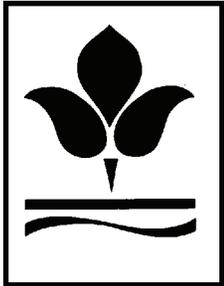


# ◆ The Center Post ◆

Volume 17 Issue 6

JUNE 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:

**Golf Tournament  
Winners**

**NC Award for  
Outstanding Volunteer  
Service**

**Aqua Aerobics**

**Terrific Trips**

**Caregiving &  
Spiritual Needs**



## Helping Fund GOLF Tournament A SUCCESS!

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.

**Net Income After Expenses \$5,050**

**Thank YOU!**

**GOLD SPONSOR \$600**

First Bank  
TLP 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

**See the next page for our tournament winners...**

# 2008 Golf Tournament Winners

**Congratulations  
and Thank You for Your Participation!**

**1st Place Gross 55**

Gary Morgan, Carl Smith, Mack Cox, Paul Cicogna

**2nd Place Gross 56**

Jeff James, Bo Crooks, Tommy Munden,  
David Mofield

**1st Place Net 56**

Bud Greene, John Altenburger, Jack Steer,  
Brian Soderquist

**2nd Place Low Net 57**

Mike Daly, Ron Brown, Mark Gregory,  
David Riddle

**3rd Place Low Net 58**

Bob Felicio, Ken White, David McDermott

**4th Place Low Net 60**

David Foushee, Jimmy Martin, Ray Rocha,  
Junior Cole



**Aqua Aerobics! Two Choices!**

Mondays/Wednesdays/Fridays  
With Kathy McLeod-Edwards  
June 2—September 12, 2008  
OT Sloan Pool 11:00 am  
\$25 for the Summer!

Mondays/Wednesdays  
With Jeanette Redman  
June 2—August 27, 2008  
OT Sloan Pool 5:30 pm  
\$10/Month

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

**The Enrichment Center**

**Fitness Room is available:**

Monday/Wednesday 7:30 a.m.—8:00 p.m.

Tuesday/Thursday 7:30 a.m.—10:00 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!**

**Saturday Night Dance**, live music and good fellowship, 7 pm, admission is \$6 per person. Bands for June: 7th—South Roads, 14th—Bill Pollard-Back Porch Country, 21st—Southern Exposure, 28th—Bill Pollard-Back Porch Country.

**San-Lee Senior Dance**, Thursday, June 19, 7 pm with **Bill Pollard-Back Porch Country**. Bring finger foods to share at intermission. See you there!

**Are you interested in line dancing classes?**

**These classes are for beginners and up and will be held after 5:00 pm.**

**Please call Debbie Williams, 776-0501, ext. 203 for further details and to register.**

**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!*



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**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, 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 JUNE are open to the general public:*

- 4th—Laurence Poindexter Singing
- 6th—Kenneth Parker Singing
- 11th—Jubelee Choir
- 13th—Miller Boles Fathers Day Program
- 19th—Sassy Red Hatters
- 20th—Bingo
- 25th—Clogging with Kathy, Joan and Jim
- 27th—Bingo

***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, June 12, 10:00 am!**

**Yada—Yada Sisters**, Tuesday, June 3, 5:45 pm. We will meet at **Yamato Japanese Steak & Seafood House** for dinner and return to the Center to 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.

**A Novel Approach Book Club**—Facilitator **Ellen Viggiano** invites you to join the group Tuesday, June 10, 12:00 noon, at The Enrichment Center, and discuss *Year of Magical Thinking* by Joan Didion. Registration is not necessary and the group is open to the general public.

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

**Summer Schedules**

**Lunch & Learn** will not meet June, July or August.

**Veterans Remembrance** will not meet July or August.

**A Novel Approach Book Club** will not meet July or August.

**Masculine Meals** will not meet June, July or August.

**Nifty Noggins** will not meet in July or August.

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

**Veteran’s Remembrance Group**, Wednesday, June 11, 2:00 pm. Special guest speaker Mr. Charles Hertz. Registration is encouraged, call 776-0501, ext. 201.

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

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

**Fit as a FIDDLE? Why a FIDDLE?** Why do we say that? Fiddles are admired for their sound, the material they’re made of, and their symmetrical shape. Still, fiddles are not known for fitness, and one suspects the allure of alliteration in the origin and perpetuation of the saying, which is quite old. It appeared in 1616 in William Haughton’s *Englishmen for My Money*, as he commented: “This is excellent, i’faith’ as fit as a fiddle.” At that time fit meant “appropriate, proper or fitting”. The meaning “in good shape” or physically fit, evolved in the 19th century and transformed the meaning of ‘fit as a fiddle.’ *From “The Dictionary of Clichés” by James Rogers (Ballentine Books, New York, 1985).*

# Terrific Trips 2008

**Call 776-0501 to register! Additional information is available at the front desk.**

## **July 8-11**

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

## **Tuesday, November 25**

Christmas with Elvis at the Barn Dinner Theatre in Greensboro. \$62 per person includes matinee show performance, meal and transportation aboard chartered bus. Deposit of \$32 due at registration.

## **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. We will also see the ever popular Meadow Lights display.

Register today! \$25 deposit due at registration and balance due Nov 7.

**\*\*\*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.*

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

***People Need People.***

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

Volunteers are needed at **The Boomer, Senior, & Caregiver Expo**, Thursday, August 28, 2008. Various positions and times are available. If you are interested, please contact **Janice Holmes, Volunteer Services Coordinator** at 776-0501, ext. 206.

