



The Center Post



Volume 29

FEBRUARY 2020

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,

15 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



Friday, February 7, 2020
National Wear Red Day is a day when Americans nationwide will take women's health to heart by wearing red to show their support for **women's heart disease awareness**. Join the national awareness movement by wearing red on Friday, February 7, 2020 and encourage your family, friends and coworkers to do the same.

**Avoid Tobacco - Be More Active
Choose Good Nutrition**

Downsizing and the Real Estate Market,

Thursday, February 20, 2020 from 2:00 PM until 3:00 PM. The thought of downsizing can leave you feeling overwhelmed and unsure of where to start. Learn how to simplify your life and living space with **Lisa York - Realtor/Auctioneer with York Auction Group, LLC and Smith Group Realty, LLC**. This class will provide useful information on how to start the process of downsizing and give you simple tips to live your best life on a smaller scale. Class size is limited. Call (919) 776-0501 ext. 2201 to register. Open to the general public.

Black History Celebration



**Friday
February 28, 2020
10:30 a.m.
(The Grand Hall)**

Program Of Events:

Master Of Ceremonies:

Pam Glover, (AAS, BA, MPA)

Guest Speaker:

Margaret Murchison

(President of The EC Inc. Board, News & Public Affairs Director at WWGP Broadcasting Corp.)

Special Music: Shawanda Gill

(Wilson, Reives & Silverman Attorneys)

Joan Quick:

Pianist

Negro National Anthem:

Audience

Open to the General Public

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.

2020 Overnight Trips

SPACES AVAILABLE!

May 2 - 9, 2020, Western Caribbean Cruise

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 in full due at registration. *Travel Insurance Available.*

SPACES AVAILABLE!

September 3 - 12, 2020, 10 Day/9 Night Canada & New England Cruise Aboard Royal Caribbean's *Grandeur of the Seas* Ports include Boston, Massachusetts; Portland, Maine; Bar Harbor, Maine; Saint John, New Brunswick (Bay of Fundy); and Halifax, Nova Scotia.

Included in Your Price:

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

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 Feb. - April 15.

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
- All supporting income and tax documents



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

LIVING WITH VISION LOSS, 2nd Tuesday each month 1:00 PM - 2:00 PM. Join this wonderful group of individuals living with vision impairments of all kinds, and learn ways of coping. Special speakers, resources, seminars and support. Program open to all adults. Next meeting February 11, 2020 with special guest speaker Tina Warren, RN, Eyecare Consultant, Dept. Health & Human Services for the Blind.

Grupo De Apoyo Para Baja Vision - Viviendo con pérdida de vision 2^{do} martes de cada mes 1:00 PM – 2:00 PM Únase a este maravilloso grupo de personas que viven con discapacidades visuales de todo tipo y aprenda formas de afrontarlo. Oradores especiales, recursos, seminarios y apoyo! Programa abierto a todos los adultos.

Friday Afternoon Movie Club FREE! **1:00 PM February 14, 2020**

Charming, headstrong young Elizabeth Blair lives at the Lakeside Orphanage where her sister, Mary, works in the kitchen. Mary writes songs that Elizabeth sings. The child's performance and her spirit impress a young, wealthy trustee, Edward Morgan, who poses as a lawyer with an offer of adoption for Elizabeth, but she won't leave without her sister. Edward decides to bring them both to his mansion, and soon begins to fall in love with Mary. *Due to our Motion Picture License Agreement we are unable to print the movie title. Call us for the title and to reserve your spot (919) 776-0501 ext. 2201. Open to ages 50+. Seating limited and sign up required.*

All EC movies are chosen based off suggestions and/or movie accolades and awards. Please use viewer discretion in regards to content.





