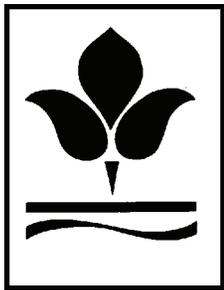


◆ The Center Post ◆

Volume 18 Issue 4

APRIL 2009

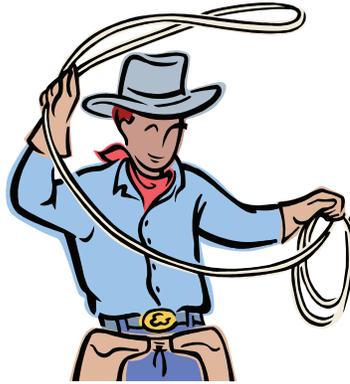
*June 2008 Re-Certified
Senior Center of
Excellence by the
North Carolina
Division of Aging and
Adult Services*



*Enrichment Center
Hours of Operation:
Monday, Tuesday,
Wednesday
& Thursday
8 am—8 pm and
Friday 8 am—5 pm.
919-776-0501*

*Look inside for
information on...*

- ▶ *Card Party,*
p. 5
- ▶ *Together We
Prepare,* p. 7
- ▶ *Taking Care
of U—Diabetes
Series,* p. 7
- ▶ *Senior
Games &
Silver Arts*
p. 9



**The vittles
will be
gooder'n
snuff!**

Yee-Haw!

**2009
Volunteer
Appreciation Supper
Tuesday, April 7, 2009**

**It's that time of year for us to say
THANK YOU to
The Enrichment Center volunteers.
Your time and efforts are greatly appreciated.
Invitations have been mailed.
Be sure that you have given us a holler to let us
know you're comin', 776-0501, ext. 201.**

Barn doors open at 5:30 p.m.



Volunteer Spotlight



The Enrichment Center truly has the finest volunteers! This month the volunteer spotlight shines on all of you! Your time, efforts and dedication assist in making our programs and services run smoothly. Thank you to everyone...

*These volunteers assist our **Social Work Department** with various needs such as housing and home repair, support groups and delivery to Angel Tree recipients. *Mark Ariy, Brittany Blackman, Bill Carter, Fred Glass, Joe Lanier, Willis McNeill, Andy Siegner, Bob Smith, Joyce Smith, Sam Carter, Janet Carter, Joann Batten, Richard Holshouser, John Lyczkowski, Brian Lyczkowski and Charles Sylivant.*

***Senior Services Advisory Board** members are appointed by the **Lee County Commissioners** and are responsible for reviewing policies, fiscal budget, grants, center programs and services and assist with building rental requests. *Woody Beale, Dr. Robert Cline, Janet Fasick, Brenda Ingram, Anne McKoy, Commissioner Ed Paschal, Esther Siler and Mary Upchurch.*

***Support Groups Leaders.** *Linda Moore, Marge Kanning, Glenda Colebrook, Nora Gunter, Ilona Brown, Dr. Robert Cline, Pam Schonder, Bob Brickhouse, and Peggy Rowles.*

***Caregiver Time Out-** These volunteers are available on Tuesday afternoons to offer a break to caregivers. *Margie White, Dorothy Matthews, Mary "Kat" Douglas, Doris Kelly and Louisa Frank.*

***Thursday Night Dance** volunteers are responsible for the coordination of the Thursday Night Dance, held every third Thursday at 7:00 p.m. *Pauline Collins, Margaret Farrell, Joy Hare, Margie Hearn, Sarah Holt, Ernestine Pickard, Clint Pickard, Dr. Emory Sadler and Dr. Lynn Sadler.*

***Saturday Night Dance** Volunteers are responsible for securing the bands, refreshments and set up of the dance held every Saturday night at 7 p.m. *Louise Brantley, Harold Harrington, Ernest Johnson, Mabel Johnson, Ron Klepper, Robert Douglas, Robert Chambliss, Jim Foster, Mary Foster, Lois Moore, Margie Hearn, Judy Morrow, Bob Bolsinger, Bev Bolsinger and Leo Wicker.*

