



# The Center Post



Volume 28

SEPTEMBER 2019

## LCG Enrichment Center

### Hours of Operation:

**Monday - Thursday**

**8 AM - 8 PM and**

**Friday 8 AM - 5 PM**

**(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



## Senior Centers: The Key to Aging Well

**Growing | Learning | Connecting | Giving**

National Senior Center Month is celebrated every year in September. This year's theme was chosen to highlight how senior centers, such as LCG Enrichment Center, have the knowledge, programming and resources to make a difference in people's lives. It's the virtual key to unlocking the components that will give an individual the opportunity to age well. We identify seniors as age 50 and better and aging well means different things to different people. At the LCG Enrichment Center we offer programs, events and services that help a person grow, learn, connect and give. Senior Centers hold the key to enhancing all these varied experiences that are fundamental to aging well. We look forward to seeing you soon, engaging in programs, services and events at the LCG Enrichment Center.

## September Health & Wellness Day

**Friday, Sept. 13, 2019**

**9 AM - 12 PM**

*Free & Open To Age 50+*

### **\*Dermatologist Screening**

*By Central Dermatology Center*

### **\*Vision Screening**

*By Triangle Vision*

### **\*Pain Management**

*By Spine & Pain Associates*

### **\*Dental Screening**

*By CCCC Dental Hygiene  
Students*

### **\*Flu Shots 10 AM - 1 PM**

*By Walgreens*

Walk-In Welcome; Sign-Up  
Preferred. Call (919) 776-0501 Ext.  
2201

***Medical Information, Wellness  
Screenings, Health Professionals,  
Exhibits & More!***

## Turn to page 2 for Senior Center Month Schedule of Events.

### **Registration for Programs & Trips**

You should register for programs and classes in advance when indicated. This includes both free and those with a fee. Classes and events may become filled, or cancelled if minimum numbers are not reached. Don't be left out!

When interested in trips, both day and overnight, register and pay fees as soon as possible. Trip vendors require payments from LCG Enrichment Center up to 90 days in advance.

## **CHANGE for CHANGE in September**

The LCG is celebrating the theme of GIVING with a FUNdraiser for The Enrichment Center, Inc. Helping Fund. The container will be at the front reception desk.

Donate your loose pennies and other CHANGE. Let us GIVE to others in need and help CHANGE the lives of others. Together we can make a difference and age well together.





# 2019 National Senior Center Month



**The Key To  
Aging Well:  
Growing  
Learning  
Connecting  
Giving**

**In recognition of National Senior Center Month,  
the LCG Enrichment Center will be  
“Growing, Learning, Connecting & Giving”  
all month with the following fun & informative events:**

All Month:	Helping Fund Change For Change Event	All Day
Sept. 3:	Technology Awareness Class Begins	9:00 am
Sept. 3:	Senior Center Month Proclamation	11:30 am
Sept. 3:	Career Planning & Assessment Begins	1:00 pm
Sept. 4:	Guest Entertainer: Lawrence Poindexter	11:00 am
Sept. 6:	Grandparents Celebration	11:00 am
Sept. 9:	Getting Things In Order Seminar	6:00 pm
Sept. 10:	Fun Scarf Exercises With Jourdan	11:30 am
Sept. 11:	Eye Health & Diseases	11:00 am
Sept. 12:	Powerful Tools For Caregivers Class Begins	3:00 pm
Sept. 13:	Health & Wellness Day	9:00 am
Sept. 13:	Movie Club: Steel Magnolias	1:00 pm
Sept. 16-20:	Spirit Week!	All Day

*16<sup>th</sup> Favorite Color*

*17<sup>th</sup> Pick A Decade*

*18<sup>th</sup> Favorite Team*

*19<sup>th</sup> Dress Your Heritage*

*20<sup>th</sup> Never Grow Up Day*

Sept. 16:	Tech Day With Holly	11:00 am
Sept. 16:	Free Health Promotion Tai Chi Class Begins	12:15 am
Sept. 18:	Plan Your Future With Miller-Boles	11:00 am
Sept. 18:	Bye Bye Stress	2:00 pm
Sept. 19:	Welcome To Medicare	5:30 pm
Sept. 20:	Tech 9-1-1	9:00 am
Sept. 20:	Wake Med Mobile Health Screenings	8:00 am

