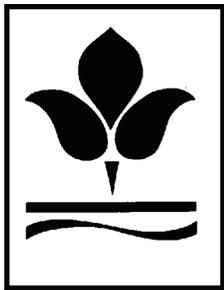


# ◆ The Center Post ◆

Volume 18 Issue 1

JANUARY 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...**

► **Veterans  
Services,**  
p. 7

► **Thursday  
Night Dance,**  
p. 2

► **Fitness  
Classes,** p. 2

► **D-DAY &  
Washington,  
DC,** p. 4

## Happy New Year!

### ***Pandemic Flu and You...***

A FREE Forum

Friday, January 23, 2009

11:00 a.m.—12:00 p.m.

At The Enrichment Center

Sponsored by the Lee County Health  
Department

#### How To Prevent the Flu:

- Wash your hands with soap and water or alcohol-based gel.
- Always cover your mouth and nose when you cough or sneeze.
- Use disposable tissues, throw them away and wash your hands.
- Avoid touching your eyes, nose or mouth.
- Stay at home when you are sick.
- Avoid close contact with people who are sick.
- Be responsible and attend this forum. Prevention is the key!

Registration is requested; however, not required, call 776-0501, ext. 201.



**NEW  
Program...Knitting  
Class with  
Instructor Kip  
Voymas,** Monday

evenings 6:30 p.m.—8:00 p.m. Learn a craft that is becoming popular again! Kip will teach us the basic steps to knitting so that we can create a scarf, sweater and much more! Bring your knitting needles and some yarn. To register and for further information call 776-0501, ext. 201.

### ***Caregiver Seminar Open to the General Public!***

**Baby Boomers...If You Don't Like  
What's Happening to the Person Your  
Are Caring For...What Are You  
Doing to Keep It**

**From Happening to You???**

**Teepa Snow, MS, OTR/L**

**Dementia Care Specialist**

**Thursday, January 29, 2009**

**6:30 p.m.**

**At The Enrichment Center**

This seminar will focus on some of the common issues and problems that adult children, siblings, and spouses are dealing with when the diagnosis of 'dementia' hits unexpectedly. You will explore strategies and tips to reduce the risk that the same thing may happen to the next generation of caregivers UNLESS we take action to make it different! Registration is requested; however, not required, call 776-0501, ext. 201. Call Judi at ext. 230 if you have questions or need further details.



**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!*

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sisters



The Sisters will meet Tuesday, January 6, 5:45 p.m. at Sagebrush. *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.

**Thursday Night Dance**—January 15th 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 **Wayne Mims as Elvis** sharing “Classic Memories.” **Shirley Buchanan** will teach a line dance. The sponsor is **Clint Pickard Real Estate**.

**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](mailto:embass@windstream.net) for more information.

**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!

**A Novel Approach Book Club**—Tuesday, January 13, 12:00 noon, the group will discuss Street of a Thousand Blossoms by **Gail Tsukiyama**. Registration is not necessary and the meeting is open to the general public.

**Veteran's Remembrance Group—**

Wednesday, January 14, 2:00 p.m. Registration is encouraged, call 776-0501, ext. 201. This group meets regularly on the 2nd Wednesday.

**Living with Vision Loss Support Group—**

Wednesday, January 14, 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, January 8, 9:00 a.m.** Anyone in need of head coverings can call **Carole** at The Center, 776-0501, ext. 205.

**Saturday Night Dance**—Live music and good fellowship, 7 pm, admission is \$6 per person. **Bands for January: 3rd—South Roads, 10th—Bill Pollard, 17th—NO DANCE—Floor Maintenance, 24th—Bill Pollard Back Porch Country, 31st—Southern Exposure.**



**The Enrichment Center Fitness Room is available:**

**Monday—Thursday**  
7:30 a.m.—8:00 p.m.

**Friday**  
7:30 a.m.—5:00 p.m.

The cost is \$1.00 per daily visit. Call and register today for a **FREE** fitness orientation, 776-0501, ext. 201. **All Boomers, born 1946—1964, are welcome to participate in the fitness room! Tell your friends, family and co-workers, too!**

**Thinking about New Year's resolutions and how you are going to add exercise to your schedule? If you are a first time participant you can try aerobics or yoga free for one visit to see if it's for you!**

**Fitness Yoga Classes, \$15 Per Month**  
Mondays 8:00 a.m., Tuesdays 5:30 p.m.  
or Fridays 8:30 a.m.

**Low Impact Aerobics Classes, \$10 Per Month**  
Mondays/Wednesdays 5:30 p.m.  
Tuesdays/Thursdays 9:00 a.m.  
Wednesdays/Fridays 8:00 a.m.

**Be sure to check with your physician before beginning an exercise program.**  
Call 776-0501, ext. 201  
for further details and to register!

