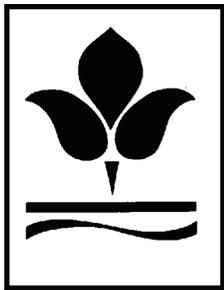


◆ The Center Post ◆

Volume 18 Issue 2

FEBRUARY 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
8:00 am—8 pm and
Friday 8 am—5 pm.
919-776-0501*

*Look inside for
information on...*

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Discount
Cards**, p. 4

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Connections
Board**, p. 6

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Services**, p. 7

Cancer...

It's Treatment Here and Now

Tuesday, February 3, 2009
6:30 p.m. With Dr. Kaushik Sen
Open to the general public.
Registration requested
call 776-0501, ext. 201.

Lunch & Learn

Wednesday, February 11, 2009
12:00 Noon

Just in time to give a valentine to your spouse, family, friends the Endor Iron Furnace and Lee County, too!
Guest speaker: Dr. Lynn V. Sadler
Writer, Editor, and Former College President. Book Signing: *In Celebration of the 2007 Centennial of Lee County, A Collection of Historical Articles and Creative Works*. Edited by Dr. Lynn V. Sadler, Published by the Centennial Committee and the Railroad House Historical Association, Inc. Call 776-0501, ext. 201 to register.



Grancare Luncheon *Life's a Journey*

*A support group for grandparents and
other relatives raising grandchildren.*

Thursday, February 12, 2009
12:00 noon at The Enrichment Center

Speaker: Betty Sue McNeil
"How to Get Your Child to Mind
Before You Lose Yours!"

Call 776-0501, ext. 201
for reservations.

LOVE...

Is in the Air...

Bring your sweetheart to
our Valentine's Dinner
Thursday, February 12, 2009
6:00 p.m.
Cost \$7.00 per person

The Ferringtones from Ferrington
Village will sing a medley of love songs
for your enjoyment.

Menu: Cranberry Chicken, Cheesy
Rice, Vegetable Medley, Roll
& Dessert

Catered by Judi Womack
and EC Staff

Call 776-0501, ext. 201 to register.

Listen to Your Heart

Tuesday, February 17, 2009
6:00 p.m.—7:00 p.m.

With William J. Scarpa Jr., MD
Pinehurst Cardiology Consultants of
Pinehurst and Sanford will discuss
heart disease, risk factors and their
management. We will also have open
discussion and take questions.

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

Black History Celebration

Friday, February 27, 2009
10:30 a.m.

Special singing, music and speakers.
Come by The Center for a detailed
program. Registration is requested
Call 776-0501, ext. 201.

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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: glazed ham, baked lasagna, stewed apples, baked chicken, pinto beans, citrus salad, gingerbread, 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:

- 4th—Laurence Poindexter, Singing
- 6th—10:30 a.m. Sgt. Renea Seydel, All About Gangs in Lee County
- 11th—Lee Christian School and Gail Meeks
- 13th—Vote King & Queen
- 18th—Debra Brown from the Lee County Library
- 20th—Bingo
- 25th—10:30 a.m. Lee County Health Dept., Trends in Sexually Transmitted Infections in Older People
- 27th—10:30 a.m.—12 noon, Black History Day

Diners Club Sassy Red Hatters—meet the 3rd Tuesday of the month at 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!

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

“Let’s Talk” with Mayor Cornelia Olive, Thursday, February 19th, 10:30 am. Drop by and share your concerns and views in this informal setting with Mayor Olive.

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

A Novel Approach Book Club—Tuesday, February 10, 12:00 noon, the group will discuss Atonement by Ian McEwan. Registration is not necessary and the meeting is open to the general public.



The Enrichment Center Captain’s Choice Mixed Group

—Teams are formed by drawing cards. All skill levels are welcome!

9:45 a.m. Tee Time each Monday at Quail Ridge and 9:45 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!*

Veteran’s Remembrance Group

—Wednesday, February 11, 2:00 p.m. Registration is encouraged, call 776-0501, ext. 201. This group meets regularly on the 2nd Wednesday.

Basic Computer Class for Beginners, Sponsored by **Central Carolina Community College**, Tuesdays and Thursdays, 5:30 p.m.—

7:30 p.m. February 10—26 and March 3, 5, 12, 17, 19 & 24. Instructor: **Mrs. Brewington**. Cost is \$50 and class size is limited to 10. Classes held at The Enrichment Center, call 718-7225 to register.