**\*SEE NOTE BELOW**

Sept. 23:	Falls Prevention & Matter Of Balance Tips	11:00 am
Sept. 25:	Nutrition: How To Get Your Vitamins	11:00 am
Sept. 25:	Tablet & Phone Class	6:00 pm
Sept. 26:	NCBAM Grandparents Seminar	10:00 am
Sept. 27:	Commissioner Letter Writing Day	11:00 am
Sept. 30:	Dixie Line Dancers	11:00 am

**\*NOTE about Wake Med Mobile Unit. Sign-ups were taken at our August Health & Wellness event. It is possible that there may be some cancellations if you would like to inquire with the technicians on September 20.**

*Some events require registration. Call (919) 776-0501 ext. 2201 for more info.  
LCG Enrichment Center N.C. Certified Senior Center of Excellence  
1615 S. Third Street, Sanford, NC 27330*



## Community Chess Club

Wednesdays

Beginning September 4, 2019

5:00 P.M. – 8:00 P.M.

All Levels Welcome

Beginners, learn how to play.

Casual players looking for a fun club to play with.

Development players looking to sharpen skills.

Tournament player's team.

### Monthly Chess Club Events:

1<sup>st</sup> Wednesday – Open play

2<sup>nd</sup> Wednesday – 2 x 1 hour (g30) games 5:30 & 6:40

3<sup>rd</sup> Wednesday – Rapid Tournament 3 x 40 min (g20) 5:30, 6:15 & 7 pm.

4<sup>th</sup> Wednesday – Open play

**\*Please bring board/mat and pieces.**

**(A few extras will be available if you need to borrow) Bring a chess clock if you have one.**

*Program open to ages 8 and above.*

**Getting Things In Order** Monday, September 9, 6 PM with **Miller-Boles Funeral Home & Cremation Service**. Creating a plan now for your celebration of life eases the burden for your family. The family also gets the comfort of knowing they are honoring your wishes. Miller-Boles will discuss what options are available for pre-funeral planning. Open to all adults. Call to reserve your seat (919) 776-0501 ext. 2201.

**A Novel Approach Book Group** meets at LCG Enrichment Center 2nd Tuesday, 12:00 PM, September through May. At the Sept 10 meeting, the group will discuss **Before We Were Yours** by Lisa Wingate. At the Oct. 8 meeting, the group will discuss **We Were the Lucky Ones** by Georgia Hunter. Registration not required. Open to all adults.

**Nifty Noggins** are handmade head coverings for cancer patients. **The group of volunteers meets the 2nd Thursday of the month at 10:00 AM 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, September 12, 2019.** If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.



LCG Enrichment Center  
The *\*Gem\** of Lee County  
**Up & Coming**  
with Margaret  
**9:30 AM First Friday**

**BYE BYE STRESS!** Experience techniques and tools on how to calm and relax your mind, body and spirit. Wed., Sept. 18 at 2:00 PM. Open to all adults.

**Happy 65th Birthday and Welcome to Medicare!** Thurs., Sept. 19 at 5:30 PM. Get your questions about Medicare answered by a reliable source, SHIP, Seniors' Health Insurance Information Program. Open to all adults.

**Special Workshop for Grandparents Raising Grandchildren** with Guest Speaker Samantha Allred from NCBAM, NC Baptist Aging Ministry. Thurs., Sept. 26 at 10 AM. Addressing the causes of this cultural phenomenon, its challenges and resources that are available to help. Open to all adults.

**Tablet & Phone Class** Wednesday, September 25, 5:30 PM with instructor **Holly Hight**. This 1 hour class is designed around you and your needs. Bring your questions and device. Class size is limited. Call to reserve your space (919) 776-0501 ext. 2201. Open to age 50+.

**Tech 9-1-1** *Open to age 50+!* These 1-on-1 hour long technology sessions are designed around you and your technology needs. Bring your questions and device (tablet, phone, laptop) to the session. Friday, September 20, 2019 (Other dates available) **Call To Sign Up For Your 1 Hour Time Slot** (919) 776-0501 ext. 2201.

**Friday Afternoon Movie Club 1:00 PM**  
**September 13th** movie is about a mother of a bride-to-be and bride. As their friend fixes the women's hair for the ceremony, they welcome a helping hand from an aspiring beautician. The bride, a diabetic, has a health scare, which is averted but doesn't bode well for her hopes of having children. Time passes, and the women and their friends encounter tragedy and good fortune, growing stronger and closer in the process. Call us for the title and to reserve your spot, (919) 776-0501 ext. 2201. Free popcorn! Open to age 50+.