Low Impact Aerobics
Mondays and Wednesdays
5:30 PM - 6:30 PM

\$10 Per Month, First Class is FREE

Open to Ages 50 and Better

Instructor Cathy Andrew will lead you through low impact cardio classes that will increase your strength, balance and flexibility all while having fun! Modifications can be implemented to keep you at a pace and level that's right just for you. The first class is free. Wear comfortable exercise clothes and sneakers. If you need more information call Cathy at (919) 776-0501 ext. 2208 or email candrew@leecountync.gov.

FREE One on One Fitness Coaching Sessions with Massiah Goins, CCCC Fitness Science Student Intern. If you are looking for a fitness routine that is best for you and will help you meet your goals, be sure to take advantage of this FREE opportunity. Massiah will assist you with an individualized routine and provide coaching which will help with meeting your fitness goals. Call today for an appointment (919) 776-0501 ext. 2201. Appointments are available Tuesdays, Wednesdays and Thursdays, 3:00 PM - 7:00 PM.

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 February 2020, 1st—Southern Exposure, 8th—Jr Gainey and The Killing Time Band, 15th—Skyrider (Valentine's Pictures and Snacks), 22nd—Colours (Birthday Dinner 6:00 PM), 29th—Crossfire.

What Does Medicaid Cover For Qualifying Older Adults?
FREE SEMINAR

Thursday, March 5, 2020
1:00 p.m. – 2:00 p.m.

Join Billy Henderson and Laura Fumage from The Lee County Department of Social Services Medicaid Unit as they discuss what Medicaid can cover for qualifying older adults.

Topics Will Include:

- Who qualifies for Medicaid
- How to apply for Medicaid
- Special Assistance for In-Home Aide
- Long-Term Care
- And More!

Open To Ages 50 & Better
Call (919) 776-0501 ext. 2201 to register.

Elder Law
Free Seminar

With Attorney Chris Wilms of



Hopler, Wilms, & Hanna, PLLC

Thursday, March 19, 2020
1:00 P.M. – 2:00 P.M.

Elder law is a specialized area of legal practice covering estate planning, wills, trusts, arrangements for care, social security and retirement benefits, protection against elder abuse and other forms of law involving older adults. Come join an experienced attorney discuss topics that matter to you. There will be time for limited questions and answers.

Class size is limited.
Please call ahead to register
(919) 776-0501 ext. 2201.

CENSUS 2020 It's important that you complete a Census for your household because the LCG Enrichment Center's funding is based on Census facts, local needs and other population information.

This includes: Senior Services meal programs, operations, local general and medical transportation, home repair/improvement, information and case assistance, health promotion and disease prevention, COLTS (County of Lee Transit System) public transportation and Veteran Services.

It's about fair representation. Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.

It's in the constitution. The U.S. Constitution mandates that everyone in the country be counted every 10 years. The first census was in 1790.

\$675 billion. The distribution of more than \$675 billion in federal funds, grants and support to states, counties and communities are based on census data. That money is spent on schools, hospitals, roads, public works and other vital programs.

Taking part is your civic duty. Completing the census is mandatory: it's a way to participate in our democracy and say "I COUNT!"

Is my information safe?

Your responses to the 2020 Census are safe, secure and protected by federal law. Your answers can only be used to produce statistics. They cannot be used against you by any government agency or court in any way—not by the FBI, not by the CIA, not by the DHS, and not by ICE.

What won't be asked?

The census will never ask for Social Security numbers, bank or credit card numbers, money or donations or anything related to political parties.

What will I be asked?

You will be asked a few simple questions, like age, sex, and the number of people who live in your home, including children.

Happy 65th Birthday!

Medicare is next.... now what???

Not sure what Medicare is, what Medicare costs and what Medicare pays? Why am I getting so much mail? What are my choices?

Reliable answers are available!

An informational presentation is planned
Thursday, February 13, 2020 at 5:30 P.M.

