by:**







## SILVER ARTS Of Lee County

United in the Spirit of Competition

Started in 1983, NC Senior Games is a year-round health promotion & education program for North Carolinians aged 50 years & better. It is a holistic approach to body, mind, & spirit staying fit, while enjoying the company of friends, family, spectators & volunteers.

**Open to Residents Age 50 & Better  
in Lee & Neighboring Counties**

**Registration: April 1-30 | Early Bird: April 1-20**

Register online at [jsolomon@leecountync.gov](mailto:jsolomon@leecountync.gov) or pick up a registration form at  
**Enrichment Center of Lee County | 1615 S. Third Street | Sanford**

The registration fee entitles each participant to opening reception, and entry into athletic events and/or SilverArts. Participants may enter as many events/categories as desired. Fee is waived for first-time participants.

**Tuesday, May 14**

5:30 PM – Opening Ceremonies | 6:15 PM – Performing Arts

**May 1 – 31**

SilverArts - Visual, Literary, and Heritage Arts Displays  
Enrichment Center of Lee County | 1615 S Third Street | Sanford



Sponsored by:



This program is sanctioned by NC Senior Games. NCSG is sponsored state wide by the NC Division of Aging.



### Olympic-style Athletic Events:

*Cycling*

*Tennis*

*Golf*

*Softball*

*Pickleball*

*Bocce*

*Bowling*

*3 v 3 Basketball*

*Table Tennis*

*Shuffleboard*

*Track & Field*

*Swimming*

*Cornhole*

*Football Throw*

*Horseshoes*

### SilverArts Showcase:

*Visual Arts*

*Heritage Arts*

*Literary Arts*

*Performing Arts*

# ***GIVE YOURSELF A BREAK!***

## **Powerful Tools For *Caregivers***

**Thursdays, April 25, 2019 – May 30, 2019**

**5:30 p.m. – 7:30 p.m.**

**(Light snacks provided)**

**Six class sessions held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources at no charge to the caregiver.**

We will help you through this journey. Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

**This class will give you tools to help:**

- **Reduce Stress**
- **Improve Self-Confidence**
- **Manage Time, Set Goals, and Solve Problems**
- **Better Communicate Their Feelings**
- **Make Tough Decisions**
- **Locate Helpful Resources**

*“Taking this class helped me understand my role with mom and how I can help dad with her care,” daughter of mom with Alzheimer’s disease.*

*“Now I know how to handle my stress. I know it won’t go away, but I can make choices and ask for help,” husband of wife with Parkinson’s disease.*

***Registration is required. Please call (919) 776-0501 ext. 2201.***

**If respite is required for your loved one during this time  
please call (919) 776-0501 ext. 2230.**

**Made possible by the National Family Caregiver Grant. Contributions accepted.**

**The Enrichment Center of Lee County  
N.C. Certified Senior Center of Excellence  
1615 S. Third Street, Sanford, NC 27330**

**Spring Clinics!**  
*Brush Up on Your Skills*  
*Practice Time - Learn a New Event*



**Open to  
 People Age  
 50 & Better in  
 Lee &  
 Neighboring  
 Counties**

**Clinics are held at 11:00 a.m.**

<b>Friday, April 5</b>	<b>Bocce</b>
<b>Tuesday, April 9</b>	<b>Horseshoes</b>
<b>Monday, April 15</b>	<b>Football Throw</b>
<b>Tuesday, April 23</b>	<b>Corn Hole</b>

**To register for a clinic contact  
 Coordinator Jimmy Solomon  
 (919)776-0501 ext. 2207 or  
 jsolomon@leecountync.gov**

**Registration for Senior Games & Silver Arts  
 of Lee County will be April 1-30, 2019.  
 Events are held in May. Pick up a  
 registration form at The Enrichment Center  
 or email jsolomon@leecountync.gov.**

***NC Senior Games is a year-round health  
 promotion and education program for North  
 Carolinians 50 years of age and better. It's a  
 holistic approach to body, mind and spirit  
 staying fit, while enjoying the company of  
 friends, family, spectators and volunteers.***

***Senior Games and Silver Arts of Lee county is part of  
 a network of 52 Local Games across North Carolina  
 and is sanctioned by NC Senior Games, Inc.***



**The Enrichment Center  
 The \*Gem\* of Lee County  
 Up & Coming with Margaret**



## **Let's Have A Card Party!**

We need you and so does  
 The Enrichment Center, Inc. Helping Fund!  
 Co-sponsored by Miller-Boles Funeral Home

**Tuesday, April 9, 2019  
 2 p.m. – 5 p.m. and/or 5 p.m. – 8 p.m.**

\$4.00 per person, per session  
 Refreshments, Fellowship and Door Prizes!

