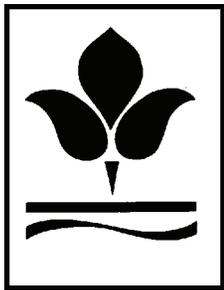


◆ The Center Post ◆

Volume 17 Issue 7

JULY 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*

*Look inside for
information on:*

*Let's Talk—with
Mayor Cornelia Olive*

*Understanding
Cataracts*

*Educational
Financial Seminars*

*Medicare
Information*

*A Break for Family
Caregivers*



Water Aerobics! Two Choices!

Mondays/Wednesdays/Fridays
With Kathy McLeod-Edwards
Through September 12, 2008
OT Sloan Pool 11:00 am
\$25 for the Summer!

Mondays/Wednesdays
With Jeanette Redman
Through August 27, 2008
OT Sloan Pool 5:30 pm
\$10/Month

Call 776-0501, ext. 201 to register.

Keep Cool While Exercising in The Enrichment Center's Fitness Room

Monday/Wednesday 7:30 am—8 pm
Tuesday/Thursday 7:30 am—10 pm
Friday 7:30 am—5 pm
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!**

Be sure to check with your physician before beginning an exercise program.

Enjoy Life!

6th Annual



FREE Admission—Over 20 Health Screenings—Exhibit Area with 100+ Vendors—Prize Giveaways—Entertainment

**Thursday, August 28, 2008
Dennis A. Wicker Civic Center**

Early Bird Presenting Sponsors:

Bright Audiology, Central Carolina Hospital, First Bank, First Choice Home Care, Quality Home Healthcare, Sanford Health and Rehabilitation, WWGP 105.5—WFJA 1050, WLHC-FM Life 103.1

We are excited about offering our 6th Annual Boomer, Senior & Caregiver Expo to Lee and surrounding counties! Through a unique collaboration with local hospitals, health care providers, private sector companies, non-profit and local, state and national government organizations, and institutions of higher education, The Enrichment Center is able to offer the experience of the Boomer, Senior and Caregiver Expo! Attendees have the opportunity to obtain a variety of free health screenings and learn about community and private sector resources. Because of the generous contributions of sponsors, we are able to offer events with no cost admission to attendees. Sponsor contributions also allow many non-profit organizations to participate with minimal cost so that they are able to inform the public about resources and services.

For more information or to reserve booth space at the Boomer, Senior & Caregiver Expo, contact Judi Womack, Caregiver Advisor, 919-776-0501, ext. 230 or e-mail jwomack@leecountync.gov.

Saturday Night Dance

Live music and good fellowship, 7 pm, admission is \$6 per person. **Bands for July: 5th—The Souvenirs Band, 12th—Bill Pollard Back Porch Country, 19th—Southern Exposure, 26th—Bill Pollard Back Porch Country.**

San-Lee Senior Dance

Thursday, July 17, 7 pm with **Bill Pollard-Back Porch Country.** Bring finger foods to share at intermission. See you there!

Wanted: Participants and Facilitators

Needlepoint for Beginners
Mah Jongg Card Game

Please Call Debbie Williams if you are interested,
776-0501, ext. 203.

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!

D i n e r s C l u b



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 JULY are open to the general public:

- 2nd—Laurence Poindexter Sings
- 2nd—NO Afternoon Bingo
- 3rd—NO Masculine Meals Cooking Class
- 9th—Bob Lewandowski Accordion Player
- 11th—Miller Boles Independence Day Celebration
- 16th—Dr. Sanjay Chaudhary Discusses Rheumatology
- 30th—Jubilee Choir

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!*

Weekly Activities

Registration Not Required

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

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

Senior Consumer Fraud Task Force

Alerts are received by e-mail at The Enrichment Center. These alerts are sent out by the Office of Attorney General Roy Cooper. Alerts include identity theft, jury duty scams, and other fraudulent trade practices. Copies are posted on The Enrichment Center's Community Bulletin Board. Copies of earlier trade practice and senior fraud alerts are available on the NC Division of Aging's website, www.dhhs.state.nc.us/aging/fraud/cfalert.htm.

Pot Luck

**Tuesday, July 1, 2008
6:30 pm**

**Bring Your Favorite
Picnic Food.**

**Please call 776-0501
to register.**



Yada—Yada Sisters, Tuesday, July 1, 6:00 pm. We will meet at **The Enrichment Center for a Fourth of July Independence Day picnic 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.

Living with Vision Loss Support Group— Wednesday, July 9, 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, July 17, 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.

Summer Schedules
The following groups will
NOT meet in July or August:

Lunch & Learn
Veterans Remembrance
A Novel Approach Book Club
Masculine Meals
Nifty Noggins
Sassy Red Hatters

Understanding Cataracts, Wednesday, August 20, 2008, 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 Planning Seminar, Monday, September 8, 2008, 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.



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.

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!*****

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.

Heat Relief

Are you or do you know of someone in need of a fan for heat relief? If you are 60 or older and have an existing home situation which presents a threat to your health & well being, please call **776-0501, ext. 201**, or come by The Enrichment Center, for further details and to request a fan.

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

VOLUNTEERS WANTED!

Thursday, August 28, 2008 at The Boomer, Senior & Caregiver Expo! 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!

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

This month's *Volunteer*

Spotlight shines on Don Barrow. He is a very willing volunteer who keeps the parking lot looking neat, helps carry the trash out, moves tables and/or assists in the Diner's Club. He is always willing to help when asked. Thanks Don for all **you** do to assist the staff at The Enrichment Center!