***Enrichment Center, Inc. Board** members are responsible for overseeing the expenditures of private donations. *Bob Crigler, Helen Hincks, Bud Greene, Millie Griffin, Tony Lett, Ruby McSwain, Margaret Murchison, Lane Vanderhoek, Bill Towson, Bob Will, June Gunter and Jeff Ward.*

*The following volunteers are responsible for planning and implementing the **Senior Games of Lee County** program. Local games are held in May and State Finals in September and October. *Bob Garrett, Mike Neal, Bob Smith, John Payne, Bill Shuey, and Jim Turner.*

***Nifty Noggins** volunteers make coverings for "smart" heads. The coverings are free to cancer patients. From classy berets to handy bandannas, this group has it "covered." *Ann Beale, Marian Carlsen, Darlene Christiansen, Leona Cox, Carrie Doberstein, Emma Grace Jones, Mary Parker, Sue Wagenhauser, Vernetta French and Eva Warrick.*

***S.H.I.I.P.** (Seniors' Health Insurance Information Program) volunteers help Lee County citizens with questions regarding Medicare, Medicare Prescription Drug Plan, Medicare bills and supplemental insurance policies. An average of 50 clients are provided with assistance each month at no charge. *Carolyn Blackman, Jean Jones, George Miller, and Lewis Riddle.*

***Tax Aide** Volunteers assist older, low to moderate income people with their income tax filing. The service is free and provided in cooperation with AARP and the IRS. *William Barnard, Alice Beardslee, Robena Black, Robyn Carpenter, Hattie Dietzel, Nancy Johnson, Judy Kesler, John Koneski, Shirley Martin, Henry Merritt, Jr., Jim Payne, Vickey Sistare, Joyce Smith, George Thompsom, Mary Upchurch, George Wilberg, and Arlene Williams.*

*These volunteers represent Lee County older adults at the **Area Agency on Aging's Advisory Board**. *Dr. Robert Cline, Mary Upchurch, Esther Siler and Dick Palmer.*

***Administrative and Veteran's Services Volunteer** assists staff members when needed-everything from tallying survey results to making phone calls to alert participants to upcoming events and activities. *Linda Rapp.*

*These volunteers represent Lee County older adults at the **Senior Tarheel Legislature**, which was created by the NC General Assembly in 1993 to provide seniors on matters being considered by NC General Assembly, promote citizen involvement and advocacy concerning aging issues and assess the legislative needs of older citizens. *Dr. Robert Cline.*

***CENTER POST** volunteers meet the last Wednesday of every month to fold, tape and label approximately 450 newsletters for bulk mail out. *Ruby Belsma, Ruth Conder, Emma Grace Jones, Jennifer Kelly, Virginia Wade and Virginia Titus.*

***Cookie Cutters** Volunteers are the ones to thank for the delicious homemade cookies that are often served at the Center. *Ruth Conder, Mary Ruth Deese, Betty Johnson, Emma Grace Jones and Sylvia Thomas.*

*These volunteers assist with various events that are held each year, such as the **flu shot clinics**, the **May Day Paper Plate Campaign**, the **Boomer and Senior Caregiver Expo**, and the **Alzheimer's conference**. *Margaret Cox, Sylvia Watson, Judy Morrow, Jim Payne, Peggy Abshear, Frank Rujsz, Kathy Rujsz, Peggy Rowles, Emma Grace Jones, Ruth Conder, Merry Pittman, Jack Pittman, Mildred Thomas, Ann McKoy, Brenda Ingram, Janet Fasick, Nancy Kennedy, Virginia Wade, Dot Newton, Linda Ray, Marcia Johnson, Althea Shellock, Carolyn Blackman, George Miller, Theresa Miller, Martha Wicker, Helen Hincks, Esther Siler, Hal Siler, Mary Upchurch, Avron Upchurch, Bud Greene, Mark Coggins, Kathy St. Clair, Hugh Pembleton, Ginny Pembleton, Cris Elliott, Rose Doncel, Gladys Thomas, George Wilberg, Judy Barton, Harold Morcombe, Tom Joyner, John Dixon and Patsy Rogers.*

