

◆ The Center Post ◆

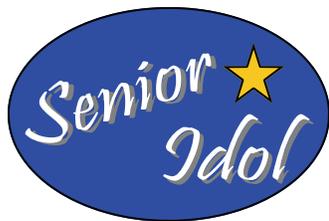
Volume 17 Issue 8

AUGUST 2008

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



Enrichment Center Hours of Operation:
Monday & Wednesday 8 am—8 pm,
Tuesday & Thursday 8:00 am—10 pm and
Friday 8 am—5 pm.
919-776-0501



Sponsored By:



Auditions
Thursday,
August 21. See
page 6 for details!



The Enrichment Center
NC Certified Senior Center of Excellence
Serving Boomers, Senior & Caregivers



Central Carolina Hospital



First Choice
home care, inc.



Brighter Hearing - Better Living



FIRST BANK
Your Community Bank Since 1935



PINEHURST SURGICAL

P r e s e n t s



Thursday, August 28, 2008

10 am—2:30 pm

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

FREE Admission & Parking! See What's NEW From Our Exhibitors!

- 100+ Vendors
- Educational Seminars
- Massages, Hair Cuts, Manicures
- Bingo, Nintendo Wii
- Hourly Prize Giveaways
- 15+ Health Screenings for Men & Women
- Lunch 12:00 Noon
- Lee County Senior Idol
- Ice Cream Social 1:30 pm
- Meet the Candidates!
- GRAND PRIZES~~~ Gas Cards!

Gold Sponsors Exhibiting

Advanced Hearing Care • American Home Patient • Ameriprise Financial
Ammons Chiropractic • At Home Assessment • Bayberry Retirement Inn
Boom! Magazine • Carolina Vision Associates • Carolina Women's Fitness
Community Home Care & Hospice • Community Family Medicine • Four Oaks Bank
Fox Hollow • Humana • Lee County Phone Book
Liberty Home Care & Hospice • Natural Balance Medical Spa & Cosmetic Laser Center
O'Connell & Martin Eye Associates • Pinelake Health & Rehabilitation
Re-Bath of the Triangle • Sanford Specialty Clinics • Scotia Village • SunBridge Healthcare
Thompson Chiropractic Center • UNC Hospice

See page 6 for our Silver Sponsors...

The Boomer, Senior & Caregiver Expo is brought to you by The Enrichment Center, a NC Certified Senior Center of Excellence. The Expo assists Boomers, Seniors & Caregivers and provides an opportunity to supplement The Enrichment Center, Inc. Helping Fund.

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sisters



The Sisters will meet Tuesday, August 5, 6:00 pm. We will meet at The Enrichment Center for BLT's, dessert and cards. 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.

Basic Computer Class for Beginners

Sponsored by Central Carolina Community College Monday & Wednesday evenings, 5:00 pm—7:00 pm, August 4—September 10. FREE for ages 65 and better, \$55 for ages 64 and younger. You will learn the basic functions of using a computer that will increase your understanding and help you take control of your computer. Class size is limited, call the college at 718-7225.

Understanding Cataracts, Wednesday, August 20, 11:00 am in The Diner's Club. Dr. Miles Whitaker, MD Ophthalmologist will discuss cataracts: what are they, how to correct them and the latest technology available. Registration is not required.

Funeral Preplanning Seminar, Monday, September 8, 6:00 pm. Losing a loved one suddenly or after a prolonged illness or diagnosis is never easy. After a death is the question, "What's next—literally." Miller Boles Funeral Home will provide an evening seminar that will answer any questions you many have in regards to funeral services and preplanning. Call 776-0501, ext. 201 to register.

Special Thanks

A very special thanks to Barbara Taylor for the bench and beautiful flowers placed on The Enrichment Center Trail in memory of her sister Marie and father Harry.

A dedication service was held Sunday, July 13, 2008.



Financial Seminars

Take Control of Your Future

Presenter: Dargan Moore
Financial Advisor
Edward Jones Investments

Mr. Moore will present information regarding important financial decisions. Life events occur, the market fluctuates and tax laws change. With these things in mind, you should take control of your future and review your investment portfolio frequently.

Products of Edward Jones company will not be solicited—these are educational seminars.

⇒  **Monday**
August 25, 2008
6:30 pm

You Spend a Lifetime Making Money for Someone Else. Now Learn Strategies Designed to Help YOU Make Money

⇒  **Monday**
September 29, 2008
6:30 pm

Now's the Time to Get a Head Start On the Rest of Your Life

⇒  **Monday**
October 20, 2008
6:30 pm

Retirement is meant to be a beginning, NOT AN END

For space purposes registration is requested, call 776-0501, ext. 201.