**Bring a friend (newcomer to the Card Party)  
 and enter our Grand Prize Drawing!**

100% of all dollars raised at the party goes to the  
 Enrichment Center, Inc. Helping Fund. The Helping  
 Fund assists Lee County older adults who are in a crisis  
 situation with electricity and other necessities of life.

**Register by calling (919) 776-0501 ext. 2201.  
 All Adults Welcome**

**Rada Cutlery on display for  
 purchase and ordering.  
 Proceeds from Rada also  
 benefit the EC, Inc.  
 Helping Fund.**



**Tech 9-1-1** These 1-on-1 hour long technology  
 sessions are designed around you and your technology  
 needs. Please bring your questions and device (tablet,  
 phone, laptop) to the session.

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

**Monday, June 17  
 Thursday, July 11  
 Friday, August 16**



## E. C. TRAVELERS

The below trips are now open to all adults in Lee County and neighboring counties.

For travel policy and further information stop by or call The Enrichment Center  
(919) 776-0501 Ext. 2201.

### 2019 Day Trips

**Tuesday, October 22** *NC State Fair. Come along as we go on our annual fall trip to the NC State Fair for Senior Day! Register and pay today—\$20 cash, money order or cashier's check only.*

*Space is limited. A portion of your reservation has been paid by Senior Center General Purpose Grant Funds, a grant allocated to Senior Centers of Excellence.*

### 2019 Overnight Trips

**April 8-10** *Savannah, Ga (wait list)*

**Sept 5-14** *Canada/New England Cruise (wait list)*

**Space Available! December 10 - 12, 2019**

***Asheville, NC & The Biltmore Estate***

**\$399 Per Person, Double Occupancy**

**\$50 Deposit at registration.**

**Travel Insurance Protection Available**

Hotel accommodations, 2 breakfasts at your hotel and 2 dinners including one holiday dinner at the Biltmore Estate. Visit **Grove Park Arcade** and view the best gingerbread houses in the country. **Self-Guided Candlelight Tour of The Biltmore.** Dozens of Christmas trees, hundreds of wreaths, bows and poinsettias; miles of evergreen garland; thousands of ornaments! **Admission to Biltmore Estate Gardens and Grounds, Conservatory and Antler Village and Biltmore's Shops.** Wine tasting at the famous Biltmore Estate Winery. Western NC Farmers Market. Blue Ridge Folk Art Center. Asheville Christmas Wonderland Lights Display. Standard taxes, meal gratuities and baggage handling.

*Turn to pages 7 and 8  
for more overnight trips!*

## LAUGHTER IS THE BEST MEDICINE!

With Special Guest Samantha Allred of NCBAM (NC Baptist Aging Ministry). **Wednesday, April 3, 2019, 2 - 3 p.m.** Medical science has proven the importance of laughter and its benefits to emotional and physical health. This workshop helps us to choose laughter and intentionally increase happiness in life. Open to all adults. Call (919) 776-0501 ext. 2201 to RSVP.

**Old-Fashioned Recipe Swap** **Thursday, April 11, 2019, 1:00 p.m. - 3:00 p.m.** Gather up your tried and trues for an afternoon of fun and fellowship. Swap your favorites while enjoying refreshments and music. Call to RSVP (919) 776-0501 ext. 2201. Open to all adults.



### **Silver Sneakers**

#### **Advocacy Day**

Join us  
**Wednesday, April 24, 2019 at 10:30 a.m.** in the EC Grand Hall.  
As of January 1, 2019,

UnitedHealthcare no longer carries the SilverSneakers Fitness Program as part of their plans. Help us advocate to bring back this worthwhile program for our participants! Your voice matters! Open to all adults.



## Friday Afternoon Movie Club

**1:00 p.m.** **April 12** movie is a 1948 lavish musical with superb dancing! **May 10** movie is about a character having difficulty adjusting to his hard-labor sentence in Mississippi. He scams his way off the chain gang along with two others to pursue freedom and the promise of a fortune in buried treasure. **Call us for the titles and to reserve your spot, (919) 776-0501 ext. 2201.** Free popcorn! Priority to those age 50 and better.