***BINGO** Volunteers are responsible for the coordination of BINGO games. *Robert Sanderlin, George A. McBride, Barbara Moore, and Louise Brantley.*

*Much to the delight of our Diners' Club participants, these volunteers regularly share **exercise & dancing activities, Bible study, and music**. *Shirley Buchanan, Eva Farmer, Robert Lewandowski, Patricia Lewandowski, Earl Thompson, Alice Cline, and Etta Laposay*

*In the past year, **Home Delivered Meal** Volunteers delivered **more than 7,500 hot lunches** to homebound older adults in Lee County. Approximately 35 clients on 6 routes are served each day, Monday through Friday. *Laurence Alexander, Dottie Alexander, Cass Balant, Ruby Belsma, Sam Carter, Janet Carter, Art Coleman, Eleanor Corns, Mildred Cotton, Russell Cotton, Ann Coy, Janine Criswell, Judy Warf, Jack Warf, Williard Garren, Amelia Garren, Richard Golan, Ronald Goodwin, Carol Goodwin, Jay Greenwood, JT Gunter, Tim Jackson, Peggy Jackson, Dan Jones, Jerry Kennedy, Nancy Kennedy, Dale Larson, Audrey MacDowell, John MacDowell, Pat Mohnal, Bob Mohnal, Hans Niedworok, Tina Niedworok, Hugh Pembleton, Ginny Pembleton, Eric Pittard, Merry Pittman, Eugene Rackley, Don Roundy, Ginny Roundy, Pam Schonder, Sam Sillaman, Bob Smith, Joyce Smith, Bob Stone, Don Voymas, Kipp Voymas, Mike DiBartolomeo, Dee Utley, Elba Annis, Jim Annis, Margaret Murchison, Mary Washington, Mike Washington, Jim Payne, Virginia Wade, Pam Schonder, George Mueller, and Donna Mueller.*

***Diners' Club** Volunteers assist in taking meals to the tables, oversee donations and reservations for the following day's lunch. *Jim Annis, Don Barrow, Joyce Billings, Helen Cameron, Verna Cheek, Marcell Chesney, Floyd Chesney, Rebecca Clegg, Alice Cline, Helen Garrett, Daniel Harris, Kum Headen, James Jones, Banks Marsh, Annie McIntyre, Thomas McIntyre, Odessa Richardson, Ellis Temple, Bobby Thomas, Earl Thompson, Jerry Wicker, Alberta Williams and Sarah Woods.*

*The **front desk area of The Enrichment Center** is an extremely busy place. From greeting guests as they arrive, answering the ever ringing phone, and directing to the various activities, these volunteers are very much appreciated. *Judy Warf, Mary Upchurch, Kathryn St. Clair and Josie Nagy.*

***Fitness Room** Volunteers assist with fitness orientations, fill in for instructors, and keep towels in the fitness room for participants. *Cathy Andrew, Judy Morrow and Cheryl Cole.*

*Volunteer **Program Facilitators** regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Carolyn Arnold, Barbara Bedore, Dot Boaz, Bob Brickhouse, Jean Brown, Dr. Robert Cline, Mark Coggins, Russel Dietzel, Hattie Dietzel, Joan Dwy, Robert Edens, Millie Griffin, Nannie Harrsch, Mary McDonald, Nancy McDowell, Anne McKoy, Ann Milstead, Josie Nagy, Bill Newbound, Dot Newton, Dick Palmer, Nancy Pickard, Merry Pittman, Peggy Rowles, Kathy Rujsz, Hal Siler, Frances Smith, Earl Thompson, Bill Towson, Virginia Wade, Lewis Riddle, Kipp Voymas, Dana Smith and Jean Walker.*

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

If you are in need of volunteers at your organization or for more information on the various opportunities that are available at the Enrichment Center and in Lee County you may contact Janice Holmes, Volunteer Services Coordinator, at 776-0501, ext. 206.