Living with Vision Loss Support Group—

Wednesday, August 13, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones.

“Let’s Talk” with Mayor Cornelia Olive,

Thursday, August 21, 10:30 am. Drop by and share your concerns and views in this informal setting with Mayor Olive.

Calling all card players...Join us on the 4th

Wednesday of each month, 2 pm—5 pm! Bring cards and friends and play the game of your choice.

Registration encouraged, call 776-0501, ext. 201.

Mexican Train Dominos, Thursdays, 6:30 pm with Instructors Hattie and Russell Dietzel.

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

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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: pork chop, tomato and okra, baked chicken, potato salad, tuna wraps, bean salad, sloppy joe, greens, dessert and beverage. Call 776-0501, ext. 208 for information and to register.

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

- 1st—*Alaska* by Mark Coggins
- 4th—Preparing for Hurricanes—Conversation with Lee Co. Emergency Management
- 5th—Bright Audiology 9 am—12 noon
- 6th—Laurence Poindexter sings & plays guitar
- 8th—Sandhills Harmony Chorus
- 13th—Program by Carole
- 15th—Miller-Boles Watermelon Month
- 20th—Dr. Whitaker “Understanding Cataracts”
- 27th—Elder Trivia
- 29th—Bingo

Saturday Night Dance

Live music and good fellowship, 7 pm, admission is \$6 per person. **Bands for August: 2nd—South Roads, 9th—Bill Pollard Back Porch Country, 16th—Southern Exposure, 23rd—Bill Pollard Back Porch Country, 30th NO DANCE—floor maintenance.**

San-Lee Senior Dance

Thursday, August 21, 7 pm with **Bill Pollard-Back Porch Country**. Bring finger foods to share at intermission. See you there!

Nintendo Wii

Drop by The Enrichment Center’s Game Room and exercise using the Nintendo Wii. Bring a friend and have a friendly competitive game of bowling, golf, tennis or boxing! Call 776-0501, ext. 201 to learn how to use the Wii!

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. Anyone in need of head coverings can call **Carole** at The Center, 776-0501, ext. 205.

The Enrichment Center Captain’s

Choice Mixed Group. Teams are formed by drawing cards. All skill levels are welcome! 9:00 am Tee Time each Monday at Quail Ridge and 9:00 am 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!*

Summer Schedules

The following groups will

NOT meet in August:

Lunch & Learn

Veterans Remembrance

A Novel Approach Book Club

Masculine Meals

Nifty Noggins

Sassy Red Hatters

Terrific Trips 2008

Call 776-0501 to register! Additional information is available at the front desk.

September 17-18, 2008

Historic Chesapeake Bay Getaway

Join us as we travel to historic Williamsburg, Virginia! Trip includes a beautiful Chesapeake Bay cruise, a visit to Tangier Island, lodging, and lunch at the Chesapeake House Restaurant. Shopping time at **Prime Outlets**, the largest outlet center in Williamsburg, is included.

Tuesday, October 21

Senior Day at the NC State Fair. \$15 per person. Cost includes transportation aboard chartered bus.

Tuesday, November 25

Christmas with **Elvis** at the **Barn Dinner Theatre** in **Greensboro**. \$62 per person includes matinee show performance, meal and transportation.

Thursday, December 11

A Southern Christmas at **The Rudy Theatre** in **Selma, NC**! \$50 per person and includes transportation, show ticket and meal at **The Meadow Village Restaurant**.

*****Gift Certificates are available!*****

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.



Happy Birthday!!!

Celebrating YOUR 65th birthday in September, October or November 2008? Want to learn more about Medicare and other opportunities that are available to you? Join us on Tuesday, September 9, 2008, at 6:00 pm in the Game Room for

Birthday Cake and a brief presentation on Medicare and its benefits. Call 776-0501, ext. 201 to register and for more information.

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

VOLUNTEERS Needed at the Boomer, Senior & Caregiver Expo, Thursday, August 28. Volunteer positions are available in many areas. Please contact Janice at 776-0501, ext. 206 if you have an interest in volunteering at this exciting event. The whole day, half day or an hour; your time will be appreciated!

The Enrichment Center is in need of volunteers at the following upcoming events:

Alzheimer's Association Memory Walk, Oct. 4th

Flu Shot Clinic Registration, Oct. 8th

Make a Difference Day, Oct. 25th

We realize your time is valuable and we greatly appreciate all of our volunteers' efforts. Volunteers are a vital ingredient to the success of our programs and events! Call Janice today if you can assist a few hours, 776-0501, ext. 206.

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.



