

The Center Post

Volume 28

MARCH 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



FIVE WISHES

ADVANCE CARE PLANNING

Thursday, March 21 2019
6:00 P.M.

Join guest speaker, **Jennifer Matthews from Amedisys Inc.**, as we delve into the Five Wishes - Advance Care Planning workbook. What is Advance Care Planning? It's discussing and documenting our wishes and preferences for the kind of care and treatment we want or do not want in advance, so that if we are unable to



communicate our choices, what we want is understood. *Five Wishes* is a comprehensive program that helps guide you, your loved ones, your trusted advisors, and your healthcare team through conversations before a health crisis.

***Five Wishes* allows you to express:**

- ♦ The person you trust to make decisions for you
- ♦ What types of medical treatment you would want – or not want
- ♦ What is most important for your comfort and dignity
- ♦ What important spiritual or faith traditions should be remembered
- ♦ What you want your loved ones and healthcare providers to know about you

Open to all adults.
Please Call To RSVP
(919) 776-0501 ext. 2201.



Interested in eating the Mediterranean way, but not sure where to start?

The Med Instead of Meds class series (ages 50+) will help you **Go Med** by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med way every day. Great tasting and good for you! The simple, delicious and satisfying Med Way of eating will keep you coming back for more.

You will learn: Simple steps for mindful eating, meal planning, label reading, right-sizing portions, simple steps for mindful physical activity.

Tuesdays, March 19 - April 23, 2019
4:00 p.m. - 6:00 p.m.

Cost: \$20 Class Size is Limited
Please Call (919) 776-0501 ext. 2201

The Opioid Epidemic

Tuesday, March 26, 2019
6:00 p.m.

Open to the Public

Join guest speaker **Ashley Graham, MPH, Health Education Supervisor with the Lee County Health Department** and a staff member from the Lee County Sheriff's Office for an in-depth look into society's current opioid epidemic. Learn about what part you can play in prevention and treatment, as well as resources you can turn to in the community for further help or information. **Register by calling (919) 776-0501 ext. 2201.**

Important Scam Warning from SHIP A Division of the NC Department of Insurance

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your social security number is blocked—but he might ask you for a fee to reactivate it, or to get a new number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe. **All of these are scams.**

Here's what you need to know:

The SSA will never call and ask for your Social Security number. It will not ask you to pay anything. It won't call to threaten your benefits. Your caller ID might show the SSA's real phone number (1-800-772-1213), but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.

Never give your Social Security number to anyone who contacts you in this way. Do not confirm the last 4 digits. Do not give a bank account or credit card number - ever - to anybody who contacts you by phone asking for it.

Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213. If you have spotted a scam, then tell the FTC at ftc.gov/complaint.



Happy 65th Birthday! Medicare is next - now

what? You probably have a lot of questions. Attend an informational presentation **Thursday, March 7, 2019 at 5:30 p.m.** Anyone

wanting to know more about Medicare is welcome to attend. **Janice Holmes, Senior Insurance and Volunteer Services Specialist**, (919) 776-0501 ext. 2206, is the presenter and information is provided by the **NC Department of Insurance Seniors' Health Insurance Information Program.**

Cooking for 1 or 2 with Chef Joseph

"Pepe" Corello Thursday, March 28, 2019, 6 p.m.

Cooking for 1 or 2 people can seem like a lot of time and effort. Let Chef Pepe help you find the joy in cooking on a smaller scale. Today's Food Demonstration: Mini Pizzas. Space is limited and registration required, call (919) 776-0501 ext. 2201.

Friday Afternoon Movie Club

1:00 p.m. March 8th movie is a 1961 film about a young New York socialite who becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way. April 12 movie is a 1948 lavish musical with superb dancing! **Call us for the titles and to reserve your spot, (919) 776-0501 ext. 2201. Free popcorn!**

Down, But Not Out! Addressing

Depression in Aging Adults, with Special Guest Speaker Samantha Allred of NCBAM (NC Baptist Aging Ministry). **Wednesday, March 20, 2019, 2 - 3 p.m.** Even though one in five aging adults may experience depression, it is not part of normal aging. Participants will learn the symptoms of depression, steps to take to feel better and whole again and how to bring hope to those suffering from depression. Call (919) 776-0501 ext. 2201 to RSVP.

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 **March:** 2nd—Southern Exposure, 9th—Skyryder (chili and sandwiches night), 16th—Colours, (wear green for St. Patty's Day), 23rd—The Fabulous Troubadours, 30th—Flash Back Band (Birthday Dinner at 6 p.m.)

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

Saturday, August 3 *The Barn Dinner Theatre, Greensboro, "Rockin' Tribute to Elvis."* \$95 per person for transportation, dinner and entertainment. \$50 deposit at registration. Save your spot today!

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.

Commemoration of the 50th Anniversary of the Vietnam War



Wednesday, March 27, 2019

1:00 p.m.

National Guard Armory
2214 Nash Street, Sanford

Join us as we welcome home and honor
our Vietnam War Veterans

Hosted by the Fayetteville Vet Center



For more information
about the ceremony or
Vet Center remote counseling
site services, please contact
Edward Clark, Director,
(910) 488-6252 or visit

<https://www.vetcenter.va.gov/>

Tablet & Phone Class Thursday, March 14th, 2019
& Wednesday, April 24th, 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.