Card Game Canasta, Fridays, 12:30 p.m. with Instructor Carolyn Arnold.

Mexican Train Dominos, Thursdays, 6:00 p.m. with Instructors Hattie and Russell Dietzel.

A Novel Approach Book Club—Tuesday, April 14, 12:00 noon, the group will discuss Thirteenth Tale by **Diane Setterfield**. Registration is not necessary and the meeting is open to the general public.



Please Join Us for Lunch in The Enrichment Center's Diners Club!

A nutritious lunch is available Monday through Friday at

12:00 noon for Lee County residents 60 and better. Menu selections include: roast beef, BBQ pork, chicken breast, spaghetti, turkey stew, fruit, dessert and beverage.

Call 776-0501, ext. 208 for information and to register.

The following 11:00 am Diners Club Programs for APRIL are open to the general public:

- 1st— Laurence Poindexter singing
- 3rd—Bingo
- 6th—11:00 a.m. **Monica Barnes from WTVD 11 TV Converter Box**
- 8th—Easter Fashion Show
- 10th—Closed—HOLIDAY
- 15th—**Miller Boles**
- 16th—Talk With **Mayor Olive @ 10:00 a.m.**
- 17th—Bingo
- 21st—**Sassy Red Hatters**
- 29th—Heart Healthy w/ **Sandra C. Boyd Lee Co. Public Health**

Advanced Care for Women,

Monday, April 6, 6:00 p.m. with **Dr. Keith Merritt, MD.** Topic: Urinary Incontinence and Pelvic Prolapse. **This class is open to the general public and all adults are welcome to attend. Call 776-0501, ext. 201 to register.**



Spring Potluck

Thursday, April 30
6:00 p.m. Grand Hall

Call 776-0501, ext. 201 to register.

Diners Club Sassy Red Hatters—

Tuesday, April 21, 10:30 a.m. at The Enrichment Center. Join these ladies for some fun and fellowship. Wear your "RED" attire on this day and make plans to be a part of a group of women 50 and better who enjoy life to the fullest!

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The Sisters will NOT meet in April. They will meet again Tuesday, May 5th. Our sisterhood is a network with other females in an exciting and stimulating group. It's the perfect opportunity to receive support and encouragement from a sister. Call 776-0501, ext. 201 to register.

Nifty Noggins are fashionable head coverings for cancer patients. Come by The Enrichment Center and choose one or two of the trendy and seasonal head coverings which are made from the latest fabrics and colors. The group will meet Thursday, April 9, 10:00 a.m. Anyone in need of head coverings can call Carole at The Center, 776-0501, ext. 205.

Basic Computer Class for Beginners

Classes held at The Enrichment Center. Sponsored by Central Carolina Community College with Instructor Tonya Brewington. Tuesdays and Thursdays, April 2—May 14th, 5:30 p.m. Cost: \$50. Class size is limited, call 718-7225 to register.

Veteran's Remembrance Group—

Wednesday, April 8, 2:00 p.m. Registration is encouraged, call 776-0501, ext. 201. Join for a time of fellowship, stories and learning about the military life of their special guest speakers.

The Enrichment Center Captain's Choice Mixed Group—

Teams are formed by drawing cards. All skill levels are welcome! 9:00 a.m. Tee Time each Wednesday at Carolina Lakes. \$15.00 with Cart. Interested golfers should contact Josie Nagy, 499-1208. *A Golf Adventure Brought to You By The Enrichment Center of Lee County!*

Living with Vision Loss Support Group—

Wednesday, April 8, 1:00 p.m. with facilitator Nora Gunter. For those with vision impairments (including Macular Degeneration) and their loved ones.