Volunteer Spotlight

The August **Volunteer Spotlight** shines on Carolyn Blackman. Carolyn volunteers with the Seniors Health Insurance Information Program, also known as SHIIP. Carolyn receives special training and updates regularly from the North Carolina Department of Insurance related to Medicare benefits and information. Thank you so much Carolyn for helping us understand Medicare and all that goes along with it!

Call 776-0501, ext. 201 if you are in need of Carolyn's assistance in deciphering your Medicare benefits and Part D!

corner

caregiver



Taking care of an aging parent can cause fatigue, stress, even depression. But you can find help—if you know where to look. We want to take care of our aging parent but never imagine the toll caregiving can take on our health and emotions. I had one caregiver to say, “When I found myself screaming at my mother and blaming her, I realized I needed help.” Caregivers suffer more stress-related illness than others their age, according to the National Family Caregivers Association. And, ironically, burnout is the leading reason caregivers say they eventually put their loved ones in nursing homes.

But there is good news. Experts say family caregivers can often protect themselves from depression---if they recognize the signs and seek support. The key to prevention is realizing that you are not alone and you should not try to take on this responsibility alone. This is the other mid-life crisis, but there’s a lot of good help for the caregiver. There are community resources and support groups--- people have a huge ability to help one another. **A few of the programs here at The Enrichment Center are: Home Delivered Meals, Caregiver Time Out, Caregiver Educational Classes, Caregiver Annual Conference, in-home health aides and much more. One of the best web sites I recommend is www.fullcirclearcare.org.**

If you don’t take care of yourself, you can’t take care of your aging parent or spouse.

Take Care,
Judi
776-0501, ext. 230

Caregiver Time Out meets each Tuesday, 1 pm—3 pm in the Game Room. If you are a family caregiver and have a loved one that enjoys fellowshiping with others, playing games, making crafts, planting flowers, playing bingo, and much more, we invite you to bring them to our **Caregiver Time Out**. We know as a caregiver the first rule is to be willing to reach out for help and this is a wonderful way for you to do just that! **Call Judi, 919-776-0501, ext. 230.**

Grief Support Group Meeting

The group will meet the second Thursday (14th) for the month of August only, 1:30—2:30 pm. In September we will go back to the 1st Thursday at 1:00 pm.

Alzheimer’s & Caregiver Support Group Tuesday, August 12, 1:00 pm

Facilitators: Pam Schonder & Judi Womack

We are a support group that provides a forum for families and friends of individuals with dementia, strokes, and other diagnosis to share experiences and information, discuss mutual problems and learn coping skills. Don’t forget, you are welcome to bring your loved one to Caregiver Time Out while you attend the meeting.

The Arthritis Support Group and Parkinson’s Support Group will participate in the Boomer, Senior & Caregiver Expo, Thursday, August 28, at the Dennis A. Wicker Civic Center in place of their August meetings. Be sure to visit their booth as well as the Alzheimer’s Support, Caregiver Time Out and The Enrichment Center booths!

Family Caregiver’s Class Powerful Tools for Caregivers Sponsored by AARP

Tuesdays September 16, 23, 30 and October 7
1:00 pm—3:00 pm OR 5:00 pm—7:00 pm
at The Enrichment Center. Are you looking for information on how to care for your spouse, parent or other loved one? The Powerful Tools class for caregivers is an excellent class that will give you the tools for caring for your loved one! It will also provide you with powerful information on the challenges, decision-making and communication skills you will need for taking care of a loved one, and YOU. Call 776-0501, ext. 230 to register.

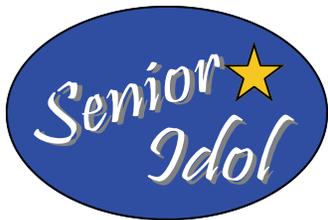
“Be kind, for everyone you meet is fighting a hard battle.”

Plato
(c. 427-347 B.C.)
Philosopher
and Educator

6th Annual Boomer
EXPO
 Senior & Caregiver

Silver Sponsors Exhibiting

Adcock Associates • Ameriplan • Arylift, Inc.
 Carolina House of Pinehurst
 Central Electric Membership Corp.
 ComForCare Senior Services
 FirstHealth Behavioral Services • Kerr Drug
 Kuhn Dental Associates
 Liberty Commons of Lee County
 and Lee County Nursing & Rehab
 Miller Boles Funeral Home • Modern Woodmen of America
 Pelham Home Health • Performance Rehabilitation
 Rainbow Distributors • TR Consulting
 Tarheel Diabetic & Medical Supply
 Taylor & Taylor Financial • The Laurels of Chatham
 Wilson & Reives Attorneys at Law • Wright Travel



**Who will be the
 next SUPERSTAR?**

Sponsored By:



Are you 55 years old or older and have a talent you would like to showcase at the 6th Annual Boomer Senior & Caregiver Expo? Come out and audition for the 1st Annual Senior Idol on

Thursday, August 21, 2008

6:00 pm at The Enrichment Center

1615 South Third Street, Sanford, NC

Please bring any needed items for your performance to the audition **Contestants who are selected at the audition will perform their talent (singing, dancing, performing, etc.) at the Expo on August 28th beginning at 1:30 pm. Prizes Awarded to the Winner and 1st Runner Up!**

For more information call 776-0501, ext. 230.