## Career Planning and Assessment

With instructor  
Rashia Cox, CCCC

**Tuesdays in September**  
**At the LCG Enrichment Center**  
September 3, 10, 17 & 24, 2019  
1:00 p.m. – 3:00 p.m.  
*(You must attend every class.)*

This class is designed to assess your career goals, skills, interests and readiness to enter the workforce. We will cover career exploration and goal setting. This curriculum would benefit those seeking volunteer opportunities or part-time employment.

*Open to age 50+. Class Size Is Limited.*  
*Call (919) 776-0501 ext. 2201*  
*To Reserve A Spot*

## Technology Awareness

With instructor  
Rashia Cox,  
CCCC



**Tuesdays in September**  
**At the LCG Enrichment Center**  
September 3, 10, 17 & 24, 2019  
9:00 a.m. – 11:00 a.m.  
*(You must attend every class.)*

This class is designed to introduce computer terms, basic computer skills, develop email capabilities and skills in navigating the internet. You will learn about compiling employment-related documents such as resumes, cover letters and applications. This class would benefit those looking for volunteer opportunities or part-time employment.

*Open to age 50+. Class Size Is Limited.*  
*Call (919) 776-0501 ext. 2201*  
*To Reserve A Spot*

## GIVE YOURSELF A BREAK! Attend Powerful Tools For Caregivers

**Thursdays**  
**September 12th – October 17th, 2019**  
**3 PM – 5 PM**  
**With instructors Holly Hight and Tami Carter**

Six class sessions held once a week; 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. Light snacks will be provided.

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!

### The class will give you tools to help:

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

Registration is required. Call (919)776-0501 ext. 2201. Open to all adults. Priority given to age 60 and better. If respite is required for your loved one during this time please call (919) 776-0501 ext. 2230, two weeks prior to class.



## Dixie Line Dancers

**Welcome You to Join Them!**

***Mondays, 2 PM***  
***LCG Enrichment Center***  
***Grand Hall Dining Room***  
***Open to Age 50+ and Free***



**LCG Enrichment Center**  
**Hot Topics**  
**9:00 AM**  
**First Wednesday**

### **New Technology Classes Coming!**

We are excited to have volunteer **Amanda Gustafson** join the LCG Enrichment Center! Amanda will facilitate computer and other technology classes such as Facebook, how to email, Instagram, Pinterest, Internet, Banking on line, texting and more. **Classes are open to age 50 and better. If you have a specific interest while we are still in the planning stages of these classes, call Debbie Williams, (919) 776-0501 ext. 2203.**

### **SAVE THE DATE for Candlelight Reflections**

Thursday, November 7, 2019, 6 PM until 7:15 PM. You are invited to this special ceremony remembering those we have lost, honoring those currently living with Alzheimer's and other dementias and celebrating their dedicated caregivers. There will be speakers, special music, refreshments and information. **Open to all. Please call to RSVP, (919) 776-0501 Ext. 2201.**

### **New Support Group for Amputees meets at LCG Enrichment Center**

*1st Monday of the month at 10 AM.* This group was created for people who have lost a limb or other part of their person. This group meets to discuss challenges, resources and to help each other cope. No Sept. meeting due to holiday. **The group will meet Monday, October 7, 2019.** Registration not needed, open to all adults.

### **New Support Group for Addiction meets at LCG Enrichment Center**

*1st & 3rd Thursday of every month at 6:00 p.m.* A group designed for recovering addicts. This network of caring individuals is open to men and women ages 50 & up, and will discuss challenges of daily life that might lead someone back to addiction, plus tools, guest speakers, resources & coping skills. Registration not needed.