*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 June *Volunteer Spotlight* shines on the wonderful volunteers who organized and assisted with **The Enrichment Center Golf Tournament on May 8th at Quail Ridge**. This event could not have happened without the careful planning, hard work and dedication of these wonderful volunteers.

Many, many thanks to these individuals!



Are you 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.

## corner

caregiver



Comments from Caregivers  
that attended the 5<sup>th</sup> Annual  
Caregiver Education  
Conference held Wednesday, May  
28, 2008...

*"I attended the May 28<sup>th</sup> Caregiver Education Conference and want to express my appreciation to you and all who made it possible. I had no idea that so much information and help was available. I thoroughly enjoyed the presentations given by Teepa and Melanie. The information will be very helpful to me as I care for my husband." Barbara Szilvay*

*"The conference was for a caregiver or anyone that knows they are about to embark on the journey. Based on my research after the fact, the mental and physical toll it takes on the caregiver can last for months or for years. Take advantage of any resources that can help you learn to care for yourself, as you are caring for others. It was very helpful to me caring for my mother." Pam Schonder*

*"I have attended the past five caregiver conferences as a staff member of The Enrichment Center. It has been the past two conferences that I have attended as a caregiver for my grandfather and now for my mother. I feel better equipped in handling the many challenges that continually arise in my caregiving role. I would strongly encourage any professional or family caregiver to attend this conference as well as other programs supported by the Alzheimer's Association (Eastern NC Chapter) and The Enrichment Center." Tami Carter*



## Grancare Luncheon *Life's a Journey*

Happy is the grandparent or other relative who can share adventures with a grandchild, walk a nature trail, explore a museum, or sit together in church...

Reaching out to our grandchildren  
can renew us, and them.

GRANCARE is a support unit for  
GRANDPARENTS and other RELATIVES  
RAISING GRANDCHILDREN. Our 2nd Tuesday  
of the month meetings will resume in September.  
*Come join us for fellowship, education and food!!!*

## Caregiving Connections & Alzheimer's

**Support Group**, Tuesday, June 10, 9:30 am. We invite you to come and share your concerns, problems and ideas in connection with caring for your loved one as well as learning from the knowledge of others who may be experiencing a similar situation. Registration is not required, call 776-0501, ext. 230 if you need additional information.

**Welcome Visitors and New Members to the Parkinson Disease Support Group**, Wednesday, June 18, 10:30 am with Facilitator **Bob Brickhouse**. We support, we care, we hope. Registration is not required, call 776-0501, ext. 230 if you need additional information.

**Attention Family & Professional Caregivers! Mark your calendars for the Boomer, Senior & Caregiver Lifestyle Expo**, Thursday, August 28, 2008, Dennis A. Wicker Civic Center. Further details in the July Center Post. Vendors, call 776-0501, ext. 230 to reserve your booth and those interested in volunteering dial ext. 206.

## Caregiving and Spiritual Needs

**Spiritual needs do not end when a person ages. In fact, as a person enters into the last stages of life, questions about mortality and meaning of life may take on new importance. Aging adults, like others, need physical, emotional, mental and spiritual needs met. And Caregivers do, too! We have been taught that having a spiritual life gives us the mission to help others along the way.**

**Spirituality in aging gives hope and purpose. It is about our existence, relationships with our self and others. Spirituality has been credited with happiness, morale, and good health.**

**Spiritual growth is a process where we start out as infants in our faith and if all goes right we develop strength in our faith that will take us through hard times. Illnesses and losses will be understood as part of life's process until the end of this life and our great reward of eternal life. There are many wonderful aspects of aging and caregiving. Be prepared to enjoy all of them and in the journey help others along the way.**

**"Caring for Your Parents," a PBS Documentary will be televised Wednesday, June 4<sup>th</sup> at 8:00 p.m. Channel 4.**



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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27330  
Permit No. 198

**Save the Date!**  
**Boomer—Senior & Caregiver Expo**  
**Thursday, August 28, 2008**  
**Dennis A. Wicker Civic Center**

*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.*

**Nominations are now being accepted for the  
2008 North Carolina Awards for  
Outstanding Volunteer Service.**

This year marks the 30<sup>th</sup> anniversary of this program that showcases North Carolina's most dedicated volunteers. Through the years, North Carolinians have proven their concern and compassion for their neighbors by volunteering in their local communities. One of the five recipients will be nominated to receive the Medallion Award. A local committee evaluates the awards.

**Nomination forms are available at the  
Enrichment Center. Forms are also available at  
[www.leecountync.gov](http://www.leecountync.gov).**

**Please return the completed forms to the  
Enrichment Center, 1615 S. Third Street,  
Sanford, NC 27330, no later than  
Monday, June 30, 2007.**

**For more information, contact  
Janice Holmes, Volunteer Services Coordinator,  
at 919-776-0501 ext. 206.**

**Get Your Questions Answered by  
SHIIP—Seniors Health Insurance  
Information Program**

Are you or someone you know on Medicare? Do you pay more than \$5 for your prescription drugs? Do you have a limited monthly income? If you answered yes to these questions, you may qualify to receive help with paying for your prescription drugs. Call Janice, SHIIP Coordinator, at 776-0501 ext. 206 for more information.



**EC Alerts**

Do you have an e-mail account? Would you like to receive e-mail alerts related to Enrichment Center programs, trips, educational seminars, etc.? If so, please e-mail Melanie, [mrodgers@leecountync.gov](mailto:mrodgers@leecountync.gov). We will not share nor sell your e-mail address