Medicare & SHIIP Information

Did you know that \$19 billion dollars of the taxpayers' money is lost annually to billing discrepancies, fraud, abuse and waste in the Medicare program? To report suspected Medicare fraud abuse and waste contact the provider to seek resolution, contact Medicare carriers and insurance companies, and file an appeal by following the instructions found on the back of the Medicare Summary Notice. If your situation is not resolved satisfactorily, you should contact the North Carolina SMP (Senior Medicare Patrol) Program at the nationwide toll free number, 1-800-443-9354. **What is SHIIP?** The Seniors' Health Insurance Information Program (SHIIP) answers questions and counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare prescription drug plans, long-term care insurance and other health insurance concerns. Trained counselors are available by appointment to answer your questions. Call 919-776-0501, ext. 201 to schedule your appointment today!

corner

caregiver



Thanks for Our Independence...As July 4th comes upon us it heralds a time to remember how we came to be a great nation and who we are as Americans. Our forefathers fought the good fight so that future generations could be strong and steadfast in their patriotism. Please remember to give a word of thanks for our servicemen and women on this Independence Day and remember that it is their sacrifices that make your freedom possible. On this Independence Day 2008, don't be afraid to show your patriotism and support for this people and this government. Be steadfast in your freedom and celebrate your independence this July and most of all, be thankful to be an American.

*Happy Independence Day,
Judi*

Celebrate July 4th with Blueberry Cupcakes!

July is National Blueberry Month! Blueberries are most abundant and least expensive in mid-summer, making it an ideal time to get your fill of these little blue gems. Stock the fridge and freezer!

Ingredients:

4 eggs	1 tsp. salt
2 cups white sugar	1 tsp. baking soda
1 cup vegetable oil	2 cups sour cream
1 tsp. vanilla extract	2 cups blueberries
4 cups all-purpose flour	

1. Preheat oven to 400 degrees. Grease 24 muffin cups.
2. In large bowl beat eggs, gradually add sugar while beating. Continue beating while slowly pouring in oil. Stir in vanilla. In a separate bowl, stir together flour, salt and baking soda.
3. Stir dry ingredients into egg mixture alternately with sour cream. Gently fold in blueberries. Scoop batter into prepared muffin cups.
4. Bake in preheated oven for 20 minutes.

Alzheimer's & Caregiver Support Group Tuesday, July 8th, 1:00 pm

Our Purpose:

We gather to allow people touched by Alzheimer's disease and other dementias to be together in a caring and understanding environment to:

- ◆ Learn more about these conditions and helpful resources.
- ◆ Be with others who understand and share the same challenges.
- ◆ Work towards acceptance and healing of the difficult feelings often accompanying caregiving.
- ◆ Share approaches to caregiving and creative problem-solving.
- ◆ Hear about advances in research and advocacy.
- ◆ Remember that laughter, taking care of ourselves and planning for the future are essential for our well-being.



Memory Walk Committee Meeting

The 2008 Sanford/Lee County Memory Walk will take place Saturday morning, October 4, 2008 at Kiwanis Park. If you are interested in serving on this committee, please join us Tuesday, July 15th, 10 am at The Enrichment Center. For information, please call Judi at 776-0501 Ext, 230.

Summer is a time for Respite!!! If you are a family caregiver and have a loved one that would enjoy 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" at The Enrichment Center in our game room every Tuesday from 1 pm—3 pm. This will give you, the caregiver, some needed time to run errands or quiet time for yourself. 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.**





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

**Mark Your Calendars...Cards & Games,
Tuesday, August 12, 2008.
All proceeds benefit
The Enrichment Center's Helping Fund.**

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.



**Helping Fund
Golf Tournament
A Success!**
Net Income After Expenses \$5,050
Thank YOU!

On Thursday, May 8, 2008 the first annual Helping Fund Golf Tournament was held at Quail Ridge G.C. and was a large success! The Enrichment Center of Lee County, Inc. would like to thank the many sponsors, patrons and volunteers of the tournament. All proceeds will benefit the Helping Fund which each year assists over 300 indigent older adults maintain the basic necessities of life.

GOLD SPONSOR \$600: First Bank, LP Heating & Air, The Enrichment Center Of Lee County, Inc., Frontier Spinning Mills, Inc., Unfinished Furniture Outlet, Inc.

SILVER SPONSOR \$300: Lee Builder Mart, Inc.

BRONZE SPONSOR \$100: Dixon Hughes, PLLC, Wilkinson Chevrolet & Cadillac, Tramway Veneers, Inc., Wilson & Reives Attorneys at Law, Toyota Of Sanford, Perry Brothers Tire Service, Inc., Crescent Bank, Central Electric Membership Corporation, Custom Glass & Mirror, Harris & Company Insurance, Blossman Propane Gas, Smart Energy Solutions, Tramway Lumber, LLC, Bay Breeze Seafood Restaurant, Inc., Hunter Oil & Propane, Dennis & Judi Womack, Dollar Rent A Car, Kelly's Diamonds Unlimited, Mary Stewart Perry, All Digital Printing & Document Service, BB&T, The Norman Financial Group, Edward Jones Investments of Wachovia Securities.

PATRONS: Wachovia Securities, LLC, Stephen A. Knudsen, Smith Group Realty, LCC, Carolina Trace Golf Course, Millie & Glen Griffin, Senior Games & Silver Arts of Lee County, Mr. Bean Coffee House, La Dolce Vita, Whispering Woods Golf Course, Quail Ridge Golf Course, TLS Builders, Inc., Anderson Creek Golf Course, Senior Health Insurance Information Program (SHIIP), Sanford Elks Lodge #1679.