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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 JANUARY are open to the general public:**

- 7th—Laurence Poindexter Sings
- 9th—Bingo
- 14th—Safe Steps “Fall Prevention for Seniors”
- 16th—Design Your Own Hat
- 21st—”You Don’t Need Another Stroke” Dana Smith, Liberty Home Care and Hospice
- 23rd—Pandemic Flu & YOU, Pam Glover, Lee County Health Dept.
- 26th—Chinese New Year—Year of the Ox
- 28th—Miller Boles
- 30th—Bingo

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

**“Let’s Talk” with Mayor Cornelia Olive,** Thursday, January 15th, 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.

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

**Arthritis Support Group—Facilitator Peggy Rowles** invites you to their next meeting on Thursday, January 8, at 11:00 a.m. Bring your program ideas of what you would like to hear or learn about in the coming year! This group is beginning its 4th year in 2009. Registration is not required, and the group is open to the general public.

**Financial Counseling Available**

Richard L Palmer, ChFC recently retired as a personal financial advisor and has agreed to serve the Enrichment Center as a volunteer financial counselor. Meetings will be by appointment at the Enrichment Center primarily for those who wish to better understand their personal financial situation, consider options for the future, or to gain ideas for passing assets to their heirs given their financial situation. Some may have questions about whether or not to talk with their financial, income tax, or legal advisors as well as what questions to ask in those meeting. Meeting discussions will be held in strictest confidence and are not intended to replace a needed meeting with a financial or legal professional.

A one hour meeting may be scheduled, usually on a Wednesday or a Friday afternoon, by calling the Enrichment Center. To gain the best benefit from the meeting, a participant should either have a good idea about their legal documents or bring them to the meeting if not sure. Bringing personal and family financial statements and a recent income tax return to the meeting will be most helpful. **Call 776-0501, ext. 201 for an appointment.**

**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.*

# Terrific Trips 2008

**Call 776-0501, ext. 201 to register!**

*Additional information is available at the front desk.*

**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

*More information coming soon!*

**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,

***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.***

## **Lee County Volunteer Base**

*People Need People.*

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

# Tax Volunteers Needed

Tax time is coming!

During the busy holiday season, our dedicated volunteers are working hard to prepare for tax time.

You should be, too. Remember to take all those important envelopes marked "Important Tax Information" and put them all safely in one large envelope. You'll be way ahead when it comes to tax time. You don't need to separate them into categories – our volunteers can do that. Just bring them all. And don't forget your Social Security Card, and photo I.D., too. Appointments for February will be taken after January 15, 2009.

***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 January **Volunteer Spotlight** shines on a person who is very dedicated and assists the administrative staff with many different jobs – everything from addressing envelopes to tallying survey results. Linda Rapp joined The Enrichment Center in late summer 2008. She works many hours each week accomplishing a variety of tasks. Linda is always willing and enthusiastic to complete each assignment as quickly as possible.

***Thanks Linda for a job well done!***

**Happy New Year!!**

OK, caregivers, it's time to take your situation in hand. Now, everybody raise their right hand and make these resolutions along with me. I do hereby solemnly swear that....

**10. I won't try to be the Lone Ranger**

As a family caregiver, you're a person trying to do the right thing for a loved one who needs your help. You may be the only one that has stepped forward but that doesn't mean you have to do everything all by yourself. You don't have the "fiery horse with the speed of light!" or Tonto, the companion who always has your back and will bail you out when you're in a jam. The people you do have- family, friends, neighbors, members of social and service clubs, members of your church or synagogue, etc. can and will do things to help you. *But you have to ask.*

**9. I will make time for myself**

Time for yourself isn't about taking a vacation alone; it's about privacy. The nasty little surprise about family caregiving (that a lot of people don't see coming) is that you can find yourself isolated yet without privacy.

**8. I will eat and exercise sensibly**

OK, so I'm nagging you. But you already know the reasons for sensible diet and exercise. End of nag.

**7. I will ask for outside advice when I need it**

This should not be hard, but a lot of people find it so. Take legal questions to an attorney. Take medical questions to a doctor. Take financial questions to a financial planner or accountant. The staff of The Enrichment Center can answer a lot of your questions and will give you trustworthy referrals for everything else.

**6. I will organize my elder's medical, legal and financial information**

This goes with number 7 above. To get the best advice from a professional you need to be able to give the background information the professional will need.

**5. I will keep a caregiving notebook and journal**

This isn't a gripe log where you blow off steam or a martyr book in which you write down all the reasons you're going to heaven for being a caregiver. Instead, it is where you record daily information about the condition of your loved one and the care that he or she receives. Over time, your journal will become a crucial resource for you and others involved in the care recipient's care.

**4. I will arrange for occasional respite care**

If you and your loved one live under the same roof, caregiving is a 24/7 job for you. You need to get away from time to time. This is where respite care comes in.

**If you don't know where to find respite care, call Judi at The Enrichment Center 776-0501, Ext. 230.**

No matter how much you love your work, you need to get away from it sometimes.

**3. I will keep a list of tasks for people who ask what they can do to help**

What an eclectic list this can be! Here's a few examples:

- Take Mom's car to get the tires rotated.
- Drive Dad to the lab for his blood draw.
- Pick up these items at the grocery store

Your own situation will suggest dozens of items like this.

