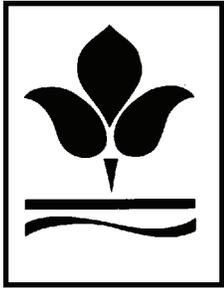


◆ The Center Post ◆

Volume 17 Issue 1

JANUARY 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:

**Cooking with
Carole**

**The ABC's of
Dementia and
Caregiving**

2008 Trips!

**Powerful Tools for
Caregivers**

**Grancare—New
Times for 2008!**

Happy New Year!

**Making Choices
For a Healthier Future**

After this famous statement usually comes the question, “So, what’s your new year’s resolution?” A resolution is a declaration, decision, ruling, promise, pledge, oath, vow, solution, steadfastness, answer or outcome. Typically losing weight or getting back to an exercise routine tops the list. Regular exercise promotes restful sleep, relieves tension, prevents diseases, assists with bone density, increases muscle mass which in turn increases metabolism. Resolve in 2008 to begin, continue or add to your exercise and wellness routine! “Staying young encompasses your emotions and mental health as well as your exercise habits, eating habits, personal hygiene, and genes, among other things,” Michael F. Roizen, M.D. and Mehmet C. Oz, M.D., authors of the book YOU Staying Young. The Center has this book for loan.

Call 776-0501, ext. 201 to register for these programs...

Low Impact Aerobics & Toning Classes

Cost per month is \$15 for 3 days a week or \$10 for 2 days a week.

Tuesday/Thursday 9 – 10 am

Wednesday/Friday 8 – 9 am

Low-Impact Aerobics

Monday/Wednesday 5:30 pm

The Fitness Room

Monday/Wednesday 7:30 am – 8 pm

Tuesday/Thursday 7:30 am – 10 pm

Friday 7:30 am – 5 pm

\$1.00 per visit – Equipment orientation required.

Stretch & Tone

Monday/Tuesday/Thursday 11 am

FREE

Walking Trail

¼ mile property perimeter. FREE

Drop in and play shuffleboard, horseshoes, bocce ball or table tennis at no charge! Equipment available for loan.

Fitness Yoga for Seniors

Mondays 8:00 am & Fridays 8:30 am

\$15 per month

YogaFit—Core Body Strength

Tuesdays 5:30 pm—\$15 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.

Attention Boomers, those born 1946 – 1964, you are invited to use all of the programs mentioned!

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.

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Join us for Lunch!

A nutritious lunch is available Monday through Friday at 12:00 Noon for Lee County residents 60 and better. Menu selections include: Pork Chop, Spaghetti, Baked Fish, vegetables, fresh fruit, bread, desserts and beverage. Call 776-0501, ext. 201 for information and to register. **The following 11:00 a.m. Diners Club Programs for January are open to the general public:**

- 2nd—In Your Home Care—New Years Party
- 4th—Coping with COPD—John Paschal of Central Carolina Hospital
- 9th—Games
- 11th—Miller Boles—New Years Party
- 16th—Dr. Mandy Grimshaw, Kuhn Dental Assoc.
- 18th—Bingo
- 23rd—EK Academy of Cosmetic Arts
- 25th—Home Safety with Lt. David Prevatte
- 30th—Games

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$6 per person. Bands for January: 5th—Southern Exposure, 12th—Bill Pollard Back Porch Country, 19th—NO DANCE/Floor Maintenance, 26th—South Roads.

Cooking with Carole, Mondays, January 7, 14 and 28, 6:00 pm. Are you interested in having fun in the kitchen and need new ideas for meals or snacking? Carole will teach us how to prepare delicious soups! Registration is required, call 776-0501, ext. 201.

A Novel Approach Book Club—Facilitator **Ellen Viggiano** invites you to join the group Tuesday, January 8, 12:00 noon, at The Enrichment Center, and discuss The Memory Keeper's Daughter by Kim Edwards. Registration is not necessary and the group is open to the general public.

Yada—Yada Sisters, Tuesday, January 8, 6 pm. We will meet at Yamato Japanese Steak and Seafood House for dinner and then go to The Center and play cards. *Our sisterhood is a network with other females in an exciting and stimulating group.* Call 776-0501, ext. 201 to register.

Living with Vision Loss Support Group—Wednesday, January 9, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones. Registration is not necessary.

Veteran's Remembrance Group, Wednesday, January 9, 2:00 pm, with special guest **Sidney Fowler**. **Sidney will speak on his experiences while serving in the Air Force in the Korean War and Vietnam.** Registration is encouraged, call 776-0501, ext. 201.