Are you interested in dance classes?

Ms. Fuzuki teaches a one hour dance class that's a healthy approach to being in tune with your body. The style of dance emphasizes core body strength with movements similar to belly dancing. Comfortable dress attire is recommended. The class is open to all adults. If you are interested call Debbie Williams, 776-0501, ext. 203.

Calling all card players...Join us on the 4th Wednesday of each month, 2:00 pm—5:00 pm! Bring cards and friends and play the game of your choice.



WE NEED YOU! And so does The Helping Fund!

Join us as we play cards and raise money for The Enrichment Center, Inc. Helping Fund

Tuesday, April 14, 2009

2:00 p.m.—5:00 p.m. and/or 6:00 p.m.—8:00 p.m.
\$3.00 per person, per session.

Join us for refreshments and prizes but most of all to know you have helped an older adult in need. Call 776-0501, ext. 201 to register.

Saturday Night Dance—Live music and good fellowship, 7 pm, admission is \$6.00 per person. **Bands for April: 4th—The Souvenirs Band, 11th—NO DANCE/Floor Maintenance, 18th—Southern Exposure, 25th—Bill Pollard Back Porch Country.**

Thursday Night Dance—April 16th at 6:00 p.m. The cost is \$5.00 per person and food to share at intermission. Ages 50+, couples and singles, and younger guests welcome. **Enjoy music by the Bill Pollard Band sponsored by Joe Johnson, Auctioneer. Soft drink and a free line dance lesson by Shirley Buchanan at intermission! See you there!**

Red Hatters Welcome New Members—
The Luscious Ladies invite you to come join our active group! We meet the 3rd Tuesday of each month at 6:00 p.m. Please contact **Elizabeth** at 919-776-9012 or at embass@windstream.net for more information.

Arthritis Support Group—The group will NOT meet in April. Facilitator **Peggy Rowles** invites you to their next meeting on Thursday, May 14, at 11:00 a.m. Special guest speaker **Dr. Knecht** will discuss how chiropractic helps those with arthritis. Registration is not required, and the group is open to the general public.

Terrific Trips 2009

Call 776-0501, ext. 201 to register!

Additional information is available at the front desk.

Wednesday, April 15, 2009

Durham Bulls and Bullock's BBQ. \$40 per person: game ticket, meal, gratuity and transportation

June 11–16, 2009

New York City "The Big Apple"

\$535 per person, \$75 deposit due at registration.

Tuesday, September 15, 2009

"BUDDY- The Buddy Holly Story" at The Barn Dinner Theatre in Greensboro. Cost is \$55 per person: meal, entertainment and charter bus transportation.

October 7–10, 2009...

D-DAY & DC "Our Nation's Capital"

Price per person includes transportation, 3 nights hotel accommodations, 3 continental breakfasts and 2 dinners.

Double: \$545 Triple: \$505 Quad: \$485
Single: \$679

Tuesday, October 20, 2009

NC State Fair Senior Day, \$15 due at registration.

Tuesday, November 24, 2009

"Christmas with Elvis" featuring tribute artist Stephan Freeman at The Barn Dinner Theatre. Cost is \$70: meal, entertainment and charter bus transportation.

Thursday, December 10, 2009

"A Southern Christmas" at The Rudy Theatre in Selma, NC. Cost is \$37: matinee show ticket and charter bus transportation. Dinner will be "on your own" at Cracker Barrel in Smithfield...then on to see the Meadow Lights display.

Payment in full is due at time of registration for day trips. A deposit to hold your space for overnight trips is due at registration.

Gift Certificates are available!

Wellness Works!

Fitness Programs Held
at the Enrichment Center

Lee County Senior Services

We Have Something for Every"BODY"

Try a Class for FREE!