For more information, please contact:

The LCG Enrichment Center, Certified Senior Center of Excellence
1615 S. Third Street, Sanford, NC 27330
919-776-0501 x2201 www.leecountync.gov/ec.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

NEWS RELEASE

MIKE CAUSEY, COMMISSIONER

For Immediate Release:

January 7, 2020

Contact: Marla Sink

919-807-6017

Be Wary of Medicare Scams

RALEIGH – North Carolina Insurance Commissioner Mike Causey warns Medicare recipients to be on alert for scams. In the last few days, NCDOI has had reports of phone calls with the Caller ID listed as "Senior Center" but the number is unavailable. The callers are saying they are conducting a Medicare survey and are asking for personal information or asking if those they have called if they have received their new 2020 Medicare card.

"If someone is calling, claiming to be from Medicare and asking for your Social Security number or bank information, hang up, it's a scam," said Commissioner Causey. "First, Medicare won't call you. Second, Medicare will never ask for your Social Security number or bank information," he added.

If someone is threatening to cancel your benefits if you don't give up information or money, report it to the Department's Seniors' Health Insurance Information Program or SHIIP or the N.C. Senior Medicare Patrol at 1-855-408-1212.

SHIIP counselors are not licensed insurance agents, and they do not sell, endorse, or oppose any product, plan, or company. If you have questions about your specific plan, we encourage you to contact your insurance agent or the insurance company.



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
Participants should attend all 8
classes. Space is limited. For
class dates and to register call
(919) 776-0501 Ext. 2201.

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

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).

Free Health Promotion Tai Chi for Beginners *For Arthritis for Fall Prevention*



**This class is provided by a Health
Promotion Grant.
Contributions accepted.
*It's aimed at helping to
improve both lower and upper
body strength as well as improve
balance and reduce falls.***

**Priority given to
Lee County residents
aged 60 and better.
Open spaces available to adults
under age 60. For class dates
and to register call
(919) 776-0501 ext. 2201.
Space is limited.**

Tai Chi is an ancient Chinese practice that has proven to be one of the most powerful ways to improve both our physical and mental health. The key to tai chi's scientifically backed health benefits is qi. Rooted in ancient Asian traditions, qi is your vital energy. Although tai chi sounds mysterious, research is proving it works! Benefits of regular tai chi include: lowers risk of falling, lifts your mood, prevents heart disease, reduces pain, sharpens mind, builds confidence and so much more.

Seated Tai Chi Wednesdays

This class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls, all while seated. For more information and to register call
(919) 776-0501 Ext. 2201.



LCG Enrichment Center
Hot Topics
9:00 AM
First Wednesday

Bible Study, Mondays at 10:15 AM - 11:30 AM. Join others as the Bible is studied and friendly group discussions are held amongst peers. Open to ages 50 and better. Registration not needed.

Tech 9-1-1, These FREE 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. Open to ages 50 and better. **Monday, February 10, 2020.** Call (919) 776-0501 ext. 2201 to register for a session.

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 **February 13, 2020.** If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.

A Novel Approach Book Group meets at LCG Enrichment Center 2nd Tuesday, 12:00 PM. At the February 11, 2020 meeting, the group will discuss **Dracula** by Bram Stoker. At the March 10, 2020 meeting, the group will discuss **Just Mercy** by Bryan Stevenson. Registration not required. Open to all adults.

Caregiver Time Out Program

Tuesdays from 1:00 PM to 3:00 PM

You are invited to bring your loved one to The Enrichment Center on Tuesdays 1 PM - 3 PM for Caregiver Time Out.

This program is designed for participants who have Alzheimer's or other forms of dementia. We offer fellowship, games, puzzles, crafts and refreshments. There is NO CHARGE. Contributions are accepted. Contact **Holly Hight, Senior Center Caregiver Specialist, 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.

