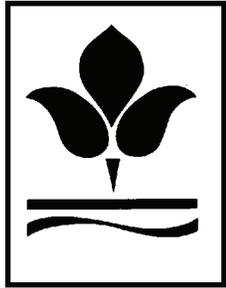


# ◆ The Center Post ◆

Volume 17 Issue 2

FEBRUARY 2008

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

Look inside for  
information on:

**Computers—The  
Next Step**

**Lunch & Learn  
with Natural Balance  
Medical Spa &  
Cosmetic Laser Ctr.**

**“Let’s Talk” with  
Mayor Olive**

**Parkinson Support  
Group**

**Income Tax Filing  
Available**



## Welcome to a Celebration Of Valentine’s Day *A Little Taste of Italy*

Friday, February 8  
6:00 pm Tickets \$10  
Menu: Baked Spaghetti, Salad,  
Bread & Dessert  
Special Entertainment by:  
Vocalist Kathy Gelb  
& Pianist Gary Brunotte  
*Proceeds benefit The Enrichment Center  
Helping Fund. This benevolent fund  
assists Lee County older adults who are in  
a crisis situation with utilities and  
medication. For more information and to  
register, call 776-0501, ext. 201.*

## Card Party

Tuesday, February 19  
2 pm—5 pm and 7 pm—9 pm  
\$3.00 per person, per session  
Co-Sponsored by First Bank  
Door Prizes and Refreshments!  
Whether your game is Bridge,  
Pinochle, Canasta or Rook you will  
not want to miss this party where  
everyone is a winner!  
All proceeds benefit The Enrichment  
Center Helping Fund. Registration  
is required, call 776-0501, ext. 201.

The ABC’s  
of  
Dementia  
and Caregiving  
The Essentials  
for Good Care



Wednesday, February 20  
6:30 pm

Teepa Snow, MS, OTR/L  
Dementia Care Specialist  
Alzheimer’s Association  
Eastern NC Chapter

This seminar is designed to  
strengthen participants’  
understanding of caring for persons  
with Alzheimer’s Disease and related  
dementia. The Enrichment Center  
partners with the experts at the  
Alzheimer’s Association—Eastern  
NC Chapter, so that Lee County  
family caregivers are provided the  
most recent information and  
innovative training.  
For further information, call  
776-0501, ext. 230.

## Black History Celebration

Friday, February 29  
10:00 am  
Master of Ceremonies:  
Claudia Lee, Lee Co. Industries  
Program:  
Music, Skit, Singing and Remarks  
Special Guests:  
Rev. Douglas Waterson of  
New Zion Baptist Church  
Praise-N-Motion of  
Prince Chapel C.M.E. Church  
Blandonia Child Development Ctr.  
Robert T. Reives, II  
Claudia Lee and Friends  
Anne McKoy



## The Enrichment Center Diners Club

A nutritious lunch is available Monday through Friday at 12:00 Noon for Lee County residents 60 and better. Menu selections include: baked chicken, glazed ham, fish filet, baked lasagna, vegetables, fruit, bread, dessert and beverage. Call 776-0501, ext. 208 for information and to register. *The following 11:00 am Diners Club Programs for February are open to the general public:*

1st—Center Safety Procedures w/ Jimmy Solomon  
6th—Lawrence Poindexter singing and playing guitar  
8th—Bingo  
13th—In Your Home Care—Valentines Day  
15th—Miller Boles Valentine's Day  
20th—Sassy Red Hatters Fashion Show  
22nd—Bingo  
27th—Dot Dowdy of the Lee Co. Library

**National Wear Red Day!** Wear RED on Friday, February 1st in support and awareness for women and heart disease. Join us in the Diners Club and receive handouts about heart disease prevention.

**Masculine Meals in Minutes—Men's Cooking Class, Thursday, February 7, 10 am.** Need new ideas for meals and snacks? The first Thursday of each month Carole will teach us how to prepare a new dish. Registration is required, call 776-0501, ext. 201.

**Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$6 per person. Bands for February:** 2nd—Modern Knights, 9th—Bill Pollard Back Porch Country, 16th—Southern Exposure, 23rd—Bill Pollard Back Porch Country.

**Basic Cake Decorating Classes with Instructor Cris Elliott—Certified Wilton Instructor for 27 years!** Mondays, February 4—March 10, 6:00 pm, \$25. To register and receive your materials, call 776-0501, ext. 201.

**Yada—Yada Sisters,** Tuesday, February 5, 6 pm. We will meet at The Enrichment Center for a soup and sandwich supper and play 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.

**Is etiquette something that is still important? Yes, indeed!** Instructor **Linda Spivey** will provide Social Etiquette Classes February 5<sup>th</sup> and 7<sup>th</sup>, 6 pm at The Enrichment Center. Linda will help us with first impressions, introductions and greetings, conversational skills and how to handle almost any situation with confidence and grace! **This class is sponsored by Central Carolina Community College.** Call 718-7225 to register.



**Computers—The Next Step,** Mondays and Wednesdays, 5:30 pm, February 11—March 19 with Instructor **Diane Coleman.** Classes are held at **The Enrichment Center** and are sponsored by **Central Carolina Community College.** **FREE** for ages 65 and better, \$45 for those 64 and younger. **This class includes instruction on eBay, Internet, pop up blocks, and security.** Class size is limited, call 718-7225 to register.

**Basic Computer Class for Beginners,** Tuesdays and Thursdays, 3:30 pm, February 12—March 20 with Instructor **Mrs. Brewington.** You will learn the basic functions of using a computer which will increase your understanding and help you take control of your computer! **Classes are held at The Enrichment Center** and are sponsored by **Central Carolina Community College.** **Free for ages 65 and better, \$50 for ages 64 and younger.** Class size is limited, call 718-7225 to register.

**A Novel Approach Book Club—** Facilitator **Ellen Viggiano** invites you to join the group Tuesday, February 12, 12:00 noon, at The Enrichment Center, and discuss The Tender Bar by J.R. Moehringer. Registration is not necessary and the group is open to the general public.

**Living with Vision Loss Support Group—** Wednesday, February 13, 1 p.m. with facilitator **Nora Gunter.** For those with vision impairments (including Macular Degeneration) and their loved ones. Registration is not necessary.

### On Getting Old

*You know you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there. - George Burns*

**Veteran's Remembrance Group**, Wednesday, February 13, 2:00 pm. Mr. Ragsdale, a former U.S. Marine, will share his experiences while serving. Registration is encouraged, call 776-0501, ext. 201.



**Brrr....it's cold outside...cover your head with a Nifty Noggin! 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. We look forward to seeing all volunteers as well as anyone new who is interested in joining this fun and fulfilling group! **Please join us, Thursday, February 14, 10:00 am!**

**Lunch & Learn**, Wednesday, February 20, 12 noon. **Start 2008 Looking GREAT! Natural Balance Medical Spa and Cosmetic Center** will host a FREE seminar on anti-aging treatments such as Thermage, Laser Rejuvenation, Chemical Peels, Microdermabrasion and more! Complimentary skin care consultation. Call 776-0501, ext. 201 to register.

**"Let's Talk" with Mayor Cornelia Olive**, Thursday, February 21, 10:30 am in the Game Room. Drop by and share your concerns and views in this informal setting with Mayor Olive.

**San-Lee Senior Dance**, Thursday, February 21, 7 pm—10 pm with **Bill Pollard Band—Country United**, sponsored by **Jones Printing Company**. Bring finger foods to share at intermission.

**AARP Tax-Aide volunteers are available to file your 2007 Income Tax return.** Call 776-0501, ext. 201 for an appointment and more information.