Grandparents—Are You Raising Your Grandchildren? Facilitator Ilona Brown invites you to attend our gathering of friends known as Grancare. It provides grandparents with an opportunity to access information, enjoy special events and have lunch. Grancare meets each 2nd Thursday of the month, 12 noon, at The Enrichment Center. **Our next meeting will be Thursday, January 10 with special guest speaker Tonya Sloan, Dept. of Social Services. Tonya will speak about insurance. Lunch will be served, call 776-0501 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. 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, January 10, 10:00 am!**

"Let's Talk" with Mayor Cornelia Olive, Thursday, January 17, 10:30 am. Drop by and share your concerns and views in this informal setting with Mayor Olive. Call 776-0501 to register or feel free to drop by.

SanLee Senior Citizens Dance Group, Thursday, January 17, 7 pm with tunes from the **Bill Pollard Band**. Admission is \$5.00. Happy New Year!

Pot Luck Dinner, Thursday, January 31, 6:00 pm. Bring something to warm us from the winter chill! Call 776-0501, ext. 201 to register.

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**.



Putting Veterans First
The Lee County Veterans
Services office is located at
The Enrichment Center.

Lee County values its veterans. At The Enrichment Center it is our desire to provide each of our customers with competent and courteous service. The Enrichment Center offers many opportunities for veterans such as nutrition, transportation, health and wellness programs, exercise classes, educational offerings, caregiver resources, volunteer opportunities, trips, and dinners with entertainment.

Our Mission Locally

The mission of Lee County Veterans Services is to pursue a high quality of life for local veterans, their families, and their survivors.

It is our goal to increase public awareness of the services available to veterans and their families. Also, we advocate for Lee County veterans and their families by assisting them in obtaining the benefits to which they are entitled.

Get Expert Assistance
With Your VA Claim
Monday—Friday
8:30 a.m.—12:30 p.m.
NO Appointment Required

Lee County Veterans Services
The Enrichment Center
1615 S. Third Street
Sanford NC 27330
919.776.0501

E-Mail:
enrichment.center@leecountync.gov

Internet: leecountync.gov

Medical Care

Decisions

Advance Directives

Do you have a living will or medical health care power of attorney?

One of the most stressful times to make important life or death decisions, and decisions affecting mental health treatment or organ donation is during an actual medical emergency.

One of the best times to make some of these decisions is when a person is not in a medical emergency and can take the time to reflect and study on what directions he or she wants family and medical providers to know in a crisis situation, before it ever happens.

A Living Will and Health Care Power Of Attorney are legal documents. The Enrichment Center provides these forms and notary public services at no charge. You may register your notarized forms with the NC Secretary of State's office.

Make your health care choices known to those you are closest to by making an advance directive.

For further details and forms,
call Melanie Rodgers,
776-0501, ext. 214.

2008 Road Trips

Call 776-0501 to register!

*Additional information is available
at the front desk.*

Tuesday, February 12

Join us as we travel to The Barn Dinner Theatre in Greensboro where we will enjoy a delicious meal and see the matinee performance of "Band of Angels."

Cost is \$47 per person.

Friday, April 25

Girls Day Out! Ok Ladies—this is your chance! We will travel to Raleigh to attend one of our area's most exciting events, The Southern Women's Show.

Cost is \$20.

April 26-27

We're off to Atlanta to see Bill Gaither and his friends perform. Trip will include dinner, concert tickets, continental breakfast, lodging, and a tour of the World of Coca-Cola Museum.

Double:\$249 Triple:\$239 Quad:\$235
Single:\$288

2008 Show Adventure

Make your plans now to join us as we travel to Lancaster Pennsylvania in the heart of Amish country! We will depart on Tuesday, July 8 and return on Friday, July 11, 2008.

Cost of the trip is \$359-which includes transportation, 3 nights lodging, 3 breakfasts, 3 dinners, 2 shows and much more!

Tuesday, October 21

NC State Fair

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

VOLUNTEERS ARE NEEDED! Home Delivered Meals are in need of volunteers to deliver a hot, nutritious meal to homebound senior adults in Lee County. Routes usually take about an hour. Current volunteers assist anywhere from once a week to a few times per month. Substitute drivers are also needed. Please contact Janice Holmes at 919-776-0501 ext. 206 for more information.

AARP Tax-Aide welcomes volunteers who desire to be trained as counselors and work with the local AARP/TCE Tax-Aide Program during the 2007 Tax Preparation Season. Call **Mary Upchurch**, 776-2868 for details.

Being Efficient During the Colder Months **Information from progress-energy.com**

1. A roaring fire can be cozy and inviting. Be aware: Between 80% and 90% of the heat generated in an open fireplace is lost up the chimney. Be sure to close the damper tightly after the fire is completely out.
2. Keep your thermostat at the lowest comfortable setting in the winter. Progress Energy recommends 68—70 degrees. Every degree above 70 adds additional 7% to 10% to your heating costs!
3. Clean filters make a difference! Keep your heating costs down by checking or replacing your filters monthly.
4. The cost of an average load of laundry washed in cold water is 1.5 cents. The cost of the same load washed in hot water, 38 cents.
5. The most efficient setting for most hot water heaters is 120 degrees.
6. Are you well insulated? Progress Energy recommends: Ceiling—R-30; Wall—R-11 to R-19; Floor—R-19.