## Luscious Ladies of Sanford

**3rd Tuesday at 6:00 p.m.** **Marcia Johnson, Queen Mum,** invites you to wear a red hat, with your purple outfit and join us as we greet middle age with humor! You must be a woman 50 or over (or you may be a Pink Hatter under 50). **Call the EC if interested in attending (919) 776-0501 ext. 2201.**

**Beginner Guitar Class** for those age 50 and better. **Wednesdays, 12:00 p.m.** with Instructor Mickey Bowman. Bring your guitar and learn the basic principles of how to play the guitar. Fun and stress-free setting. Absolutely free!

Reminder that trip payments/registrations for Washington, DC, Texas and the Western Caribbean Cruise will be accepted on Mondays and Wednesdays, 8-9 am and 3-4 pm and on Fridays, 8 am -12 pm.  
Remember, no cash is accepted- all payments MUST be in form of check or money order for these trips.

**The Enrichment Center & PML Tours**  
Presents a Fabulous Trip to

***Washington, DC***  
***October 7-9, 2019***

**Your 3 Day/ 2 Night Package Includes:**

2 Nights Hotel Accommodations  
2 Breakfasts at your Hotel  
1 Wonderful Dinner & 1 Lunch/Dinner Cruise

**Cruise the Potomac River onboard the**  
**Odyssey Luncheon Cruise**

*Experience the breathtaking views of DC's monuments, a distinctive and freshly-prepared lunch with dessert and live music.*

**Guided Tour of Washington, DC**

*To include such sights (as time permits): The Supreme Court, Capitol Building, National Archives, Washington Monument, the Lincoln, Vietnam and the Korean Veterans Memorials, the Jefferson Memorials, the World War II Veterans Memorial and the Martin Luther King Jr National Memorial.*

**Visit to the U.S. Capitol Building  
Smithsonian Institute– The World's Largest  
Museum Complex, Tour of Arlington  
National Cemetery**

***For Information and /or Reservations,***  
***contact: Janice Holmes***

***919-776-0501 ext. 2206***

**Price: \$449.00 per person– Double Occupancy.**

**Travel Protection:** *Travel Protection can be purchased at \$51.00 per person– Double Occupancy.*

*If you wish to purchase travel protection, please send in separate check made payable to **PML Tours**. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits.*

**Insurance premiums are non-refundable.**

**The Enrichment Center & PML Tours**  
Invites You on a Special

***Texas Vacation to:***  
***San Antonio, Waco & Dallas***  
***November 1-6, 2019***

**Your 6 Day/ 5 Night Vacation Includes:**

5 Nights Hotel Accommodations including 2 nights in San Antonio, 1 night in Waco and 2 nights in Dallas  
4 Evening Receptions at your hotel to include hot food and beverages. 5 Breakfasts and 3 Fabulous Dinners to include dinner at ***Southfork Ranch***

**\$1949 per person includes roundtrip airfare with transportation to airport and deluxe motor coach transportation while in Texas.**

**Also included: Guided city tour of San Antonio, San Fernando Cathedral, River Walk, Alamo, guided tour of Waco, Dr. Pepper Museum, El Mercado Market, Texas Ranger Hall of Fame, Magnolia Market at the Silos, Magnolia House, Cedar Chest Antique Mall, guided tour of Dallas, Sixth Floor Museum, Southfork Ranch.**

***For Information and /or***  
***Reservations, contact:***

***Janice Holmes***

***919-776-0501 ext. 2206***

**Travel Protection can be purchased at \$199 per person/double occupancy. Insurance premiums are non-refundable.**

## The Enrichment Center of Lee County Trip Policy

Priority is given to Lee County residents age 50 or better. Those who are younger than 50 or non-Lee County residents may be placed on the waiting list and will be allowed to register after a 45-day waiting period, space permitting.

You must be of serious interest when placing your name on a desired trip. If you sign up for a trip that interests you, you must pay a non-refundable deposit of amount determined by trip vendor (unless otherwise requested) at the time of registration. No names will be accepted unless accompanied by a deposit or payment in full. The remaining balance terms will be on the trip information flyer. If a Lee County resident reserves a spot on an overnight trip and their traveling companion is not a Lee County resident, this will be allowed. One of the individuals in the room MUST be a Lee County resident. Proof of residence may be requested.

If you would like to cancel your plans to take a trip on a chartered bus with us, we will make every available effort to refund any money you have paid towards the trip. Please understand that when a chartered trip is planned, we must send in a deposit which the charter company will not refund. In such cases, we will assist in finding someone to take your place-if there is a waiting list. Paid reservations are non-transferable. It is highly recommended that for overnight trips you purchase trip insurance coverage which is available through the motor coach company.