Tech 9-1-1 Monday, May 13, 2019 or Monday,
June 17. This class is designed around you. Bring your
device and questions you have. Time slots are limited
and registration is a must. Call (919) 776-0501 ext. 2201.

The Enrichment Center Luscious Ladies

3rd Tuesday at 6:00 p.m. **Queen Mother Marcia Johnson**
invites you to bring a red hat, wear 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). **Please sign up to attend by calling**
(919) 776-0501 ext. 2201.

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.

Beginner Guitar Class, 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.

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.**

*Due to lack of interest, The Cuba/Bahamas
cruise scheduled for January 2020 has been
canceled. However; a cruise to the Western
Caribbean is now available.*

*Registrations accepted beginning March 1!
Please stop by The Enrichment Center
for a flyer with complete details.*

PML Travel & Tours and The Enrichment Center

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

Aboard Carnival Cruise Line's "Breeze"
Cruise from one sunny tropical isle to
another in the glittering
turquoise seas of the Western Caribbean.

May 2 – May 9, 2020
Departs from **Port Canaveral, Florida**

WE VOLUNTEERS

Calling **ALL Diner's Club** Volunteers!

March 18 & 21, 2019

10:00 a.m.

ALL Diner's Club Volunteers

are invited to attend this training session to gain valuable information and knowledge that will be a benefit to our community. Registration requested. Space is limited, call (919) 776-0501 ext. 2201.

A Novel Approach Book Group Meets the second Tuesday of the month at 12:00 P.M. March 12th book is Cold Sassy Tree by Olive Ann Burns. April 9th book is The Curious Charms of Arthur Pepper by Phadra Patrick. The group is open to all adults. Registration is not necessary.

iPhone Smartphone Class, Tuesday, March 12, 2019 from 2:00 p.m. until 3:00 p.m. Call (919) 776-0501 to reserve your spot!

Long-Term Care Seminar Thursday, March 21, 2019 from 1:00 p.m. until 2:00 p.m. with Crystal Fowler from Aging Outreach Services. Register by calling (919) 776-0501 ext. 2201.

Benefits to Attending a Support Group Meetings 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.** 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.

AARP Tax-Aide is a group of volunteers who provide free tax filing services to seniors age 50+, low and middle income individuals during tax season. The AARP Tax-Aide program at The Enrichment Center is available for appointments through April 16. **Call (919) 776-0501 Ext. 2201 for an appointment. You must bring the following documents to your appointment:** Last year's tax return, Social Security Card, Photo ID and all supporting income and tax documents.

Diner's Club 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.

MARCH 2019 programs:

1st—National Wear Blue Day in Support of Colon Cancer Awareness Month
1st—Jennifer Bears, Central Carolina Community Family Care, speaks about colon cancer
6th—Laurence Poindexter singing in springtime
8th—Foodborne illness and other illnesses
13th—Miller Boles Bringing in Springtime
15th—Celebrating St. Patrick's Day
18th—Lunch with Sheriff Carter
19th—Sassy Red Hatters at 10:00 a.m.
20th—Services for the Blind, with Sally Wofford
22nd—Sanford Health & Rehabilitation, with Amanda Covert
27th—Let's Make a Wreath for Easter (Diner's Club Participants)
29th—The New Medicare Card, Is It Scam Proof? Stephanie Bias, NC Medicare Patrol, SHIIP

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!

Dementia & 16th Annual Caregiver Symposium

For online registration with credit card payment:

www.DementiaNC.org/Sanford2019

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!**

Location

Dennis A. Wicker Civic and Conference Center
1801 Nash Street Sanford, NC 27330

Parking is free

Directions at <http://www.dawcc.com/contact/>

Information/Registration

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

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. Educational seminars, guest speakers, vendors, health screenings, door prizes and more!

\$10 – Family Caregivers, Clergy, Students & Volunteers

Respite reimbursement is available with prior approval. Contact Holly Hight at (919) 776-0501 ext. 2230.

\$40 – Professionals. Includes 4.5 CEUs

www2.ncdhhs.gov/dhsr/acls/ceu.html

- Resource information will be offered on site through hosts and exhibitors.
- Please make checks payable to Dementia Alliance of North Carolina.
- Payment non-refundable after deadline. Credit card payment can be made at (919) 832-3732.
- Please dress in layers as room temperatures are difficult to regulate.
- Special needs? Please notify us in advance so accommodations can be made, if possible.

8:00 a.m. Registration 9:00 a.m. Welcome

9:15 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 a.m. Break and Visit Exhibitors

10:45 a.m. Breakout Session (choose one, repeated after 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

12:00 p.m. Lunch, provided

12:45 p.m. Breakout Session

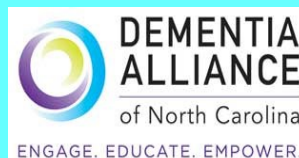
(choose one, repeated from before lunch)

2:00 p.m. Break and Visit Exhibitors

2:15 p.m. Protecting Your Loved One from “Brain Health” Fraud
Karen D. Sullivan, Ph.D., ABPP, Board Certified in Clinical Neuropsychology, Pinehurst Neuropsychology
3:30 p.m. 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

Hosted
by:



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



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

Thursday, March 28
 Friday, April 5
 Tuesday, April 9
 Monday, April 15
 Tuesday, April 23

Shuffleboard
 Bocce
 Horseshoes
 Football Throw
 Corn Hole

Clinics are held at 11:00 a.m.

