



The Center Post



Volume 29

JANUARY 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



Governor's Volunteer Service Award 2020



Volunteers in Lee County give their time and talents to many local programs, businesses, non-profits and local government departments. Take a few minutes of your time to complete a nomination form and recognize a volunteer you know.

The Awards honor the true spirit of volunteerism by recognizing **individuals, groups and businesses** that make a significant contribution to their community through **volunteer service**. Any person, group, or business from the public, non-profit and private sector may be nominated for an award.

Nomination forms are available at the LCG Enrichment Center. Forms are also available at www.volunteernc.org under the "Volunteer Awards" tab. The nomination form is available for submission online in 2020.

**Please return the completed forms to
The LCG Enrichment Center
1615 S. Third Street, Sanford, NC
27330, no later than Wednesday,
January 15, 2020.**

**For more information contact
Janice Holmes, Senior Insurance and
Volunteer Services Specialist 919-776-
-0501 Ext. 2206.**

Tech 9-1-1, These FREE 1-on-1 hour long technology sessions are designed around you and your technology needs. Please bring your questions and device (tablet, phone, laptop) to the session. Open to ages 50 and better. **Monday, January 13, 2020.** Call (919) 776-0501 ext. 2201 to register.

A Novel Approach Book Group meets at LCG Enrichment Center 2nd Tuesday, 12:00 PM. At the January 14, 2020 meeting, the group will discuss Mr. Penumbra's 24-Hour Book Store by Robin Sloan. At the February 12, 2020 meeting, the group will discuss Dracula by Bram Stoker. Registration not required. Open to all adults.

FREE Tablet Class, Wednesdays, January 15, 22 & 29, 2020 from 4:00 PM - 5:00 PM. Open to ages 50 and better. This 1 hour class is designed around you and your technology needs. Please bring your questions and device. Space is limited. Call (919) 776-0501 ext. 2201 to register.

Coffee & Conversation with the EC Program Director, Monday, January 27, 2020 from 10:00 AM - 12:00 PM. The Enrichment Center wants to give participants the opportunity to sit down with the Program Director and voice concerns, offer preferences and suggestions and discuss those issues that are important to you—while enjoying a cup of coffee!

Every quarter the Program Director will be available to participants and staff for Coffee & Conversation. Bring your ideas on how to improve our programs and services. We will provide the coffee! Registration not required.



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

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.

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.

There is currently a waiting list for this trip. You can place your name (s) on the waiting list, no deposit required.

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, January 9, 2020. If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.

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 January 2020, 4th—Southern Exposure, 11th—Diamond Edge with Big Daddy, 18th—NO DANCE, 25th—Colours (Birthday Dinner at 6:00 PM).



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 January 14, 2020.

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.

Grief Support Group now meets twice per month, 2nd and 4th Thursday at 1:00 PM. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. This group provides an opportunity for those persons grieving to come together for support and assistance with the grieving process with a trained professional. Open to all adults.

Friday Afternoon FREE Movie Club

1:00 PM January 10, 2020 John was wounded long ago when his fiancée called off their engagement, and when he spots the woman's granddaughter, comely stage performer Rusty, he's reminded of what he lost. A publishing mogul, he decides to put the naive young beauty on the cover of his magazine. Although he might lose her, Rusty's boyfriend, Danny, refuses to interfere with her path to success. Ultimately, she must decide between riches and romance. *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+. All EC movies are chosen based off suggestions and/or movie accolades and awards. Please use view discretion in regards to content.*



2019 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.

Winter Safety

Brr... It's cold outside!! When the temperature drops, older adults are at a higher risk for health problems and injuries related to the weather. *Here are a few safety precautions that we should all remember this time of year.*

Minimize time outdoors.

Stay dry. Wet clothing chills your body more quickly.

Dress in layers. 2 or 3 thinner layers of loose fitting clothing are warmer than a single layer of thick clothing.

Cover up! All body parts should be covered when out in the cold. This means a hat, scarf, gloves or mittens, warm socks and non-skid boots.

Make certain pathways and steps are clear before you walk. Watch for "black ice"!