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.**

February 2020 programs:

5th—Black History Research, Carol Deese
7th—Wear Red Day In Support of Women & Heart Disease, Betsy Young, Manager, First Health
12th—Estate Planning, Wills, Power of Attorney, Chris Wilms of Hopler, Wilms & Hanna, PLLC
14th—10:30 AM—Billie O'Brien Singing Love Songs for Valentine's Day
19th—Refreshments with Miller Boles
21st—Water Fowl, Jamie Osborne, LCG Parks & Recreation
26th—Safety Talk, Sgt. Jynn Bridges, Lee Co. Sheriff's Office
28th—NO Bingo
28th—Black History Celebration

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!

Free blood pressure screenings, 2nd Tuesday 10:30 AM - 11:30 AM. For ages 50 and better. Registration not necessary. Provided by Liberty Home Care & Hospice.

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

WDSG
107.9

The Enrichment Players Drama Club Meet & Greet

All who are interested in joining the drama club for its 3rd season, please attend this interest meeting on

Wednesday

February 5, 2020 at 2 p.m.

If you have questions,
call Holly Hight at
(919) 776-0501 ext. 2230.

Unexpected Beginnings

*When one of us is gone and
one of us is left to carry on.*

**Tuesdays, March 24 & 31, 2020
6:00 PM - 8:00 PM**

A two-part series offered with information you must know about when your spouse passes and you are left to figure things out.

Knowing what to do ahead of time will greatly help you during this overwhelming time in your life.

Tuesday, March 24, 2020

Robert Gilleland, Sanford Law Group
Don Borrillo, Social Security Administration
Erica Vazquez, Branch Manager, BB&T
Tim Wilson, BB&T - Investments

Tuesday, March 31, 2020

Susie Thomas Clerk of Court
Linda Ward, CPA - Ward & Foust CPA's PA
Miller-Boles Funeral Home
"Grief & Depression," Kenneth Stewart,
First Health of the Carolinas

**Open to the General Public at the
LCG Enrichment Center.
Registration is required.
Call (919) 776-0501 Ext. 2201.**

17th Annual Dementia & Caregiver Symposium

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

Tuesday, April 28, 2020

**Dennis A. Wicker Civic
& Conference Center**

1801 Nash Street, Sanford, NC

8:00 a.m. - 4:00 p.m.

Registration 8:00 a.m.

Program Starts 9:00 a.m. ▪ Lunch Provided

*Respite Care for Families Available
& Arranged in Advance*

Registration Required

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

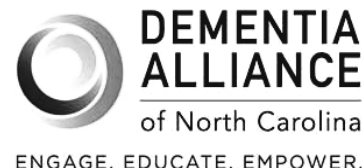
**Professionals: \$40 Continuing Education
Contact Hrs. 4.5**

**TO REGISTER
CONTACT LISA LEVINE**

**(919) 832-3732 or
email llevine@dementianc.org**

For Questions Or To Schedule Respite:
Holly Hight, Senior Center Caregiver
Specialist at The LCG Enrichment Center.
(919) 776-0501 ext. 2230
hhight@leecountync.gov

**Presented by: The Dementia Alliance of NC &
The LCG Enrichment Center**





THE ENRICHMENT CENTER

1615 S. Third Street, Sanford, N.C. 27330
919.776.0501 www.leecountync.gov/ec

Making Every Day a Great Day



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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.

INCLEMENT WEATHER AND OPERATIONS AT THE ENRICHMENT CENTER and COLTS

- ♦ If Lee County Government offices are delayed or closed, this includes **Senior Services and Veteran Services**.
- ♦ COLTS delays and closings will be announced separately.
- ♦ Closings and delays will be announced on WTVD-TV, WRAL-TV, WFJA 105.5 FM, WWGP AM 1050, WLHC-FM Life 103.1 and WXXL AM1290.

Legal Aid of North Carolina is a statewide nonprofit law firm that provides free legal services in civil matters to 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.legallaidnc.org.**

LCG Enrichment Center 2020 Holiday Closings

Good Friday	April 10
Memorial Day	May 25
Independence Day	July 3
Labor Day	September 7
Veterans Day	November 11
Thanksgiving	November 26, 27
Christmas	December 24, 25, 28

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