To register for a clinic contact
 Coordinator Jimmy Solomon at (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
 North Carolina Senior Games, Inc.*



You are welcome to play other games.

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.

Rada Cutlery on display for purchase and
 ordering. Proceeds from Rada
 Benefit The EC, Inc. Helping Fund.

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.

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**

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.

How to Make a Hospital Stay Easier for a Senior with Dementia

www.agingcare.net Being hospitalized is never a pleasant experience for anyone, but hospitalization can prove especially hazardous for seniors with Alzheimer's disease and other types of dementia. Evidence has shown that dementia patients are at greater risk for having adverse outcomes following treatment in a hospital. Even a brief stay may worsen the symptoms of dementia and increase the likelihood of complications such as falls and malnourishment. **Fortunately, there are some things a caregiver can do to help make a hospital stay easier for a loved one with dementia.**

1. Preparation is key. Whether your loved one has a procedure scheduled at the hospital or they wind up in the emergency room unexpectedly, it's important to have a few basic provisions on hand. Having a hospital kit already packed and ready to go can simplify this process, especially in emergency situations. Include current insurance information and pertinent health information, list of medications and a basic medical history. If you have durable medical power of attorney for your loved one, it's important to bring a copy of this document as well. You may also want to include changes of clothing for both of you, a pen and paper to jot down information from the doctors and nurses, snacks, phone charger and book or magazine to keep you occupied.

2. Keep communication open. It's important to explain to your loved one why they are in the hospital, what is going to happen and how long they might be there. It's okay to simplify explanations a little bit or even engage in some therapeutic lying if it helps them relax and cooperate. Try to be gentle and reassuring, especially if they are scared, confused or agitated.

3. Bring comfort objects. If your elderly loved one has an object that they fixate on and that helps keep them calm at home, bring it to the hospital. Things like photographs, a favorite blanket, a stuffed animal or even a small toy can help a person with dementia feel more at ease in an unfamiliar situation.

4. Discuss dementia behaviors and health care wishes with staff. Be sure to speak with the doctor and attending nurses about common dementia symptoms your loved one exhibits and inquire about how outbursts and uncooperative patients are handled.

5. Ask questions. Diligently ask as many questions as needed to understand your loved one's diagnosis, what treatments they are receiving and how long recovery will take. Ask the doctor if any of the treatments might affect their behavior and/or mental state. Having a solid understanding of the medical condition throughout the process will help you prepare for important care decisions at the hospital and when it is time for them to be discharged. Will they need to recuperate at an in-patient rehabilitation facility?

6. Don't be afraid to repeat yourself. Tell every new hospital staff member you encounter during the hospital stay that your loved one has dementia. A study conducted by researchers from the University College London Medical School found that hospital workers were only able to identify a cognitively impaired person about 30 percent of the time. This information can seriously impact the quality and nature of a person's care and experience in the hospital, so reiterate that your loved one is impaired and don't worry about being a nuisance.

7. Stay by their side. A familiar face can work wonders when it comes to keeping a senior calm at the hospital. Try to arrange to be with your loved one as much as possible, particularly in the evenings, during meals, and when medical tests and procedures such as IV insertions and vital sign checks are performed. It may not be possible for you to be at the hospital this often, so try to arrange for other family members to visit when you cannot.

Resources

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.

County of Lee Transit System, COLTS, is a coordinated transit system that provides transportation services for the general public and human service agencies in Lee County. ***Passengers who are customers of a human service agency should contact the sponsoring agency to reserve their ride.***

Passengers ride to work and back home, to in-town and out of town medical appointments, to The Enrichment Center for lunch and shopping trips. Pick-ups at Lee County mobile home parks are available as well as options for last-minute appointments. **Call COLTS today to discuss your transportation needs and the options available (919) 776-7201. TDD/TTY users call 1-800-735-2962, voice users 1-800-735-8262.**

"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)

Water Aerobics for Ages 50 and Better

\$15/month payable at The Enrichment Center at time of registration. Class held at OT Sloan Pool. Water shoes recommended. Bring a pool noodle to class. Start date May 20, 2019. Monday/Wednesday/Friday at 11 a.m. **OR** Monday/Wednesday/Thursday at 5:30 p.m.

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

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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

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

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.



Cell Phones For Soldiers accepts any and all types of cell phones from any carrier. Newer, gently-used mobile devices, including smartphones, are preferred; however, proceeds are generated from the recycling of broken and outdated mobile phones. Chargers and accessories are also welcomed to donate.

Drop off your donations at The Enrichment Center,
1615 S. Third St., Sanford. Call (919) 776-0501
ext. 2206 if you need more information.

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.**

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. 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.

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!