Carry your cell phone when you are outside. Let someone know where you are going and when you will be back.

Be prepared and stay safe!

National Wear Red Day, 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. *Tips from American Heart Association include: avoid tobacco, be more active and 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 ages 55 and better.

Pot Luck, Thursday, January 30, 2020, 6 PM, Bring your favorite covered dish to share. Enjoy **karaoke with Kevin Nelson**. Registration requested. Call (919) 776-0501 Ext. 2201.

SAVE THE DATE Black History Celebration



**Friday, February 28, 2020
10:30 AM**

**The Grand Hall
Special Music & Guest Speakers**

CENSUS 101:

WHAT YOU NEED TO KNOW

The 2020 Census is closer than you think! Here's a quick refresher of what it is and why it's essential that everyone is counted.

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.

Everyone counts. The census counts every person living in the U.S. once, only once and in the right place.

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!"

Be A Census Taker!

Extra income, flexible hours, weekly pay and paid training.

\$14.50 an hour, .58 cents per mile reimbursement, 20 hours per week flexible schedule.

Apply Online: 2020CENSUS.GOV/JOBS

For more information or help applying, please call 1-855-JOB-2020.

Federal Relay Service: 1-800-877-8339 TTY/ASCII www.gsa.gov/fedrelay
The U.S. Census Bureau
is an Equal Opportunity Employer.

2020 Census FAQ What is the census?

The census is a count of every person who lives in the United States and its territories. It happens every 10 years. In early 2020, you will be asked to count everyone who lives in your home as of April 1. Responding to the 2020 Census is a chance to shape your future.

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.

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.

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.

When Can I Respond to the Census?

In early 2020, every household in America will receive a notice to complete the census online, by phone, or by mail. In May, the U.S. Census Bureau will begin following up in person with households that have yet to respond.



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 for 10 Weeks

January 8 - March 11, 2020, 4:00 PM - 4:45 PM, \$10 per month. 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

10 Tips for Family Caregivers

1. Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.
2. Watch out for signs of depression, and don't delay in getting professional help when you need it.
3. When people offer to help, accept the offer and suggest specific things they can do.
4. Educate yourself about your loved one's condition and how to communicate effectively with doctors.
5. There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.
6. Trust your instincts. Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing and pulling. Be good to your back.
8. Grieve for your losses, and then allow yourself to dream new dreams.
9. Seek support from other caregivers. Join a support group. There is great strength in knowing you are not alone.
10. Stand up for your rights as a caregiver and citizen.

Courtesy of: www.thefamilycaregiver.org

The Dementia Alliance of NC

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



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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.

January 2020 programs:

3rd—Extra Bingo
 8th—Billy O'Brien singing a melody from different artists
 10th—Foot & Ankle, Dr. Papakostas
 15th—Refreshments with Miller & Boles
 17th—Automotive Tips, Chuck Mann, Retired CCCC Instructor
 22nd—Scavenger Hunt
 24th—Chinese New Year, "Year of the Rat"
 29th—Tea Anyone?
 31st—Fire Safety, Miriam Davila, FEMA

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!

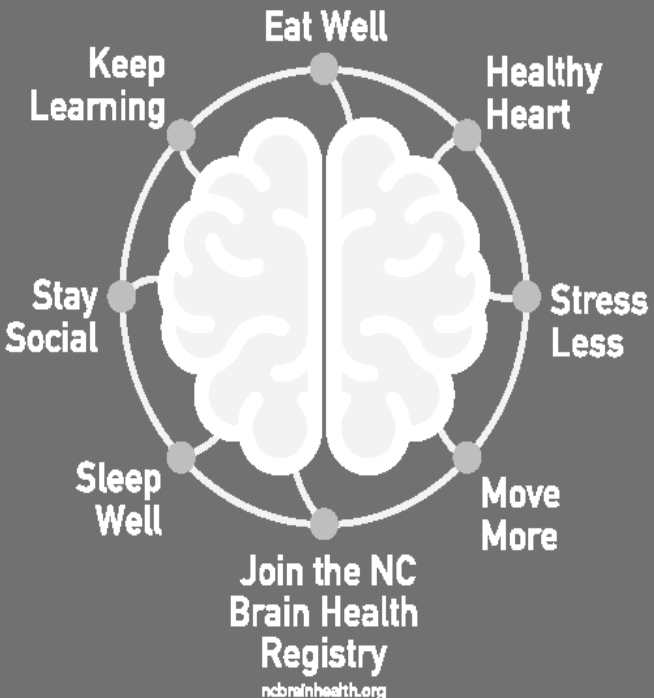
Free blood pressure screenings, 2nd Tuesday
from 10:30 AM - 11:30 AM. For ages 50 and
better. Registration not necessary.