Low Impact Aerobics & Toning Classes

Cost per month is \$15.00 for 3 days a week
or \$10.00 for 2 days a week

Tuesday/Thursday 9:00 – 10:00 a.m.

with Kathy McLeod-Edwards

Wednesday/Friday 8:00 – 9:00 a.m.

with Jeanette Redman

Low-Impact Aerobics Monday/Wednesday 5:30 p.m.

Stretch & Tone

Tuesday/Thursday 11:00 a.m. No Charge.

The Fitness Room

Monday/Wednesday 7:30 a.m. – 8:00 p.m.

Tuesday/Thursday 7:30 a.m. – 8:00 p.m.

Friday 7:30 a.m. – 5:00 p.m.

\$1.00 per daily visit – Equipment orientation required.

Walking Trail – ¼ mile around the perimeter of the property. No Charge.

Fitness Yoga

Mondays 8:00 a.m. & Fridays 8:30 a.m.

Tuesday evenings—call for class times.

\$15.00 per month.

Senior Games & Silver Arts of Lee County

Held every spring and offers athletic & artistic events.

Senior Games & Silver Arts are open to Lee County residents, age 55 and better.

In addition, we offer shuffleboard, horseshoes, bocce and table tennis!

To register for any of the above programs or receive further details and guidelines,

please give us a call or stop by the Center,
776-0501, ext. 201.

Please consult a physician before beginning an exercise program.

alzheimer's association™

Eastern North Carolina Chapter presents...

6th Annual Regional Caregiver Educational Conference *Moving Towards a New Culture in Dementia Care*

This conference is offered for family, community members and professional caregivers. A one-day conference to address current trends in Alzheimer's care.

All family caregivers and people interested in knowing more about this disease are encouraged to attend.

Tuesday, May 12, 2009

**St. Luke United Methodist Church
2916 Wicker Street
Sanford, North Carolina**

9:00 a.m. - 3:00 p.m.

Registration 9:00 a.m. • Program Starts 9:30 a.m.
Lunch will be provided

Registration Required

Continuing Education Contact Hrs. 5.0

Call Judi Womack, Caregiver Advisor at The Enrichment Center (919)776-0501 ext. 230
jwomack@leecountync.gov www.alznc.org

Respite care available upon request.

Presented by the Alzheimer's Association - Eastern NC Chapter, The Enrichment Center of Lee County and Moore County Department of Aging

Taking Care of U

*A Series Designed for Those
with Diabetes and Their Families*

**Wednesdays April 1—May 6, 2009
6:00 p.m. FREE!**

Are you bored with your meals? Need some new recipes? Join us on Wednesday evenings for some healthy and new ideas to put on your plate!

Our series includes meal planning, diabetes education, and hands-on cooking classes.

Registration is requested,
call 776-0501, ext. 201.

May 2009

Older Americans Month



Together We Prepare

Afternoon Information Rally

Join us **Tuesday, May 5 at 2:00pm** in the Grand Hall to hear local experts discuss topics that are important to your health and safety.

Topics include: disaster preparedness, safety (fire, medication, personal) and identity protection.
Registration requested. Please call 919-776-0501 ext. 201 to register.

Gay 90's Luncheon 2009

Our annual luncheon honoring 90-year-olds and better, will be held at 12:00 noon, Wednesday, May 20, 2009, at The Enrichment Center. If you or someone you know wishes to attend this event, please contact Debbie Williams, 776-0501, ext. 203.

Corner

caregiver



The Three Be's of Caregiving:

Be Prepared, Be Honest, and Be Well

Be Prepared- Once a family member needs intense care, time is spent managing one moment to the next! It is hard to carve out the time needed to research care options: health care facilities, physicians, specialists, attorneys, financial planners, care managers, community programs and services. Please gather information early on and as soon as possible, so that you have options and choices available when needed.