### **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. Made possible by **National Family Caregiver Grant.**

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

### **September 2019 programs:**

#### **Farmers' Market Tuesdays**

- b** 3rd—Senior Center Month Proclamation with  
 Debbie Davidson  
 4th—Laurence Poindexter Singing and Playing Guitar  
 6th—Grandparents Program  
 10th—Exercise with Scarves at 11:30, Jourdan Huskey  
 11th—Dr. Jeyarernam, Family Care Provider  
 13th—NO Bingo  
 13th—Health & Wellness Screenings  
 16th—Wear Your Favorite Color  
 17th—Pick a Decade and Dress Up  
 18th—Plan Your Future, Miller Boles  
 18th—Wear Your Favorite Team  
 19th—Dress Your Heritage  
 20th—Dress Like a Kid for Never Grow Up Day  
 23rd—Falls Prevention & Matter of Balance Tips,  
 Jourdan Huskey  
 25th—How to Get Your Vitamins, Pat Wilkins  
 27th—Advocacy Day, Write to Lee County  
 Commissioners  
 30th—Dixie Line Dancing, Shirley Thomas

#### **MONDAYS**

**Crafts 'n Coloring**

#### **WEDNESDAYS**

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

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

Third Tuesday, 10 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!

**LCG Enrichment Center**  
**& The Good News Crew**  
**First Thursday 10 AM**

**WDSG**  
**107.9**



## Senior Day At the Lee Regional Fair

Thursday  
September 12, 2019

A FREE morning  
event just for YOU!  
9 AM until 12 PM

Drop off at Colon Road ticket gate and enter the  
fairgrounds. Parking is in lot #4 just off 5th St  
**NO PARKING ON COLON ROAD**

9 AM	Arrive at Fairgrounds
9 - 9:45 AM	Selected Rides Open for Seniors
9 AM - 10:30 AM	Agriculture Exhibit Hall and Barn Open
10:45 AM - 11:30 AM	Renee Riddle & The Rambles Musical Review
12 PM	Fairgrounds close until 4:30 PM

Seniors also admitted FREE  
Tuesday and Thursday Evenings 4:30 PM.

**SilverSneakers** is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. SilverSneakers is a benefit offered to members of many Medicare plans across the U.S. If you are 65 years of age or older and/or part of a Medicare health plan or a group retiree, you may already have the SilverSneakers benefit. **Eligible participants receive FREE participation in our qualifying fitness programs: yoga, fitness room, low impact aerobics, stretch and tone, Tai Chi, Fun & Fit and the outdoor walking trail.**

Contact your insurance provider and find out if your coverage includes SilverSneakers and is accepted at LCG Enrichment Center. Note: some SilverSneakers plans only cover gym facilities, not senior centers. **Present your SilverSneakers card to the LCG Enrichment Center front desk attendant so that we can make a copy of your card for your file.**

**To Join, or Not To Join...That Should Not Even Be A Question! The Enrichment Players Drama Club** Now planning our next production! For more information call Holly Hight (919) 776-0501 ext. 2230.

## Volunteers Needed

**GIVING:**  
**A Senior Center Month Theme**

**You Can Make a  
Difference in  
Someone's Life by  
Delivering a Hot  
Lunch**  
**Church members and  
attendees are  
encouraged to volunteer  
in their church  
community.** Volunteers



are needed to deliver a hot, nutritious meal to a homebound older adult in Lee County in the areas of Deep River, Broadway, Tramway and Lemon Springs. Routes usually take around an hour to deliver. Regular and fill-in positions available. Volunteer as often as your schedule allows. **Contact: Janice Holmes (919) 776-0501 ext. 2206 or Laurie Draughn ext. 2213 for more information and to volunteer.**



## AARP Tax-Aide Volunteers Needed

AARP Tax-Aide is a group of volunteers who provide free tax filing services at the LCG Enrichment Center to seniors (age 50+), low and middle income individuals during income tax season. Membership in AARP is not required. **The group is seeking volunteers to be Client Facilitators or Tax-Aide Counselors.** Client Facilitators assist taxpayers in completing a demographic form used to set up their account in the IRS computer software system. Counselors are trained on the IRS TaxSlayer computer software. You do NOT have to be a tax lawyer or tax professional to do our volunteer work. Basic computer skills are helpful. **To volunteer and for more information contact James Payne, (919) 718-9012 or email [paynejw@windstream.net](mailto:paynejw@windstream.net).**

**Sanford Area Habitat for Humanity** is seeking volunteers for the Home Store, 413 Wicker Street. Store hours are Tuesday - Friday 9 AM - 5 PM and Saturday 9 AM - 3 PM. For more information and to volunteer, contact Jane Wesley at (919) 356-9491.





