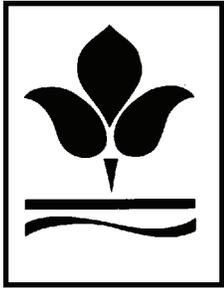


# ◆ The Center Post ◆

Volume 17 Issue 3

MARCH 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:

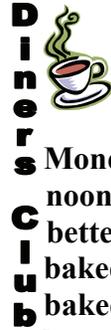
**SHIIP—Seniors  
Health Insurance  
Information Program**

**Captain's Choice  
Mixed Group**

**Get Fit on Route 66**

**Powerful Tools for  
Caregivers Class**

**Wii Want to Play**



## 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,  
baked 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 March are open to the general public:

5th—Music with Laurence Poindexter  
7th—Your Colon Health, Wanda  
Wazenagger  
12th—Services for the Deaf & Hard of  
Hearing, Kay Satterwhite  
14th—Assistive Technology, Julie Duchess  
17th—Decorate Your Tables for St.  
Patrick's Day!  
19th—Easter Fashion Show  
20th—Sassy Red Hatters Decorate Your  
Tables!  
24th—Decorate Your Tables for Easter!  
26th—Miller Boles Easter Program  
28th—Bingo

### Yada—Yada Sisters

Tuesday, March 4, 5:45 pm. We will meet  
at **B&D Grill** 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.

### Masculine Meals in Minutes

**Men's Cooking Class, Thursday,  
March 7, 10 am.** Need new ideas for  
meals and snacks? The first Thursday of  
each month Carole will teach us how to  
prepare a new dish. Registration is  
required, call 776-0501, ext. 201.

## Ask the Pharmacist "Brown Bag Day"

### In collaboration with Kerr Drug

Tuesday, March 4, 2008, 9 am—12 noon  
or 1 pm—3 pm. Do you have questions  
about your prescription medications?  
Maybe you are not sure about over-the-  
counter vitamins and supplements and  
their side effects? Put everything in a  
bag and schedule an appointment to find  
answers to these questions! Call 776-  
0501, ext. 201 to register.

## Is a Reverse Mortgage For YOU?

Thursday, March 6, 2008, 2 pm—3 pm  
With **Esther Acker**, NC State Certified  
Reverse Mortgage Counselor, Consumer  
Credit Counseling Services. What is a  
reverse mortgage? Who is eligible?  
How much can be borrowed? Esther  
will present information and take your  
questions. Call 776-0501, ext. 201 to  
register.

## Saturday Night Dance

**Live music and good fellowship,  
7 pm, admission is \$6 per person.**  
**Bands for March:** 1st—South Roads,  
8th—Bill Pollard Back Porch Country,  
15th—Southern Exposure, 22nd—Bill  
Pollard Back Porch Country, 29th—NO  
DANCE.

## Veteran's Remembrance Group

Wednesday, March 12, 2:00 pm. Mr.  
A.K. Griffin will speak on his  
experiences in Vietnam. Registration is  
encouraged, call 776-0501, ext. 201.

## San-Lee Senior Dance

Thursday, March 20, 7 pm—10 pm with  
**Bill Pollard Band—Country United.**  
Bring a friend to the dance! Also, bring  
finger foods to share at intermission.



**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, March 13, 10:00 am!**

**AARP Tax-Aide volunteers are available to file your 2007 Income Tax return. Call 776-0501, ext. 201 for an appointment and more information.**

**A Novel Approach Book Club**— Facilitator Ellen Viggiano invites you to join the group Tuesday, March 11, 12:00 noon, at The Enrichment Center, and discuss Broken for You by Stephanie Kallos. Registration is not necessary and the group is open to the general public.

**Living with Vision Loss Support Group**— Wednesday, March 12, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones. Registration is not necessary.

**“Let’s Talk” with Mayor Cornelia Olive**, Thursday, March 20, 10:30 am. Drop by and share your concerns and views in this informal setting with Mayor Olive.

## **SHIIP** Seniors Health Insurance Information Program

***Do You Have Problems With Medicare Forms, Hospital or Doctors' Bills?*** Keeping up with Medicare forms and statements from the doctor's office can be an overwhelming task. If you are having problems with mountains of medical forms, call us. We can help you decide what has or hasn't been paid and if you are due a refund. Counselors will help you sort through your forms. Call 776-0501, ext. 201 for an appointment with a trained counselor. This is a **FREE** service made possible by the NC Department of Insurance.