Be Honest- You may find yourself in a position you want to be everything to everyone: supportive spouse, nurturing parent, devoted caregiver, responsible employee, dependable friend, valuable volunteer. Trying to do it all means you get lost in the shuffle—something has to give. Caregiving will eat up more time and energy than you can ever imagine. In order to manage the experience, it is important to be honest about how much you can handle and for how long, and then fill those voids with community programs, family help and health care providers. It's essential to set realistic limits on your abilities, respect your boundaries and welcome the best help possible.

Be Well- Caregiving, which can be a long-term commitment, will take its toll. It is sad to watch a once-vibrant family member struggle to perform basic daily activities. Maintaining a semblance of yourself outside your role, even if only for a few moments each day and enjoying a true support system (one which honors your role, rather than one that questions it) helps you stay well. In all that you do, one priority stays constant: your own health.



Grancare Luncheon

Life's a Journey

Are you a grandparent or relative who is parenting a child? YOU are not alone! Come and enjoy a combination of sharing experiences, educational presentations and informal exchange.

Thursday, April 9 at 12:00 Noon

Speaker: Ellen Mangum

Lee County Board of Education

Lunch will be served, please call 776-0501, ext. 201 for reservations.

Alzheimer's & Caregiver Support Group

Tuesday, April 14, 2009 1:00 p.m.

Speaker: Peggy Smith

Alzheimer's Association—Eastern NC Chapter Ellen Mangum, Lee County Board of Education. This group provides a forum for families and friends of individuals with dementia, strokes, etc., to share experiences and information, discuss mutual problems and learn coping skills. Don't forget! You may bring the one you are caring for to our Caregiver Time Out.

Attention Family Caregivers!

Time off for you is available!

We invite you to drop off your loved one each Tuesday, 1:00 p.m.- 3:00 p.m. at The Enrichment Center for **Caregiver Time Out** while you run errands or just have some quiet time. This program provides a temporary relief for family caregivers of loved ones with Alzheimer's, Dementia, and other similar conditions. We also welcome those who are frail and live alone and can benefit from socialization and group activities. Your loved one will be cared for by our staff and volunteers at The Enrichment Center. **To inquire, call Judi today, 776-0501 ext. 230.**

Caregiver Connections Board

Are you looking to privately hire someone to help out in your home? Are you looking to privately work in an individual's home? If so, the Caregiver Connections Board may be what you are looking for. The Caregiver Connections Board allows caregivers looking for potential workers to come into The Enrichment Center and acquire their contact information from the board. Home care workers can post their contact information using a 3 1/2 x 2 inch size business card. The card may be handwritten or typed.

If you have any questions, contact Laurie Draughn at 919-776-0501 ext. 213.

Note: Workers posted on the board are community resources and not employees of The Enrichment Center. You are privately hiring the individual to come into your home. References, background checks and work agreements are the responsibility of the family/individual. "Help for the Caregiver" A Guide for Hiring Home Care Workers booklet is available upon request.



**Early Bird registration April 1—23, 2009.
Final registration ends April 30, 2009.
Come join the fun in Olympic style athletic
events and artistic competitions.**

*"As someone who has always enjoyed friendly
competition, Senior Games has meant a lot to me.
It is nice to know I can still have fellowship and
compete with my friends."*

—Jim Turner, Senior Games Ambassador

**We invite you to join our celebration of
healthy aging in Lee County by participating
in the annual Senior Games and Silver Arts
of Lee County to be held May 11 – 22, 2009
at various locations in Lee County.**

Senior Games and Silver Arts of Lee County is open to
residents of Lee County and surrounding areas who
will be 55 years of age or better by December 31, 2009.

Senior Games and Silver Arts of Lee County
Registration Forms available at The Enrichment
Center, Lee County Parks and Recreation, Kendale
Bowling Lanes and Carolina Trace Country Club. If
you are a previous participant in Senior Games and
Silver Arts of Lee County, look for your Registration
Form in the mail.