## **Maintain Your Brain With GAMES!**

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

**Card Game Canasta**, Fridays, 1:00 pm with **Instructor Carolyn Arnold.**

# Save the Date!

## Ask the Pharmacist

### "Brown Bag Day"

#### In collaboration with Kerr Drug

Tuesday, March 4, 2008

9 am—12 noon or 1 pm—3 pm

Do you have questions about your prescription medications? Maybe you are not sure about over-the-counter vitamins and supplements and their side effects? Put everything in a bag and schedule an appointment to find answers to these questions!

Call 776-0501, ext. 201 to register.

## Is a Reverse Mortgage For YOU?

Thursday, March 6, 2008

2 pm—3 pm

With **Esther Acker**, NC State Certified Reverse Mortgage Counselor

What is a reverse mortgage? Who is eligible? How much can be borrowed? Esther will present information and take your questions.

Call 776-0501, ext. 201 to register.

## Annual

### Appreciation Dinner

#### For Enrichment Center Volunteers

Tuesday, April 1, 2008

*Hint: We're not foolin'!*

## Rex UNC Healthcare

### Mobile Mammography

#### Is Coming To

#### The Enrichment Center!!!

In collaboration with

The Lee County Health Department

Friday, April 11, 2008

10 am—2:30 pm

All patients must pre-register. Call Sharon Lucas at The Lee County Health Department for more information and to pre-register, 718-4640, ext. 5317.

# Terrific Trips 2008

## **Call 776-0501 to register!**

*Additional information is available  
at the front desk.*

### **Friday, April 25**

Girls Day Out- We are going to the Southern Women's Show in Raleigh for a short day trip. Take a break to feel **refreshed, rejuvenated** and **recharged!** \$20 per person- includes ticket and transportation.

### **April 26-27**

Gaither and Friends concert in Atlanta. This overnight trip includes transportation, concert ticket, dinner and admission to the World of Coca-Cola exhibit.

### **July 8-11**

Lancaster Show Trip and the Dutch Country. Includes 3 nights lodging, 6 meals, show tickets and much, much more!

### **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.

*Please keep in mind that 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. Trips depart from the Riverbirch shopping center. Please park in front of Belk's as close to the pond as possible.*

## ***Lee County Volunteer Base***

*People Need People.*

*Make a difference in Lee County by joining our team!*

## **Volunteer Spotlight**



February is the month closely associated with hearts and the spotlight this month shines on a volunteer who has one of the most giving hearts of any, **Sam Carter**. Sam has been an active volunteer at The Enrichment Center for several years. Sam is retired from the Lee County School System where he served as guidance counselor at Lee County High School. His unselfish nature is demonstrated by his assistance with the Annual Angel Tree project. He made many deliveries in all kinds of weather. We are very lucky to have such a wonderful volunteer. Thank you very much Sam!

***Are you interested in volunteering in Lee County? Does your organization need volunteers? Contact Janice Holmes today at 776-0501, ext. 206 for more information about the Lee County Volunteer Base!***

### **On Helping Others**

***If you want to lift yourself up, lift up someone else. - Booker T. Washington***

### **Have questions about your Medicare?**

Maybe you do not understand Medicare Part D? What is the "donut hole"? Assistance and information is available by appointment with a trained volunteer. Please call Janice for more information at 919-776-0501, ext. 206.

## Corner

Caregiver



### *I'll Be Loving You, Always, On Valentine's Day, Too!*

On this Valentine's Day, I thought it would be appropriate to share some of our thoughts about our loved ones. As you know, some of our loved ones with Alzheimer's Disease have limited response capability; however, some do respond to music! My thoughts turn to the old stand by love song, "I'll Be Loving You, Always!" Love is the greatest gift one person can give to another. As spousal caregivers, the greatest gift we can give to our spouse is love; everything we do is done with great love, always. Loving is giving and giving is loving. This Valentine's Day declare your love for your loved one!