**2. I will become (or remain) active in a caregiver support group**

Here's another topic that makes me sound like a broken record. Yet it's important to keep reminding caregivers of the simple fact that isolation is the caregiver's enemy. In fact, the more challenging your caregiving situation, the more you need a support group. In a caregiver support group, you can get information, advice, understanding and personal and emotional support of a sort that really isn't available anywhere else.

**1. I will never say, "I will never put you in a nursing home."**

This is a big one. The no-nursing home pledge is the promise a caregiver cannot keep and cannot reasonably be expected to keep. I was guilty of this myself until I started working with so many caregivers. I now realize that I have to say I will take care of you as long as I can give you the best care. We have to realize that our best may not be the best for our loved one.

*Caregivers, please have a great 2009!!!*

———*Judi*

## 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 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.**

## Value of Family Caregiving Reaches \$375 Billion!

The estimated economic value of family caregivers' unpaid contributions was approximately \$375 billion in 2007—exceeding total Medicaid long-term care spending in all states, according to a new report from AARP. In 2007, about 34 million family caregivers provided care at any given point in time, and about 52 million provided care at some time during the year, AARP says. Family members and friends are the backbone of long-term care (LTC) in all states, providing vital assistance with essential daily activities to loved ones of all ages with disabilities every day. Go to [www.aarp.org](http://www.aarp.org), "Valuing the Invaluable: The Economic Value of Family Caregiving, 2008 Update" to read the full report. **Call Judi Womack, Caregiver Advisor at The Enrichment Center, for further details about resources for family caregivers in Lee County.**

### Cancer Treatment

#### 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.

## GREAT BIG THANKS!

For ALL who made the Grandcare Christmas party so wonderful...I just wanted to tell you THANK YOU. I couldn't have imagined a more wonderful night with my grandson Philip. He has now attended 3 of these events, and each year we have wonderful memories. I appreciated so much your efforts to make me and the other grandparents feel like we are special. It is easy to get tired and feel unappreciated, and I understand that's what parents also experience, but for all the joy our grandchildren bring...sometimes I just wonder what it would be like to love them, spoil them, then SEND THEM HOME! They are home, and I thank God that I can provide for Philip the things his mother can't. I hope that each of you experience a joyous and blessed Christmas and New Year Holiday.

—Grammie



## Grandcare Luncheon

*Life's a Journey*

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

Thursday, January 8, 2009

12:00 noon at The Enrichment Center

Planning for 2009...Come and share your thoughts!

Call 776-0501, ext. 201 for reservations.

### 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, January 13, 2009

1:00 p.m.

Topic: New Year Resolutions???

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.



## 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](mailto:ccomeau@leecountync.gov)

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

## 2009 Medicare Part A & B Premiums and Deductibles

### Part A (Hospital Insurance)

Deductible:

**\$1068** (per benefit period) –  
for days 1-60 of inpatient hospitalization

### Part B (Medical Insurance)

Premium:

\$96.40 per month (Premiums will be higher for individuals with annual incomes of \$85,000 or more and married couples with annual incomes of \$170,000 or more.)  
Deductibles **\$135** per year of Medicare-approved charges

Also, trained volunteers are available to answer your questions about Medicare or any Medicare related issues. For more information, please contact Janice Holmes, Lee County Seniors Health Insurance Information Coordinator at 919-776-0501, ext. 206.

### **Is Your Parent Over-Medicated?**

By Siri Carpenter, Prevention

The following is a summary. Read the entire article at <http://health.msn.com>.

The use of multiple, often unnecessary medications—especially among older people—is an entrenched, escalating, frightening, and mostly unexamined problem in modern health care. Polypharmacy is most common among people over age 65. 1.5 million adverse drug events occur in the United States every year, thousands of them fatal. Doctors often mistake the ensuing physical response—memory lapse, fatigue, abdominal pain, swelling, or other ailments—as a sign of worsening disease. See various doctors or specialists contributes to that cascade. Medication is often the quickest and surest way to get results. We've come to expect there's a pill for every ailment. Each added prescription increases the likelihood not only of a problematic interaction but also of misuse. It has been determined that medication for acid reflux can prevent the body from breaking down certain drugs, including enteric aspirin which is taken daily by many for cardiac protection. **NOTE—discuss ALL medications your parents take, over the counter and prescription, with their doctors, to determine if they are over-medicated. And while you are at it—be sure to discuss your meds with your doctors as well!**



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)

Non-Profit Org.  
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 Sanford, NC  
 27330  
 Permit No. 198

*We will be closed in observance  
 of New Year's Day on January 1st and in observance  
 of Martin Luther King, Jr. Day on January 19th.*

*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.*

## 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.



## Up & Coming February

**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 919-776-0501, ext. 201.

## Black History Celebration

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

Special singing, music and speakers.  
 Registration is requested  
 call 776-0501, ext. 201.