## **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 LCG Enrichment Center (919) 776-0501.

### **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**

**Sept. 5-14** *Canada/New England Cruise*

**December 10-12** *Asheville, NC & The Biltmore Estate (wait list)*

*Reminder that trip payments/registrations for Washington, DC, Texas and the Western Caribbean Cruise are 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.*

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

**3 Day/ 2 Night Package Includes Motor Coach and:**

2 Nights Hotel Accommodations

2 Breakfasts at your Hotel

1 Wonderful Dinner & 1 Lunch/Dinner Cruise

**\$449.00 per person— Double Occupancy.**

*Travel Protection Insurance Available.*

**San Antonio, Waco & Dallas, Nov. 1-6, 2019**

**6 Day/ 5 Night Vacation Includes Airfare, Motor**

**Coach and:** 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.** *Travel Protection Insurance Available.*

**Western Caribbean Cruise, May 2 - 9, 2020**

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

Departs from **Port Canaveral, Florida** & stops in **Cozumel, Mexico, Belize, Mahogany Bay, Isla Roatan and Costa Maya, Mexico.** Payment Plan Available.

*Travel Protection Insurance Available.*

## **New Trip Announcement!**

*Did you miss out on the 2019 Canada & New England Cruise? Due to the high level of interest in this exciting destination, we will go again September 2020!*

**This trip is ONLY OPEN to Lee County residents age 50+ through September 13, 2019. After this date, open to all adults inside/outside Lee County.**

**PML Travel & Tours and  
The LCG Enrichment Center  
Presents a Fabulous**

**10 Day/9 Night  
Canada & New England Cruise  
Aboard Royal Caribbean's  
*Grandeur of the Seas*  
September 3 - 12, 2020**

Ports include Boston, Massachusetts; Portland, Maine; Bar Harbor, Maine; Saint John, New Brunswick (Bay of Fundy); and Halifax, Nova Scotia.

New England and eastern Canada have an unmistakable charm, history and natural beauty all their own. And there's no better time to visit than fall; the foliage is brilliant in every imaginable color, lighthouses dot the coastline and there's always an authentic lobster bake going on somewhere!

### **Included in Your Price:**

Cruise, Cabin, Shipboard Meals, Port Charges and Taxes. Motor Coach to and from Baltimore Pier.

Deposits in the amount of \$250 per person (check or money order) will be needed to hold your reservation.

**Travel Protection insurance can be purchased at the time of initial deposit.**

**Payment schedule:** Additional \$500 payment due January 14, 2020.

**Final payment due by May 13, 2020.**



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Do YOU  
HAVE  
Concerns  
About  
Falling?  
Try  
Matter  
Of  
Balance!**

**This program  
emphasizes  
practical  
strategies to  
manage falls.**

*Matter of  
Balance is  
provided by a  
Health  
Promotion  
Grant.  
Contributions  
are accepted.*



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**Classes meet at the  
LCG Enrichment Center**

**N.C. Certified**

Senior Center of Excellence  
1615 S. Third St, Sanford

**Mondays 2 PM - 4 PM**

**Oct. 7 – Dec. 2, 2019**

(closed on 11/11 due to holiday)

## **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

## **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Participants should attend all 8  
classes. Space is limited.**

**To register call  
(919) 776-0501 Ext. 2201.**

### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

### **A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006,  
American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

## **October Health & Wellness Day**

**Friday, October 11, 2019**

**9 AM - 12 PM**

**Free and Open to Age 50+**

**Mini Dementia Screening**

*By The Laurels of Chatham*

**Vitamins & Herbal Supplements**

*By Medicine Park Pharmacy*

**Spinal Screening**

*By Ammons Chiropractic*

**Fall Risk Assessment**

*By Liberty Home Care & Hospice*

**Sign-Up Required, (919) 776-0501 Ext. 2201**

**Chair Massage**

*By Joyce Marks*

*A Touch of Tropics Massage*

**Salad Demonstration & Tasting**

*By Saladmaster*

**Medical Information, Wellness Screenings, Health  
Professionals, Exhibits and More!**

**Thursday  
Nov. 7, 2019  
9 AM – 1 PM  
(No lunch break.  
Bring snack.)**



**\$15 For AARP Members**

**\$20 For Non-Members**

*Registration required.*

**Call (919) 776-0501 Ext. 2201**

*Please have your AARP member ID number ready when  
registering for the class.*

The AARP Smart Driver™ course, offered by AARP Driver Safety, is the nation's first and largest refresher course designed specifically for drivers age 50 and older. For more than 35 years, the course has taught over 16 million drivers proven safety strategies so they can continue driving safely for as long as possible. Join AARP instructor Barry Hill as he teaches defensive driving techniques, proven safety strategies plus new traffic laws and rules of the road.