- Judi Womack, Caregiver Advisor

### **Quick & Easy Recipe for Busy Family Caregivers**

#### *'Not Your Ordinary' Chicken Casserole—6 Servings*

- 1.5 Cups cooked chicken
- 1.5 Cups cooked rice
- 3 hard boiled eggs—chopped
- 1 can Cream of Chicken Soup
- 1 Cup Chopped Celery
- 1/4 Cup Slivered Almonds
- 1/2 Cup Water
- 1 T. Lemon Juice

1 Can Fried Onion Rings—sprinkle on top.  
Mix all ingredients. Dot with butter. Bake at 350 degrees for 20 minutes. Serve with green beans or a salad for a complete meal!

#### **Powerful Tools for Caregivers Class**—Let's

face it...caring for someone with a chronic illness such as dementia, heart disease, Parkinson Disease or stroke can be stressful physically, emotionally and financially.

**You are invited to join our class for caregivers**

**Tuesdays, February 5th and 12th, 3 pm.** This class will help you reduce stress, better communicate your feelings and balance your life. If you would like more information, call Judi at 776-0501, ext. 230.

#### **Caregiver Time Out**—Tuesdays, 1 pm—3 pm.

This program is for anyone caring for their loved one and would like a short break. Bring your loved one and they will enjoy socialization through activities. Call Judi, 776-0501, ext. 230.

**Alzheimer's Support Group**, Tuesday, February 12, 1 pm with facilitators **Pam Schonder and Judi Womack**. Bring your loved one with you to our Caregiver Time Out while you attend the support group. For more information, call 776-0501, ext. 230.

**Arthritis Support Group**, Thursday, February 14, 11 am with facilitator **Peggy Rowles**. We will discuss, "The Good and Bad of Corticosteroid Drugs." Open to the general public; registration is not necessary. Call 776-0501, ext. 201 for more information.

**Parkinson Support Group**, Wednesday, February 20, 10:30 am with special guest speaker **Rita Jewett, RN, Parkinson's Research Programs Coord., Univ. of Miami**. Call 776-0501, ext. 230 for more information.

**Caregiver Connections**, Tuesday, February 26, 10 am. Join us for coffee and share your concerns, problems, and ideas in caring for your loved one. Gain knowledge from others who may be experiencing a similar situation. Registration is not necessary, call 776-0501, ext. 230 for more information.

**Cancer Support**, Tuesday, February 5, 7 pm with facilitators Linda Moore and Glenda Colebrook. This group meets the first Tuesday of the month and is for anyone who has been touched by cancer.



## Grancare Luncheon

*Life's a Journey*

Thursday, February 14, 2008  
12:00 Noon

*"Taking Care of You"*

Judi Womack, Caregiver Advisor  
Lunch Will Be Served

Our meeting time has changed, and so has our name! **Grancare Luncheon**, a support unit for grandparents raising their grandchildren, meets every 2nd Thursday, 12 noon. There were 16 in attendance at the January meeting featuring guest speaker Tonya Sloan of the Lee Co. Health Dept. Be sure to join us February 14th—it's Valentine's Day—so there may be a few surprises! Call facilitator Iona Brown at 776-0501, ext. 201 to reserve your lunch!



The Enrichment Center  
1615 S. Third Street  
Sanford, North Carolina 27330  
919-776-0501  
email: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)  
[www.leecountync.gov](http://www.leecountync.gov)

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**The Enrichment Center is a Lee County Government facility. During inclement weather tune in to WRAL-TV, WTVD-TV and WFJA-Radio105.5 for closings and delays.**

*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.*



# Healthy America 2008

**Tuesday, February 19, 2008**

**8:30 am—9:30 am or 10 am—11 am**

**The Enrichment Center Game Room**

**Refreshments—Information—and FUN!**

**Now is the time to get the most out of your Medicare! The best way to stay healthy is to live a healthy lifestyle. You can live a healthy lifestyle and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help.**

**Registration is required and door prizes will be awarded! A brief presentation of Medicare Preventive Benefits will be accompanied by healthy food choices**

**and a NEW way to PLAY and EXERCISE—at the same time!**

**Space is limited—call 776-0501, ext. 201 to register!**