Living with Vision Loss Support

Group—Wednesday, February 11, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones.

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, February 12, 9:00 a.m. Anyone in need of head coverings can call Carole at The Center, 776-0501, ext. 205.**

Thursday Night Dance—February 19th at 7:00 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 Bob Lewandowski on the accordion. Shirley Buchanan will teach a line dance. The sponsor is Key Upholstery.**

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sisters



The Sisters will meet Tuesday, February 3, 5:45 p.m. at Ham's Restaurant. After dinner we will play cards at The Enrichment Center. *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.

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.

Saturday Night Dance—Live music and good fellowship, 7 pm, admission is \$6 per person. **Bands for February: 7th—Bill Pollard Back Porch Country, 14th—The Fabulous Troubadours, 21st—Southern Exposure, 28th—Bill Pollard Back Porch Country.**

Arthritis Support Group—Facilitator **Peggy Rowles** invites you to their next meeting on Thursday, February 12, at 11:00 a.m. The topic for discussion is, "What can I expect when I get a diagnosis of Arthritis?" Come and learn what this diagnosis will mean in your life, how it can affect for better or changes. Share how you have learned to cope and accept this diagnosis. This group is beginning its 4th year in 2009. Registration is not required, and the group is open to the general public.

In Need of Destroying Documents at

Home? PRO Shred Security will provide document destruction at your door. Contact Terry Fuller, Sales Office Coordinator, 1-87-PROSHRED, 919-741-5023 or email terry.fuller@proshred.com for pricing and further details.

National Do Not Call Registry—Residential customers who wish to reduce the number of telemarketing calls they receive may add their telephone numbers to the national Do Not Call Registry at no cost. To register, call 1-888-382-1222 from the phone you wish to register.



Establish a heart-healthy habit!

February Fitness Challenge

The American Heart Association reminds us that to maintain health and reduce the risk of chronic disease, all healthy adults should take part in moderate physical activity such as walking for at least 30 minutes a day, five days a week, or vigorous physical activity such as jogging for at least 20 minutes three days a week. Also, it has been shown that it takes a month to develop a habit. In observance of **Heart Month** we bring you this challenge in hopes to assist you in establishing a heart-healthy habit of exercise!

This is a challenge for all fitness room and fitness class participants at The Enrichment Center.

Challenge Dates: February 1—28, 2009
Registration and details
provided at the front desk.

Work out four days each week at The Enrichment Center for two consecutive weeks and earn your prize pack!

Continue this habit for two more weeks and you will be entered for our grand prize giveaways!
Call 776-0501, ext. 201 to register.

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.

Inclement Weather

The Enrichment Center is a Lee County Government facility. During inclement weather, when Lee County Government offices are closed or on a delay, so is The Enrichment Center. Postings are made on WRAL-TV Raleigh and WTVD-TV Durham. Announcements are made on Sanford radio stations WFJA 105.5 FM, WWGP 1050 AM and Life 103.1 FM.

Terrific Trips 2008

Call 776-0501, ext. 201 to register!

Additional information is available at the front desk.

June 11—16, 2009

New York City "The Big Apple"

Price includes 5 night lodging, including 3 consecutive nights in the NYC area, motor coach transportation, 8 meals, two guided tours of New York City, a NYC Harbor Cruise, and much more! \$535 per person, \$75 deposit due at registration.

October 7—10, 2009...

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

Join us as we travel to the **National D-Day Memorial** in Bedford, Virginia and then on to **Washington, DC**. There is so much to see and do in the capital city of our great nation!

As time permits, we'll visit the **Capitol Visitor Center**, the **White House** (for a picture stop), the **National Archives**, **Arlington Cemetery**, **Iwo Jima Memorial**, and the **Lincoln, Jefferson, Vietnam, and WWII Memorials**.

Much more included!

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

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

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.

Another Successful Year! Great Job!

Between December 1—31, 2009 Carolyn Blackman and Janice Holmes had contact with 929 citizens regarding Medicare Part D prescription drug plans. Of the 929, 250 were enrolled into a different Medicare prescription drug plan.

