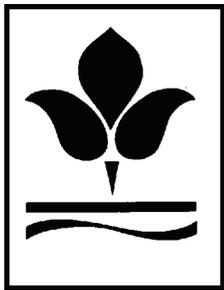


# ◆ The Center Post ◆

Volume 18 Issue 3

MARCH 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...*

► **Durham  
Bulls Trip**

*p. 4*

► **Powerful  
Tools for  
Caregivers, p. 6**

► **Dance  
classes, p. 8**

► **SHIIP, p. 3**

## **Attention All Women!**

Mondays, March 2—23, 2009  
6:00 p.m.

with **Dr. Keith Merritt, MD.**  
**Advanced Care for Women**

will provide an informative series  
on the following topics:

- Urinary Incontinence and Pelvic Prolapse
- Risk & Benefits of Hormone Replacement Therapy
- Gynecologic Cancers
- Obesity Prevention and Treatment

This series is open to the general public  
and all adults are welcome to attend.

Call 776-0501, ext. 201 to register.

## **Basic Cake Decorating**

**Classes,** Tuesdays, March 3—

April 7, 6:00 p.m. with **Certified Wilton  
Instructor Cris Elliott.** Cost \$25. One  
class will include instruction on making  
sugar eggs. Just in time for Easter!

Registration is required, call 776-0501,  
ext. 201 to register.

**Financial Workshop,** Tuesday,  
March 31, 6:00 p.m. by **Richard Palmer,**  
**Chartered Financial Consultant.** This  
workshop is intended to give some  
insight about the current financial crisis,  
how your financial future may be affected  
and some ideas about where to go from  
here with your personal financial  
planning.

*Discussions objective and not related to  
specific products or companies. Specific  
products will not be presented for sale  
nor recommended. Call 776-0501, ext.  
201 to register.*

*Appointments for private consultations at  
The Enrichment Center may be scheduled  
by calling 776-0501, ext. 201.*

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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: roast beef, BBQ pork,  
chicken breast, spaghetti, turkey  
stew, fruit, 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:**

2nd—WTVD Chanel 11 will speak  
about the digital converter box

4th—**Laurence Poindexeter** sings

6th—Bingo

9th—9:00 a.m. presentation by CCCC

**Dental Program**

11th—Heart Healthy program with **Pam  
Glover, Lee Co. Health Dept.**

13th—10 a.m. More about gangs in Lee  
County

16th—9:00—11:30 a.m. Hearing

Screenings by Bright Audiology

18th—**Dana Smith** speaks about stroke  
prevention

20th—10:00 a.m. **Lee Christian School  
Easter Program**

25th—**Miller Boles** program

27th—Bingo

**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!

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The Sisters will meet Tuesday, March 3, 5:30 p.m. at Yamato's Japanese Steak & Seafood House. After dinner we will play cards at The Enrichment Center. *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.

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

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

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

**Mexican Train Dominos**, Thursdays, 6:00 p.m. with Instructors Hattie and Russell Dietzel.

**A Novel Approach Book Club**—Tuesday, March 10, 12:00 noon, the group will discuss Three Cups of Tea by Greg Mortenson. Registration is not necessary and the meeting is open to the general public.

**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, March 12, 10:00 a.m. Anyone in need of head coverings can call Carole at The Center, 776-0501, ext. 205.**

**Veteran’s Remembrance Group**—Wednesday, March 11, 2:00 p.m. Guest speaker from **Pope Air Force Base** will come and discuss the most recent changes taking place in the military. Registration is encouraged, call 776-0501, ext. 201. This group meets regularly on the 2nd Wednesday.



**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!*

**Living with Vision Loss Support**

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

**Thursday Night Dance**—March 19th at 6:00 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 music by the Bill Pollard Band sponsored by Brenda Bordwell, ReMax Real Estate. Soft drink and a free line dance lesson at intermission! See you there!**

**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.

**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.

**NEW Office Hours**

Monday– Thursday  
9:00 a.m.—2:00 p.m.

**Appointments Available  
Walk-Ins Welcome**

**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.

**Arthritis Support Group**—Facilitator **Peggy Rowles** invites you to their next meeting on Thursday, March 12, at 11:00 a.m. Come and learn what this diagnosis will mean in your life. Registration is not required, and the group is open to the general public.

### **Caregiver Connections Board**

Are you looking to privately hire someone to help out in your home? Are you looking to privately work in an individual's home? If so, the Caregiver Connections Board may be what you are looking for. The Caregiver Connections Board allows caregivers looking for potential workers to come into The Enrichment Center and acquire their contact information from the board. Home care workers can post their contact information using a 3 1/2 x 2 inch size business card. The card may be handwritten or typed.

If you have any questions, contact Laurie Draughn at 919-776-0501 ext. 213.

*Note: Workers posted on the board are community resources and not employees of The Enrichment Center. You are privately hiring the individual to come into your home. References, background checks and work agreements are the responsibility of the family/individual. "Help for the Caregiver" A Guide for Hiring Home Care Workers booklet is available upon request.*

### **Attention Family Caregivers!**

#### **Time off for you is available!**

We invite you to drop off your loved one each Tuesday, 1:00 p.m.- 3:00 p.m. at The Enrichment Center for **Caregiver Time Out** 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.**

## **Do you know someone who is on Medicare and needs assistance paying for their prescription drugs?**

Medicare beneficiaries may be eligible for the federal **Extra Help** low income subsidy program if he/she has limited income and resources. The **Extra Help** program can increase cost savings by paying for all or part of the monthly premiums, annual deductibles and provide lower prescription co-payments under a Medicare prescription drug plan. To qualify for Extra Help, the annual income must be limited to \$15,600 for an individual (\$21,000 for a married couple living together). Additionally, the total resources must be limited to \$12,510 for an individual (\$25,010 for a married couple living together). The resources do not include a primary residence or a vehicle. If you believe someone you know may qualify for the Extra Help program, please encourage them to apply on-line at [www.socialsecurity.gov](http://www.socialsecurity.gov), or contact our office toll free at **800-443-9354** and we may assist them with completing the on-line application process or send them a paper application.