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

WDSG
107.9

Dementia is difficult, it is very real and is often sad. Sharing stories can reduce the often associated stigma. Stories of hope, compassion and love will help us all keep loving each other through it all. There are more clinical trials and brain research initiatives than every before. Numerous public health organizations have launched preventative brain health campaigns and you can kick-off the New Year dedicated to #BetterBrainHealth. Use the summary below as a guide to better brain health and share it with your family and friends.

Courtesy of Dementia Alliance of NC, 9131 Anson Way, Suite 206, Raleigh, NC 27615.



#DA-NCBetterBrainHealth

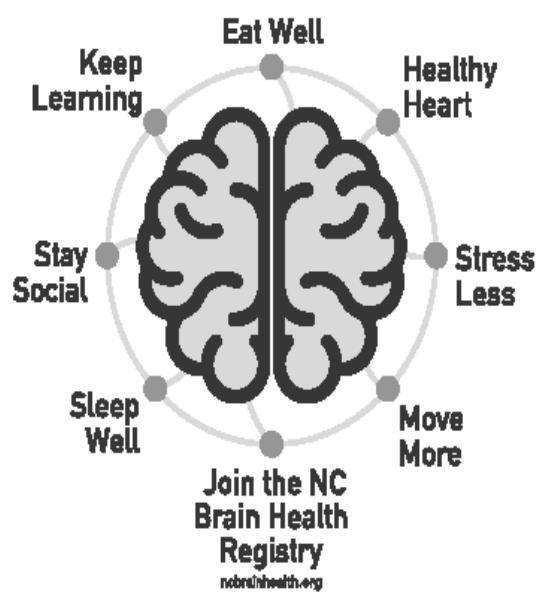
DEMENTIA ALLIANCE
of North Carolina

Join our campaign to build **Better Brain Health!** Starting In October, pick an activity listed above to jump start your brain health! Then share your choice and your progress with us on:

f i

Locally, contact Holly Hight, Senior Center Caregiver Specialist, for resources, information and support about Alzheimer's disease and other related dementias. Call (919) 776-0501 Ext. 2230 or email hhight@leecountync.gov.

WHAT IS BETTER BRAIN HEALTH?



Join the NC Brain Health Registry
ncbrainhealth.org

Dementia starts with small, unnoticeable changes in the brain that can begin 20 years or more before symptoms appear. While there is no cure in sight, there is strong evidence that you can potentially prevent or reverse those changes by taking steps towards better health today:

EAT WELL focusing on vegetables, fruits and lean protein, particularly protein sources containing omega-3 fatty acids.	MOVE MORE every day including some aerobic exercise
HEALTHY HEART lifestyle to reduce vascular risk factors, high blood pressure, high cholesterol and diabetes.	SLEEP WELL to aid your body in flushing toxic beta-amyloid proteins from the brain
STRESS LESS to calm blood pressure, lower cortisol levels and maintain positive mental health.	STAY SOCIAL and engaged with family, friends & community.
	KEEP LEARNING and developing cognitive skills throughout entire lifetime

DEMENTIA ALLIANCE
of North Carolina

9131 ANSON WAY, SUITE 206
RALEIGH, NC 27615
919.919.832.3782
WWW.DEMENTIANC.ORG



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

New Year's Day	January 1
MLK, Jr. Birthday	January 20
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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