Occasionally, there is not enough interest in a trip causing us to cancel the event. In this case, you will receive a refund in full. If alternate vehicles are used for the trip (instead of a bus), a partial refund will be made to you. (The cost of fuel/vehicle rental will be divided equally amongst the participants.)

Please remember that our trips depart on time. When departing from the Riverbirch parking lot, please park behind the pond in front of the J.C. Penney's/Belk stores (Women's Dept.) - as close to the pond as possible.

Seating on the bus is on a first come, first served basis. Saving of seats is NOT allowed except in the case of one (1) travelling companion. Since it is necessary for the staff/volunteer escort (s) to communicate with the driver, he or she will occupy the front seat on the van (s) or the first seat on the passenger side of the bus.

Please complete an Emergency Contact Form prior to each trip. Forms are available at the front desk. It is our desire to provide you with a pleasurable and memorable experience. If you have any questions, please contact Janice Holmes at 919-776-0501 x2206.

The Enrichment Center-Certified  
Senior Center of Excellence

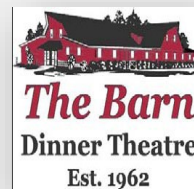
1615 S. Third Street, Sanford, NC 27330

919-776-0501 Trip policy revised and approved by the Lee County Senior Services Advisory Board (Board members appointed by the Lee County Commissioners)

Oct. 2010

The Barn Dinner Theatre  
Presents

## ***The Savannah*** ***Sipping Society***



**Tuesday, July 30, 2019**

In this delightful comedy, four unique Southern women, all needing to escape the sameness of their day-to-day routines, are drawn together by Fate - and an impromptu happy hour - and decide it's high time to reclaim the enthusiasm for life they've lost through the years. Over the course of six months, filled with laughter, mishaps and the occasional liquid refreshment, these middle-aged women discover lasting friendships and a renewed determination to live in the moment.

*\$95 per person includes meal, show ticket and transportation.*

We will depart Riverbirch Corner at 11:30 a.m. and return at approximately 6:30 p.m.

## **PML Travel & Tours and The Enrichment Center**

**Present a Fabulous  
8 Day/7 Night Western Caribbean Cruise**

**Aboard Carnival Cruise Line's "Breeze"**

**May 2 – May 9, 2020**

Departs from **Port Canaveral, Florida**

**Cozumel, Mexico** - Cozumel, perched atop a coral reef, is just minutes from San Miguel's seafloor shops and the white sand beach at Chankanaab National Park.

**Belize** - Silky sand beaches, waving palms and colorful coral gardens are just part of Belize's natural wonders. Visit Old Belize to learn the history.

**Mahogany Bay, Isla Roatan** - Diamond-clear seas, one of the Caribbean's hidden gems.

**Costa Maya, Mexico** - Vivid southern Caribbean coast with turquoise waves and ivory sand. Explore white stone pyramids of the ancient Maya and blue Lake of Seven Colors.

**Payment Plan Available.**

**Travel Protection can be purchased.  
Insurance premiums are non-refundable.**



### **SAVE THE DATE: Volunteer Reception**

An appreciation reception for people who volunteer at The Enrichment Center.  
Wed., May 1, 2019 from 2:00 p.m. until 4:00 p.m.  
**More information in the May 2019 Center Post and by telephone.**

### **Water Aerobics Registration April 1st**

May 20, 2019 through September 13, 2019  
Mondays/Wednesdays/Fridays at 11:00 a.m.  
**OR** Mondays/Wednesdays/Thursdays at 5:30 pm  
OT Sloan Pool with Instructors **Cathy Andrew and Jourdan Huskey**

\$45 for the Summer or \$15/Month  
Prorated cost for partial month. NO REFUNDS  
Priority given to those age 50 and better.  
**Register, complete an information form and pay at The Enrichment Center, 1615 S. Third St., Sanford.**  
**Sorry, no telephone registrations. Payment secures your spot.**

### **Benefits of Water Aerobics**

- Aerobic workouts in the pool are perfect for those who find certain movements on land—running, striding, kicking, leaping and even dance—too jarring or painful.
- Water exercise is one of the best non-impact fitness activities around and just about anybody can participate.
- The resistance of water is perfect for a strength-training workout; instead of weights, the water itself provides the resistance.
- One of the greatest benefits of water exercise is its effect on flexibility.
- Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

### **Fun & Fit Class Begins April 1, 2019**

Exercises target range of motion, eye/hand coordination, reaction time, balance and weight transfer, vestibular system, brain fitness and ADL (activities for daily living) function. Need a chair? Many exercises are seated. **Mondays, 10 a.m.—10:45 a.m. \$10 per month. Priority given to age 50 and better.**

### **Tablet & Phone Class**

Wednesday, April 24, 2019 5:30 p.m. - 6:30 p.m. This class is designed around you! Please bring your device and questions. Class size is limited. Call to reserve your space (919) 776-0501 ext. 2201. Open to those age 50 and better.