**SATURDAY, OCTOBER 26, 2019**

**8:00 AM - 2:00 PM**

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!

Grilled hot dogs and sausage dogs with all the trimmings - chili, slaw, & onions.

Drinks and Fresh Baked Goods will be available for purchase.

**Lending Paws A Hand, Inc.**

**Animal Rescue**

will have pets on site ready for their "forever" home!



**20% off Inventory!**  
**Orders accepted.**

All food and cutlery 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.*

**LCG Enrichment Center**

**NC Certified Senior Center of Excellence**

**1615 S. Third St. | Sanford, NC 27330**

**919.776.0501 ext. 2201 | [www.leecountync.gov/ec](http://www.leecountync.gov/ec)**



## Resources for Behavioral Symptoms of Dementia (Compiled By The Duke Family Support Program)

For more information contact Holly Hight, Senior Center Caregiver Specialist at the LCG Enrichment Center, (919) 776-0501 Ext. 2230.

### Alzheimer's Association

Website: <https://www.alz.org/>

• 24/7 Helpline: 800-272-3900

Brochure: <https://www.alz.org/media/Documents/alzheimers-dementia-unpredictable-behaviors-b.pdf>

Stages and Behaviors: <https://www.alz.org/help-support/caregiving/stages-behaviors>

### Alzheimer's Los Angeles

Website: <https://www.alzheimersla.org/>

Caregiver Tip Sheets: <https://www.alzheimersla.org/alzheimers-los-angeles-services/caregiver-information/>

### Family Caregiver Alliance

Website: <https://www.caregiver.org/>

Caregiver's Guide to Understanding Dementia

Behaviors: <https://www.caregiver.org/caregivers-guide-understanding-dementia-behaviors>

Behavior Management Strategies, Facts & Tip Sheets:

<https://www.caregiver.org/special-issues/behavior-management-strategies>

### National Institute on Aging

Behavior changes and communication in Alzheimer's:

<https://www.nia.nih.gov/health/topics/behavior-changes-and-communication-alzheimers>

### Books

*Coping with Behavior Change in Dementia: A Family Caregiver's Guide*

Beth Spence & Laurie White, 2015

*Surviving Alzheimer's: Practical Tips and Soul-Saving*

*Wisdom for Caregivers, 2<sup>nd</sup> Edition*

Paula Spencer Scott, 2018

## The Ten Absolutes of

# Caregiving

NEVER ARGUE Instead Agree  
NEVER REASON Instead Divert  
NEVER SHAME Instead Distract  
NEVER LECTURE Instead Reassure

NEVER SAY "REMEMBER?"

Instead Reminisce

NEVER SAY "I TOLD YOU..."

Instead Repeat & Regroup

NEVER SAY "YOU CAN'T..."

Instead Find Out What They CAN Do

NEVER COMMAND, DEMAND

Instead Ask & Model

NEVER CONDESCEND

Instead Encourage & Praise

NEVER FORCE

Instead Reinforce

Courtesy of

Dementia Alliance of NC

Engage.Educate.Empower

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

&

[www.alzheimershope.com](http://www.alzheimershope.com)

## Welcome Fitness Student Intern Massiah Goines

Health Fitness Science Program

Central Carolina Community College

Programs Include:

Men in Motion Weights & Strength Class

Afternoon Walking Club

Aerobics | Personal Health Coach

Contact the LCG Enrichment Center for more information, (919) 776-0501 Ext. 2201.

# LCG Enrichment Center Support Groups

*Meetings are open to all adults and held at:*

**LCG Enrichment Center**

**N.C. Certified Senior Center of Excellence**

**1615 S. Third St., Sanford, NC 27330 | (919) 776-0501 Ext. 2201 | Registration Not Needed**

## **Addiction Support Group –**

*1<sup>st</sup> & 3<sup>rd</sup> Thursday of every month at 6:00 p.m.*

A group designed for recovering addicts. This network of caring individuals is open to men and women ages 50 & up, and will discuss challenges of daily life that might lead someone back to addiction, plus tools, guest speakers, resources & coping skills.