Wyeth Pharmaceuticals

Lead Sponsor

Sanford/Lee County

We're on the MOVE to end Alzheimer's Disease! The Sanford/Lee County Alzheimer's Memory Walk will take place Saturday, October 4, 2008, 9:00 am at Kiwanis Park. Walkers will be treated with refreshments, entertainment and have an opportunity to win dozens of prizes! Call The Enrichment Center today, 919-776-0501, ext. 201, or stop by for Alzheimer's Memory Walk materials and to make a donation.

- **Purchase a Memory Garden Flower for \$1.00**
- **Teams raising \$50 or more receive FREE T-shirts**
- **Alzheimer's Quilt & Crocheted Afghan Raffle Tickets**
- **Have a PURPLE PARTY! Kits**
- **Angel Lapel pins \$5 donation**
- **Cash/Coin Donation Banks**

Alzheimer's Disease is a devastating disease that involves the whole family. *Memory Walk* donations benefit Sanford and Lee County family caregivers through training, seminars, classes, support groups, respite services, resource books and videos, and much more. The Alzheimer's Association – Eastern NC Chapter collaborates with The Enrichment Center to bring this event to Sanford and Lee County each year. The Alzheimer's Association strongly supports public awareness and research for the prevention, cure and treatment of Alzheimer's Disease. Call 919-776-0501, ext. 230 if you have questions, would like to volunteer or participate in the 2008 Memory Walk!

Community Announcements

Public Education Session

The Lee County Tax Office will hold a public education session to educate citizens in the following areas:

- ◆ Researching with the ‘Online Bill Inquiry’ system via our website
- ◆ Tax law changes that may affect elderly and/or disabled citizens
- ◆ How personal property tax may affect one’s real estate
- ◆ How tax values are established; how to appeal a value; the refund and/or release of property taxes
- ◆ Frequently asked questions

Thursday, August 21, 2008

1:00 pm—5:00 pm

At the Farm Bureau Auditorium, McSwain Extension & Agricultural Center

Please plan to attend this very informative session. Tax office managers will be present to address all questions and concerns.

Registration is requested, call Tax Administrator Dwane Brinson at 718-4661.

Office of the Tax Administrator
PO Box 1968, 106 Hillcrest Drive
Sanford, NC 27331-1968

Telephone 919-718-4661 Fax 919-718-4633

Volunteers Needed

Communities In Schools is looking for dedicated volunteers to work with our children in the schools. We have numerous volunteer opportunities ranging from hands on volunteer opportunities like tutoring and mentoring to staffing our Teacher Resource Room. If you would like to help give back to the children and schools of your community please contact us at 919-718-5426. We can find a volunteer activity that fits your needs and those needs of the school and community. Together we can help kids stay in school and prepare for life. Come volunteer with us!

NC TAX-FREE Holiday!

Every year NC has a tax holiday for school supplies including computers and computer supplies on the first weekend of August .

This years budget bill, SL2008-107, Section 28.12(b), also includes a tax holiday weekend for Energy Star efficient appliances on the first weekend of November.

Appliances included in the tax holiday are: clothes washers (not dryers), freezers & refrigerators, air conditioners, heat pumps, ceiling fans, dehumidifiers and programmable thermostats.

Happy shopping!



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

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**2008 Senior Games & Silver Arts of Lee
County Results are available at the front desk.
Pick up your copy today!**

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.

Card Party... and games, too!

Bring your friends and join us for an afternoon and evening of cards, games, food and fun! Your table plays their choice of games: Texas Hold'Em, Bridge, Canasta, UNO, Pinochle, dominoes, etc. All proceeds benefit *The Enrichment Center's Helping Fund*, a fund used to assist older adults who are in a crisis situation. **FirstBank** will provide delicious refreshments!

Tuesday, August 12, 2008
2:00 pm—5:00 pm
and/or
7:00 pm—9:00 pm
\$3.00 per person, per session
Call 776-0501,
ext. 201 to register!
Co-sponsored
by FirstBank