## **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.

**S** If you are interested in having lunch  
with us call **Carole Nicely**  
**919-776-0501 Ext. 2205**  
for information and to register.

**C** **11:00 AM programs in the Diners Club**  
**are open to the general public.**

**u** **APRIL 2019 programs:**  
**b** 3rd—Laurence Poindexter singing in the  
sunshine!  
5th—In the Blink of an Eye, William Johnson  
10th—Meet the Vendor, Bright Audiology  
12th—Table Tennis  
16th—at 10 a.m. Sassy Red Hatters  
17th—Miller Boles Easter Party  
24th—The Importance of Silver Sneakers  
26th—Chair Volleyball

**MONDAYS**  
**Crafts 'n Coloring**

**WEDNESDAYS**  
**Silver Striders**  
**Let's Walk! 10 AM**

### **Diners' Club Sassy Red Hatters**

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

**Let's Play Mah Jongg** A game of Chinese origin usually played by four persons with 144 tiles that are drawn and discarded until one player secures a winning hand. Call Debbie Williams (919) 776-0501 ext. 2203.



The Enrichment Center  
Hot Topic  
9:00 a.m.  
First Wednesday

## Corner



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.

**Get Connected at The Enrichment Center's Caregiver Connections Board** Business cards from people available for hire, such as sitters, housekeeping and other services are available at the board near the EC Grand Hall. Home care workers are invited to place their business cards in the display. Agreements are between the parties and not the responsibility of The Enrichment Center.

**Melodies for Me!** Research has shown that listening to music can reduce anxiety, blood pressure, pain, can improve your quality of sleep, mood and mental alertness. For many people suffering from Dementia, music can assist as a conduit for recollection, memory and alleviate frustration.

**Melodies for Me** is an exciting program by The Enrichment Center, that has adapted the principles and techniques of other music related therapy for the mind. The Enrichment Center has MP3 players loaded with meaningful and period music personalized for the 50 and better population. The goal of **Melodies for Me** is to help improve the quality of life for both caregivers and recipients dealing with Dementia. **For more information or to borrow an MP3 player for your loved one, please contact Holly Hight at (919) 776-0501 ext. 2230.**

**Medical Equipment Available,** The Enrichment Center has an inventory of gently used medical equipment such as walkers or canes in our exchange closet. We have partnered with The **Exchange Club of Sanford** to provide wheelchairs to our community. Please call for more information about these programs. Call (919) 776-0501 ext. 2212 or 2213.

*Turn to page 4 for details about **Powerful Tools for Caregivers**. It's a series of six classes designed for family caregivers and anyone wanting to learn more about tools for a better and more productive caregiver experience.*

## 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,** 919-776-0501 Ext. 2230

**to find out if your loved one can join us.**  
Caregiver Time Out is made possible by the **National Family Caregiver Grant.**

## Caregiver Respite Service Available

If you are a Lee County family caregiver and need assistance with taking care of your loved one, The Enrichment Center's National Family Caregiver Grant Program may be able to help. We have minimal hours available to assist family caregivers through paid respite. **Contact Holly today at (919) 776-0501 ext. 2230 to find out if we can assist you and your loved one.**

**A Novel Approach Book Group** Meets the **second Tuesday of the month at 12:00 P.M.** April 9th book is The Curious Charms of Arthur Pepper by Phadra Patrick. May 14th book is The End of Alzheimer's by Dale E. Bredsen. The group is open to all adults. Registration is not necessary.

**Benefits to Attending a Support Group Meeting** Support groups held at The Enrichment Center are open to all adults. They include Alzheimer's, Caregiver, Parkinson's, Cancer, Grief, Diabetes, Grandparents Raising Grandchildren, MS, Stroke. **Stop by The Enrichment Center for a flyer with complete details, or read our website, [www.leecountync.gov/ec](http://www.leecountync.gov/ec).** There are benefits to attending a support group, such as realizing you are not alone, learning helpful information, expressing yourself, reducing distress, gaining hope, helping others, affordability and increased self-understanding.