In November there were 623 contacts. Grand total of contacts for 2008, 1552!

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

The **Railroad House** Historic site is in need of volunteers. Training will be provided. Hours would be Saturday and Sunday afternoons from 1-4pm. Please contact Janice Holmes, Volunteer Services Coordinator, at 919-776-0501 x206 for more information.

Do you have a desire to volunteer? Have a talent that you would like to share? Enjoy painting? **The Habitat for Humanity Home Store** is looking for volunteers to "spruce up" windows and vases with artistic designs to be sold later in the Habitat Bird Store. Use your art skills to help someone later. Windows and vases will be provided. Make a difference by sharing your talent! Volunteers are also needed at the Habitat Home Store and the Habitat Bird Store. For more information, contact Nancy Neal at 919-774-6767 or Janice Holmes, 919-776-0501 x206.

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 February

Volunteer Spotlight shines on **Earl Thompson**. Earl facilitates our Bible Study group twice a week and also assists in the Diner's Club. His dedication to the class is evident by his early arrival and preparation. His desire to help out where needed is greatly appreciated. **Thanks Earl for all you do!**

Free prescription drug discount cards are available to area residents.

The cards, which are good for an average savings of 20% on many prescription medications, may be used by anyone regardless of age, income or existing health coverage. These cards do not replace Medicare prescription drug coverage; however, they may help with medications that are not covered by Part D plans.

For more information, contact Janice Holmes, SHIP Coordinator for Lee County, at 919-776-0501 ext. 206.

corner

caregiver



Happy Valentine's Day

to all our Family Caregivers! Valentine's Day is such an appropriate day to say thank you for all the love and care you demonstrate every day for your loved one. You should feel good about your accomplishments as a caregiver!

Someone once said that the hope you have for yourself is the hope you give your loved one. We know that love gets us through a lot but lets not forget that hope helps us deal with the uncertainty in life. Hope gives us the strength to cope with distress and crisis. It has the potential to lift our spirits and give us energy. Hope is not about everything turning out okay. It is about being okay however things turn out. "You've gotta have hope. Miles and miles of hope..." This hope song can turn tears into smiles. While singing and laughing are great stress relievers, if you are caring for a loved one, the best advice anyone can give you is, "You've gotta have hope!"

—Judi, Caregiver Advisor

The 23rd Annual Joseph and Kathleen Bryan Alzheimer's Disease

Research Center Conference

Alzheimer's 2009:

The Many Roads to Brain Aging

February 19-20, 2009

Sheraton Imperial Hotel and Convention Center

Research Triangle Park, NC

For more information contact:

Cheryl Copeland at 919-660-7510

Or 800-646-2028 or email

Cheryl.Copeland@duke.edu

Feeling stretched caring for a loved one?

Powerful Tools for Caregivers is a class designed to provide you—the family caregiver—with the skills you need to take care of yourself.

Two hour class sessions held once a week are led by certified, experienced class leaders. You'll learn to:

- Reduce stress
- Improve self-confidence
- Improve communications with your loved ones
- Balance your life
- Increase your ability to make decisions

When you take care of yourself, everyone benefits!

Tuesdays, March 3—31, 2009

2:00 p.m. - 4:00 p.m

The Enrichment Center

1615 S. Third Street, Sanford

Cost: No charge for Lee County Family Caregivers (contributions accepted)

Please feel free to bring your loved one to our Caregiver Time Out program while you take this class.

For information or to register call 776-0501, ext.230.

Made possible

by the National Family Caregiver Grant

Alzheimer's & Caregiver Support Group

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.

Tuesday, February 10, 2009

1:00 p.m.

Topic: Helping Yourself Help a Loved One

Facilitator: Judi Womack, Caregiver Advisor

Don't forget! You are welcome to bring your loved one to our Caregiver Time Out while you attend the meeting.

Call 776-0501, ext. 230 if you need further details.

Attention Family Caregivers!

Time Off 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 Replaces Respite Referral Program

After evaluating our programs here at The Enrichment Center and to ensure we are serving our clients in the most efficient way possible, we have decided to eliminate the Respite Referral Program and replace it with a Caregiver Connections Board. This will allow home care workers to continue to share their contact information with potential families but without staff contact. We will no longer accept applications and refer home care worker names to families. If a family is interested in obtaining names of potential workers, they can come into the facility and acquire the information from the Caregiver Connections Board.