# Save the Date!

## **Rex UNC Healthcare Mobile Mammography Is Coming To The Enrichment Center!!!**

In collaboration with  
The Lee County Health Department  
Friday, April 11, 2008 10 am—2:30 pm  
All patients must pre-register. **Call Sharon Lucas at The Lee County Health Department for more information and to pre-register, 718-4640, ext. 5317.**

## **Senior Appreciation Day ALL Lee County Seniors Are Invited**

Tuesday, April 22, 2008  
Dennis A. Wicker Civic Center  
Program and meal will be provided by the **Lee County Sheriff's Department.**

## **55 Alive Driver Safety Program**

Thursday, April 24 & Friday, April 25, 2008  
10 am—3 pm Cost: \$10 payable at first class.  
Instructor: **Bob Edens, AARP Certified**  
This classroom-only course covers age-related physical changes, declining perceptual skills, rules of the road and much more! Call 776-0501, ext. 201 to register.

## **Gay 90's Luncheon**

Our annual luncheon honoring 90-year-olds and better, will be held Wednesday, May 14, 2008, 12 noon at The Enrichment Center. If you know of anyone who wishes to attend this event or would like their name recognized as being 90 or better, please contact **Debbie Williams, 776-0501, ext. 203.**



**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,  
table tennis or Wii at no charge!**

**Our equipment is 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 fitness classes  
equipment 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.***

## Spring Fitness Challenge!

# Get Fit On



April 1—June 30, 2008

Individuals and/or Teams of Four.

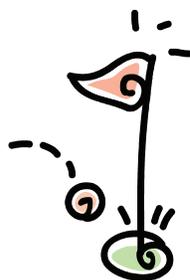
Name Your Team Reflective of the 50s and 60s.

“Coke Floats, Diner Divas,” etc.

**Each team member must individually drive the route  
to completion. Follow the AARP web site directions  
and chart your individual progress. See Kathy if you  
need assistance with the AARP web site.**

**<http://aarp.getfitonroute66.com>**

Put your driving gloves on and let's hit the road! We've got a long trip ahead of us if we are going to travel 2,448 miles from the shores of Lake Michigan to the California Coast down America's most famous highway. Choose from 66 activities, including walking. Your exercise minutes are converted to miles along the highway. Visit the Route 66 Diner for recipes or try the Backseat Driver feature where friends can opt in to see each other's progress. One minute of activity equals one mile on the route. So...Let's put the pedal to the metal and get started!



### The Enrichment Center

#### Captain's Choice Mixed Group

Teams are formed by drawing cards. All skill levels are welcome! 9:30 am Tee Time each Monday at Quail Ridge and 9:30 am Tee Time each Wednesday at Carolina Lakes. \$14.00 with Cart.

Interested golfers should contact Josie Nagy, 499-1208. *A Golf Adventure Brought to You By The Enrichment Center of Lee County!*

# Terrific Trips 2008

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

## **Friday, April 25**

Girls Day Out- We are going to the Southern Women's Show in Raleigh for a short day trip. Take a break to feel **refreshed, rejuvenated and recharged!** \$20 per person- includes ticket and transportation.

## **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!*

**The Helping Fund needs your help...**A golf tournament will be held Friday, May 2, 2008 to raise money for The Enrichment Center Helping Fund. Volunteers are needed to assist the day of the tournament. If you are willing and available, please contact Volunteer Coordinator Janice Holmes at 919-776-0501, ext. 206.

**Would you be willing to assist in the event of a disaster?** Volunteers will be needed to assist with all types of jobs-please call Janice, 776-0501, ext. 206, for more information.

*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 March Volunteer Spotlight shines on Judy Warf. Judy*

*volunteers in many different areas at the Enrichment Center. She can be found answering the phone at the front desk, delivering a hot meal to a homebound older adult or assisting with numerous events. Judy and her husband Jack enjoy traveling and spending time together. Judy is one of our most reliable volunteers and we are very thankful to have her. Keep up the good work Judy!*

*Eugene Rackley, a loyal Home Delivered Meal Volunteer, was the recipient of a \$20 gas card to show appreciation for his volunteer service during the month of January. Thanks so much Eugene!*

## corner

caregiver



*The question is often asked by Caregivers, "How Can I Be a Better Caregiver?"*

First consider NEEDS. That includes your own and those of your loved one.

If your day-to-day schedule is overwhelming because of work or other

obligations, or if your loved one has several illnesses requiring frequent attention, then

perhaps a care facility is the best place for him/her to be. On the other hand, if you have the time, your

home is conducive to chronic care and your loved one is otherwise stable, then the home environment may be just fine. We have to remember we are not all equipped to be caregivers but those that are want to be the best they can be. **Here's some tips:**

**Accept Help.** Groups like our Alzheimer's Support and Caregiver Support Groups have formed to provide family members with useful information on available resources. Also, accept help from friends, family members, church buddies, etc. Our *Caregiver Time Out*

gives the caregiver an opportunity to bring their loved one to the Enrichment Center every Tuesday 1pm-3pm.