To learn more about R values, see progress-energy.com.

Corner

caregiver



Happy New Year!

That greeting will be heard for at least the first couple of weeks as our new year gets under way. A new year is supposed to be a sign of Promise and Hope. As a family caregiver with a loved one's condition not improving, hope seems out of reach. The thoughts of what might happen this year is very frightful to us. We look to find a way to keep a brighter outlook. We cannot focus on the uncertain nature of our loved one's situation. The truth is, we cannot depend on anything 'out there' to create a sense of promise. That is an inside job. It is possible we can find hope if we trust in the generosity of life. We can expect to find gifts in every situation we face, no matter how difficult the circumstances seem. Our window on the world determines whether or not we notice them. We could start the year by cleaning our window and looking above the clouds. When we let in more light, we see more promise.

Happy New Year to you and your family,
- **Judi Womack, Caregiver Advisor**

Our fifth annual Family Caregiver Appreciation Luncheon was held in November, National Family Caregiver Month. AlexSandra Lett, author and speaker, provided stories and information for family caregivers from her own personal experience with her parents. She provided laughter, reflections on work, health, family and spirit with 65 family caregivers in attendance. **James Wicker was recognized as Family Caregiver of the Year.** James represents what it means to be a caregiver: to truly love the one your are caring for, to take those responsibilities seriously, for his dedication and devotion to his wife, Jean. James and Jean have been married for 59 years. Congratulations to James!

Powerful Tools for Caregivers Class, Tuesdays, Jan. 8, 15, 22 and 29, 3 pm—5 pm. No charge for Lee County family caregivers; contributions accepted. Caregiving today includes learning the skills necessary to provide care, accepting the fact that you can't do it alone, and being aware of the need to take care of yourself while you are a caregiver. In these classes you will learn to reduce stress, communicate your feelings, balance your life, and much more. Certificates will be given upon completion of all classes. Call 776-0501, ext. 230 to register.

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

Wednesday, February 20, 2008
6:30 pm

With Teepa Snow, MS, OTR/L FAOTA
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.

This seminar is open to the general public and admission is FREE!

Call 776-0501, ext. 201 to register.

Caregiver's Time Out! *This program is made possible by the Family Caregiver Support Program Grant.* We invite you to bring your loved one to the Enrichment Center **Tuesdays 1 pm—3 pm**. Our **Caregiver's Time Out** program is designed for adults with dementia and memory loss. Our afternoons promote socialization through activities. Call today, 776-0501, ext. 230.



Grancare

Life's a Journey

Grandparents, are you raising your grandchildren? Facilitator Ilona Brown invites you to attend our gathering of friends known as Grancare. It provides grandparents with an opportunity to access information, enjoy special events and have lunch. Grancare meets each 2nd Thursday of the month, 12 noon, at The Enrichment Center.

Call 776-0501 to register.

Our next meeting will be Thursday, January 10 with special guest speaker Tonya Sloan, Dept. of Social Services. Tonya will speak about insurance. Lunch will be served, call 776-0501 to register.



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

Holiday Closings
The Enrichment Center will be closed
Tuesday, January 1st in observance of New
Year's and Monday, January 21 in
observance of Martin Luther King, Jr. Day.

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.

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.

Social Etiquette Class. Is etiquette something that is still important? Yes, indeed! Instructor **Linda Spivey** will provide Social Etiquette Classes February 5th and 7th, 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.**

What's the Deal? It's Time for The Card Party! Mark your calendars and save the date, Tuesday, February 19, 2 pm—5 pm and 7 pm—9 pm. \$3.00 per person, per session. Co-sponsored by First Bank. Proceeds benefit The Enrichment Center, Inc. Helping Fund. Call 776-0501, ext. 201 to register your tables!

Black History Celebration, Friday, February 29, 2008, 10:00 am. Look for further details in the February Center Post.



**Welcome to a
Celebration of
Valentine's Day
"A Little Taste of Italy"**

Friday, February 8, 2008

6:00 pm Tickets \$10

**Menu: Baked Spaghetti, Salad,
Bread & Dessert**

**Entertainment
Vocalist Kathy Gelb
& Pianist Gary Brunotte**

\$3.00 of each ticket will be donated to The Enrichment Center, Inc. Helping Fund. This benevolent fund assists Lee County older adults who are in a crisis situation with utilities and medication.

Purchase your tickets at The Enrichment Center, 1615 S. Third Street, Sanford, 776-0501.