The home care worker will be responsible for placing their information and maintaining it on the board. Contact information **must be** on a 3 ½ x 2 size business card (See example below). The card may be handwritten or typed. The home care worker will need to come by periodically to check, update and maintain their information. The Enrichment Center staff **will not** place or update information for the home care worker.

This new policy went into effect January 5, 2009. If you have any questions, please feel free to contact Laurie Draughn at 919-776-0501 ext. 213.



Tax Filing Available

AARP Tax-Aide volunteers are available to file your 2008 Income Tax return at The Enrichment Center. Call 776-0501, ext. 201 for an appointment and more information.

EXAMPLE

**Jane Doe
919-555-5555**

**Respite and Housekeeping
Available Weekdays 8:00 am - 5:00 pm**

**CNA certified
References Available**



The Lee County Veterans Service Officer (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. While Lee County is not the authorizing organization for these benefits, the County Veterans Service Officer can assist the veteran greatly in the following areas:

- **Assessing and confirming eligibility**
- **Completing the documentation required by the VA and NCDVA**
- **Explaining complex issues and forms**
- **Referring veterans and service members to other agencies that may be of assistance**

Sewing Those Who Have Sewed

1615 South Third Street
Sanford, North Carolina 27330
(919) 776-0501 Ext. 209
(919) 774-7593 FAX

Your County Service Officer:
Cajun A. Comeau
ccomeau@leecountync.gov

Office Hours
Monday– Friday
8:30 AM– 12:30 PM
Appointment Preferable

Up & Coming March 2009

Call 776-0501, ext. 201 to register!

Attention All Women! Advanced Care for Women, Mondays, March 2—23, 2009, 6:00 p.m. with **Dr. Keith Merritt, MD**. Advanced Care for Women will provide an informative series on the following topics:

- Urinary Incontinence and Pelvic Prolapse
- Risk & Benefits of Hormone Replacement Therapy
- Gynecologic Cancers
- Obesity Prevention and Treatment

Basic Cake Decorating Classes, Tuesdays, March 3—April 7, 2009, 6:00 p.m. with **Certified Wilton Instructor Cris Elliott**.

Grancare, Thursday, March 12, 2009, 12:00 noon, with **Bob Peterson, FirstHealth Behavioral Health Services**, discussing, "Grandparents Parenting Grandchildren".

Change in Hours

Due to various reasons, including budget savings, the official operating hours of **The Enrichment Center** as of **Monday, January 5, 2009** will be:

Monday—Thursday
8:00 a.m.—8:00 p.m.
Friday
8:00 a.m.—5:00 p.m.

The fitness room will open at 7:30 a.m.
Monday—Friday

If you have any questions,
call 919-776-0501, ext. 201.



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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27330
Permit No. 198

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.

Thank You!

The Enrichment Center, Inc. Board of Directors would like to extend special thanks to the many families, individuals, community groups and faith groups who made contributions in 2008 to The Enrichment Center, Inc. Helping Fund.

Through these contributions, The Helping Fund was able to assist with 257 instances totaling \$44,231 with fuel, utilities and medical aid.

We very much appreciate your donations and so do the Lee County older adults who were in a crisis situation. Thank you for choosing The Enrichment Center as your way of making a difference in our community!

Community Happenings...

NoonLiting—Weight Control That Works!

Wednesday, February 4, 2009, 12:00 noon at the McSwain Extension Education and Agriculture Center, 2420 Tramway Road, Sanford. Call 775-5624 for more information and to register.

Do You Have Carpal Tunnel Syndrome?

Tuesday, February 24, 5:30 p.m. Central Carolina Hospital Community Classroom, with **Charles Beemer, MD**, Board-Certified Orthopedic Surgeon. Walk-ins welcome, call 1-800-483-6385 to register.

Education at the Community Healthcare Center by Kerr Drug, 1050 S. Horner Blvd.

Call 774-8510 to register and for program times. February programs include:

5th—"Now You Can Count Your Carbs"
12th—"Now You Can" Medtronic Insulin Pump
19th—Diabetes Bingo—Fun and Educational
13th, 20th, 27th—Shingles and the Zostavax Vaccine