**For more information about Senior Games and
Silver Arts of Lee County, contact Jimmy Solomon,
Local Coordinator, at 919-776-0501 ext. 207 or via
email at jsolomon@leecountync.gov.**

Senior Games and Silver Arts of Lee County is part of
a network of 54 Local Games across the state
sanctioned by North Carolina Senior Games, Inc.
NCSG is sponsored statewide by the North Carolina
Division of Aging and Adult Services.



Friday, May 15, 2009

Quail Ridge Golf Course, Sanford, NC

**\$55.00 Per Person—Includes Green Fees, Cart,
Lunch and Two Mulligans**

**1:00 pm Shotgun Start Check In 11:45 am—12:45 pm
Lunch Will Be Served Prior to Play**

PRIZES awarded to 30% of the teams entered.

**Call 776-0501, ext. 201 or come by The Enrichment
Center to register or sponsor this event!**

Proceeds and donations from the tournament will benefit
The Enrichment Center Helping Fund. This benevolent
fund assists Lee County older adults who are in a crisis
situation with utilities and medication. In 2008, through
the generosity of donations provided by citizens and
corporations in Lee County, The Enrichment Center's
Helping Fund was able to assist older adults in 257
instances with fuel, utilities, and medical aid.

Jewelry Class

Thursday, June 11, 2009

2:00—3:00 p.m. Instructor: Laurie Draughn

Create yourself a necklace to wear with your summer
attire or make a gift to give a friend. The cost is \$12.00
for materials needed and we will provide them at the class.
Call 776-0501, ext. 201 to register.

Computers—The Next Step

Sponsored by **Central Carolina Community College**
Mondays and Wednesdays

July 6—August 12, 2009 2:00—4:00 p.m. Cost: \$50.00
Instructor: **Tonya Brewington**

This class will include instruction on Ebay, surfing the
Internet, stopping pop-up blocks, and security. Class size
is limited, call 718-7225 to register.

S.H.I.I.P.

Seniors Health Insurance Information Program

*Do You Have Problems With Medicare Forms, Hospital
or Doctors' Bills?* We can help you decide what has or
hasn't been paid and if you are due a refund. Counselors
will help you sort through your forms. Call 776-0501,
ext. 201 for an appointment with a trained counselor.

This is a **FREE** service made possible by the
NC Department of Insurance.



The Enrichment Center
1615 S. Third Street
Sanford, North Carolina 27330
919-776-0501
email: enrichment.center@leecountync.gov
www.leecountync.gov

Non-Profit Org.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198

**The Enrichment Center will be
CLOSED
Friday, April 10, 2009 in observance
of Good Friday.
Have a safe and happy holiday!**

The mission of Lee County Senior Services is to provide a comprehensive assessment of the needs and opportunities associated with older adults and to fashion an achievable vision of successful aging in Lee County.

The Lee County Veterans Service Officer (VSO)

The VSO assists eligible veterans and their families, deceased veteran's dependents and survivors in applying for benefits from the U.S. Department of Veterans Affairs (VA) and the N.C. Division of Veterans Affairs (NCDVA). Members of the Reserves, National Guard and active duty service members are also welcomed to call the county VSO for assistance with any matters involving the VA.

Office Hours

Monday– Thursday 9:00 a.m.—2:00 p.m.

**Appointments Available
Walk-Ins Welcome**

Nurse 4 Me

A new program provided
by First Choice Home Care, Inc.
919-775-3306

Worried about a loved one of yours? Want peace of mind and to know that they are in good hands? Call First Choice Home Care, Inc., and ask about their *NEW* program, Nurse 4 Me. A registered nurse is sent out to check on your loved one every month. A complete head to toe assessment is taken, as well as a review of their medications. The RN will follow up with the loved one's doctor as needed.

Share Your Recipes With Us!

Do you have family or favorite recipes that you would like to share in our cookbook? Type or print them and forward to Melanie by dropping off at The Center or e-mail mrodgers@leecountync.gov.