**Realize Limits.** This is where you need to be honest with yourself. Be realistic about your capacity to handle a chronically ill person in your home.

### **Powerful Tools for Caregivers Class**

**Tuesdays, March 4, 11, 18, 25, 1 pm—3 pm.** This program is designed to meet the physical and emotional needs of caregivers. Our weekly action-oriented sessions will give you the tools to help reduce stress, improve self-confidence, improve communications with your loved ones, balance your life and increase your ability to make decisions. This class is useful to family members who are caring for an older relative at home or in a care facility. Participants receive a 300-page book, **The Caregiver Helpbook**. There is no charge for Lee County family caregivers to take this class; made possible by the **NC Family Caregiver Support Program**. Feel free to bring your loved one to our Caregiver Time Out program while you take the class. If you would like more information, call Judi at 776-0501, ext. 230.

### **Caregiver Time Out—Tuesdays, 1 pm—3 pm.**

This program is for anyone caring for their loved one and would like a short break. Bring your loved one and they will enjoy socialization through activities. Call Judi, 776-0501, ext. 230.



# Grancare Luncheon

## *Life's a Journey*

Thursday, March 13, 2008

12:00 Noon

*"ADD Attention Deficit Disorder and ADHD—  
Attention Deficit Hyperactivity Disorder"*

**Sheila West, Exceptional Children's Lee Teacher  
Compliance Specialist**

**Lunch Will Be Served, Call facilitator Iona Brown  
at 776-0501, ext. 201 to register. Feel free to attend  
the program only—lunch is optional.**

Our meeting time has changed, and so has our name!  
Grancare Luncheon, a support unit for grandparents  
raising their grandchildren,  
meets every 2nd Thursday at 12 noon.

**Alzheimer's Support Group,** Tuesday, March 11, 1 pm with facilitators **Pam Schonder and Judi Womack**. Bring your loved one with you to our Caregiver Time Out while you attend the support group. For more information, call 776-0501, ext. 230.

**Arthritis Support Group,** Thursday, March 13, 11 am with facilitator **Peggy Rowles**. Special guest speaker **Dr. Christi C. Yerby, ND**, will speak about alternative remedies for arthritis and fibromyalgia. Open to the general public; registration is not necessary. Call 776-0501, ext. 201 for more information.

**Parkinson Support Group,** Wednesday, March 19, 10:30 am. **Facilitators Bob Brickhouse and Marge Kanning invite you to a roundtable discussion.** Call 776-0501, ext. 230 for more information.

**Caregiver Connections,** Tuesday, March 25, 10 am. Join us for coffee and share your concerns, problems, and ideas in caring for your loved one. Gain knowledge from others who may be experiencing a similar situation. Registration is not necessary, call 776-0501, ext. 230 for more information.

**Cancer Support,** Tuesday, March 4, 7 pm with facilitators Linda Moore and Glenda Colebrook. This group meets the first Tuesday of the month and is for anyone who has been touched by cancer.



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!**  
**Alzheimer's Association**  
**Caregiver Education Conference**  
**Wednesday, May 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.*

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

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

**Drop In Activities Available!**  
**Art Dealer—Computer Game**

This memory game takes you to an art auction where you will purchase paintings. Your memory skills will assist you in purchasing authentic paintings. This game is available on computers in our public access lab.

**Wii want to play!** This game, and excellent choice for exercise, is a product by Nintendo. The name Wii, with two lower case "i" characters, is meant to resemble two people standing side by side representing players gathering together. Connect Wii to the television and use the controls to play three-dimensional games such as bowling, golf, baseball, tennis and boxing. Call 776-0501, ext. 201 to reserve the equipment and learn more about Wii!

# Enrichment Center Golf Tournament



Friday, May 2, 2008

Quail Ridge Golf Course, Sanford  
 \$55 Per Person—Includes Green Fees, Cart and Lunch

4-Man Superball—Flighted Based on Team Handicap—2 Flights 1:00 pm Shotgun Start  
 Lunch Will Be Served Prior to Play

**PRIZES!** Top Three Teams in Each Flight

Pick up a registration form at The Enrichment Center.

**Proceeds and donations from the tournament will benefit The Enrichment Center Helping Fund. This benevolent fund assists Lee County older adults who are in a crisis situation with utilities and medication. In 2007, through the generosity of donations provided by citizens and corporations in Lee County, The Enrichment Center's Helping Fund was able to assist older adults in 340 instances with fuel, utilities, and medical aid.**