## **Alzheimer's/Dementia Caregiver Support Group –**

*1<sup>st</sup> & 3<sup>rd</sup> Thursday of every month at 1:00 p.m.*

This group offers support, advice & understanding to caregivers, family and friends of those living with Dementia. Come familiarize yourself with this overwhelming disease and learn about community resources to help yourself and others deal with the present and plan for the future.

## **Amputee Support Group –**

*1<sup>st</sup> Monday of every month at 10:00 a.m.*

This group was created for people who have lost a limb or other part of their person. This group meets to discuss challenges, resources and to help each other cope.

## **The Caring Connection Support Group –**

*1<sup>st</sup> Monday of every month at 10:00 a.m.*

A cancer support group that provides a time for patient & family members to discuss feelings & concerns.

## **Diabetes Support Group –**

*1<sup>st</sup> Wednesday of every month at 10:00 a.m.*

Special speakers, information on new treatments and answers to your many questions on living a full life with diabetes. This group is for the diabetic, as well as, the caregivers and loved ones of diabetics.

## **Grandparents Raising Grandchildren Support Group –**

*4<sup>th</sup> Thursday of every month at 10:00 a.m.*

Are you a grandparent raising grandchildren/parenting the second time around? Come learn about community resources, network with other grandparents and have guest speakers answer your questions.

## **Grief Support Group –**

*2<sup>nd</sup> Thursday of every month 1:00 p.m. – 2:30 p.m.*

Losing someone hurts. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. Need to talk to someone who understands? Our grief support group provides an opportunity for those persons grieving to come together for support and assistance with the grieving process with a trained professional.

## **Low Vision Support Group –**

*2<sup>nd</sup> Tuesday of every month at 1:00 p.m.*

This group was created for people with vision impairments and their loved ones to discuss ways to cope with low vision and discover resources to help individuals live productive lives.

## **Parkinson's Disease Support Group –**

*3<sup>rd</sup> Wednesday of every month at 10:30 a.m.*

Support, problem solving and education for persons with Parkinson's, their family members, caregivers, friends or anyone wanting to learn more about this disease.

## **Sanford/Lee County Stroke Support Group –**

*2<sup>nd</sup> Thursday of every month at 1:00 p.m.*

Provides educational materials, speakers and support for those who have had a stroke, their families and caregivers.

## **Sanford MS Self-Help Group –**

*2<sup>nd</sup> Monday of every month at 6:30 p.m.*

Self-help group for people living with multiple sclerosis & their families in the Sanford area.

**If you need further information, feel free to contact Holly Hight, Senior Center Caregiver Specialist, (919) 776-0501 Ext. 2230**

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





1615 S. Third Street, Sanford, N.C. 27330  
919.776.0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)

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### 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 LCG Enrichment Center, 7 PM - 10 PM, \$8.00 per person. Open to all adults. Bands for SEPTEMBER: 7th—Jr Gainey and The Killing Time Band, 14th—Skyryder Band (Bring Crayons, Color Pencils to Donate to Schools for Children), 21st—Colours, 28th—Flash Back Band (Birthday Dinner at 6:00 PM)

**Fayetteville Vet Center Resource Fair** Wed., Oct. 23, 2019, 12:30 PM - 4 PM, Robeson Plaza, 2301 Robeson St., Suite 103, Fayetteville, NC. (910) 488-6252 for more information. Free event for veterans and their families. Vendors such as NC Works Employment Consultants, VA Homeless Veterans Program, Methodist University, Vision Resource Center, Veteran Services Officers, Lawyers Serving Warriors and more.

**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 or online at [www.legalaidnc.org](http://www.legalaidnc.org).

### LCG Enrichment Center 2019 Holiday Closings

<b>Labor Day</b>	<b>Monday, September 2, 2019</b>
<b>Veterans Day</b>	<b>Monday, November 11</b>
<b>Thanksgiving</b>	<b>Thursday &amp; Friday, November 28 &amp; 29</b>
<b>Christmas</b>	<b>Tuesday, Wednesday &amp; Thursday, December 24, 25 &amp; 26</b>

**Register for Code RED Emergency Notification**  
The LCG Emergency Services team will send out critical community alerts, such as weather and missing child.  
To register, go to [www.leecountync.gov](http://www.leecountync.gov) and type **Code Red Alert** in the Search option.

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