**The Enrichment Center is in search of a group facilitator for the Low Vision Support Group.** Call Holly for more details (919) 776-0501 ext. 2230.

The Enrichment Center  
& The Good News Crew  
First Thursday  
10:00 a.m.

**WDSG**  
**107.9**



## SPRING FLING CELEBRATION BRUNCH

Annual event honoring Lee County's  
90-year-olds and better!

**Wednesday, May 8, 2019**  
**11:00 a.m.**

Lee County residents who are 90 years young and better are invited to brunch along with their guest. This brunch is held in observance of Older Americans Month, which is celebrated nationally in May.

**Special Menu & Entertainment**  
**At The Enrichment Center**  
**1615 S. Third Street, Sanford**

### **RESERVATIONS REQUIRED**

**Contact Debbie Williams at**  
**(919) 776-0501 ext. 2203**

**Please RSVP no later than**  
**Monday, April 28, 2019.**

The Lee County Senior Services Advisory Board  
Lee County Board of Commissioners  
The Enrichment Center Staff  
Guests and Volunteers  
**We look forward**  
**to honoring each of you!**



## **"ONE NIGHT IN TV LAND"**

### **A RETRO TV DINNER**

### **THEATRE PRODUCTION**

Dab in your Dippity-Do, pull on your pedal pushers and enjoy the Enrichment Players on a night of strolling down memory lane. You'll reminisce over spoofs of classic commercials as well as retro television hits while enjoying a delicious meal ... it'll be just like you're home on the couch in front of the TV!



**Let's travel back to a better place in time.**

**Thursday, June 6, 2019 6:00 pm – 8:00 pm**

**\$10 Includes Dinner**

**Payment required at the time of registration.**

**(Retro Attire Strongly Encouraged)**

**Cell Phones For Soldiers** is a national nonprofit organization dedicated to providing cost-free communication services and emergency funding to active-duty military members and veterans. **Drop off your gently-used mobile devices, charges and accessories at The Enrichment Center, 1615 S. Third St., Sanford.** Call (919) 776-0501 ext. 2206 if you need more information.

**Nifty Noggins** are handmade head coverings for cancer patients. The group of volunteers meet the 2nd Thursday of the month at 10:00 a.m. to drop off head coverings and pick up new materials. If you'd like to volunteer with the group, we'd love to see you at the next meeting. If you or someone you know could use head coverings, contact Carole at The Enrichment Center (919) 776-0501 ext. 2205.

**FREE Blood Pressure Checks**  
**At The Enrichment Center**  
**provided by Liberty Home Care**  
**2nd Tuesday**  
**10:30 a.m. until 11:30 a.m.**  
**For ages 50 and better!**





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*



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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 and this newsletter 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.

**Saturday Night Dance Group** Live bands and fellowship at The Enrichment Center, 7:00 p.m.- 10:00 p.m., \$8.00 per person. Open to all adults.

**Do Coupons Overwhelm You?** Guest Instructor **Mildred Smith, Member of Extension Community Association** Tuesday, May 21 at 1:30 p.m. You will learn how to organize your coupons easily; super double coupons; online resources; where to find the best coupons; how to focus and save time. Call (919) 776-0501 ext. 2201 to RSVP. Open to all adults.

### Grandparents Raising Grandchildren

Support Group meets the 4th Thursday from 10 a.m. until 11 a.m. Refreshments, printed resource materials. Find out about community resources and network with other grandparents. 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. **Seniors should call 1-877-579-7562 for assistance and an appointment.**

### FREE DIABETES EDUCATIONAL CLASS With Kyley Caldwell, RN

*Wound Care & Hyperbaric Medicine  
Central Carolina Hospital*

Learn how to manage diabetes, lower health risks, and explore physical and nutritional ways of maintaining healthy blood sugar.

**Thursday, May 23, 2019**

**10:30 - 11:30 a.m. at The Enrichment Center**

**Open those age 50 and better.**

**To RSVP call (919) 776-0501 ext. 2201.**

### Note on Your Calendar

#### 2019 Holiday Closings for The Enrichment Center

Good Friday  
Memorial Day  
Independence Day  
Labor Day  
Veterans Day  
Thanksgiving

Christmas

Friday, April 9  
Monday, May 27  
Thursday, July 4  
Monday, September 2  
Monday, November 11  
Thursday & Friday, November 28 & 29  
Tuesday, Wednesday & Thursday, December 24, 25 & 26