### ***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.**

# Terrific Trips 2009

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

*Additional information is available at the front desk.*

## **Wednesday, April 15, 2009**

Durham Bulls and Bullock's BBQ. \$40 per person: game ticket, meal, gratuity and transportation

## **June 11–16, 2009**

### **New York City "The Big Apple"**

\$535 per person, \$75 deposit due at registration.

## **Tuesday, September 15, 2009**

"BUDDY- The Buddy Holly Story" at The Barn Dinner Theatre in Greensboro. Cost is \$55 per person: meal, entertainment and charter bus transportation.

## **October 7–10, 2009...**

### **D-DAY & DC "Our Nation's Capital"**

Price per person includes transportation, 3 nights hotel accommodations, 3 continental breakfasts and 2 dinners.

Double: \$545    Triple: \$505    Quad: \$485  
Single: \$679

## **Tuesday, November 24, 2009**

"Christmas with Elvis" featuring tribute artist Stephan Freeman at The Barn Dinner Theatre. Cost is \$70: meal, entertainment and charter bus transportation.

## **Thursday, December 10, 2009**

"A Southern Christmas" at The Rudy Theatre in Selma, NC. Cost is \$37: matinee show ticket and charter bus transportation. Dinner will be "on your own" at Cracker Barrel in Smithfield...then on to see the Meadow Lights display.

***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.***

***Gift Certificates are available!***

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

*People Need People.*

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

**Volunteers Needed at Victorian Manor and Ashwood Estates.** Volunteers are needed to assist with various activities. Examples include calling Bingo games, reading to residents, removing nail polish, assisting staff with event set-up. Please contact Teresa Gaddy at 919-774-8989 for more information.

**Volunteers are needed to read the Sanford Herald for the visually impaired and disabled.** We are looking for volunteers who have a true love for reading and a clear, strong speaking voice to read/record the Sanford Herald. One hour recorded sessions would be mailed to the radio reading service in Cumberland County to be aired weekly. Please contact Janice Holmes at 919-776-0501 x206 or Kimberly Durden of The Southeastern NC Radio Reading Service (SENCRRS) at 1-800-313-7007.

*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 **Cathy Andrew**. Cathy is most often found in our fitness room or participating in an exercise class. Cathy assists with various activities around The Enrichment Center, including answering questions regarding use of our exercise equipment, moving tables before and after classes and making sure there are plenty of towels available for participants. When you see Cathy, please give her a smile and word of thanks! ***Thanks Cathy for all you do!***

## Department Information

*The Enrichment Center of Lee County  
Serving Boomers, Seniors and Caregivers*

The Enrichment Center is a public facility housing Lee County Senior Services, County of Lee Transit System and Veterans Services. The Center is a focal point in the community where patrons access services and engage in activities. Programming at the Center is intergenerational with an emphasis on community betterment through involvement. We offer a variety of innovative programs: educational, entertaining, fitness, health and wellness.

### Hours of Operation

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

**Friday 8:00 a.m.—5:00 p.m.**

**Telephone: 919-776-0501**

**Fax: 919-774-7593**

### Senior Center

- Recreational Activities
- Fitness Room & Classes
- Computer Lab & Wireless Internet
- Informational and Educational Programs
- Day and Overnight Trips
- Dances

### Services

- Nutritionally Balance Meals:  
-Home Delivered and Diners Club
- Volunteer Opportunities
- Insurance Counseling
- Transportation
- Nutritional Supplement Program
- EC Friendly Connections
- Information and Referral
- Notary Public—Advance Directives
- Support Groups
- Home Repair
- Resource Library
- Tax Assistance

### Family Caregiver Services

- Caregiver Support Group
- Caregiver Resource Library
- Powerful Tools for Caregivers
- Respite Services for Caregivers

**Please stop by or call us  
for a complete list of all opportunities.**

## Wellness Works!

**Fitness Programs Held  
at the Enrichment Center  
Lee County Senior Services**

**We Have Something for Every"BODY"**

**Try a Class for FREE!**

### 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 a.m.

with Kathy McLeod-Edwards

Wednesday/Friday 8 – 9 a.m. with Jeanette Redman

Low-Impact Aerobics Monday/Wednesday 5:30 p.m.

### Stretch & Tone

Tuesday/Thursday 11 a.m. No Charge.

### The Fitness Room

Monday/Wednesday 7:30 a.m. – 8 p.m.

Tuesday/Thursday 7:30 a.m. – 8 p.m.

Friday 7:30 a.m. – 5 p.m.

\$1.00 per daily visit – Equipment orientation required.

Walking Trail – ¼ mile around the perimeter of the property. No Charge.

### Fitness Yoga

Mondays 8:00 a.m. & Fridays 8:30 a.m.

Tuesday evenings—call for class times. \$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.

In addition, we offer shuffleboard, horseshoes,  
bocce and table tennis!

**Attention Boomers, those born 1946 – 1964,  
you are invited to use our fitness programs!**

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.

## corner

reviewer



We all know in all relationships, communication is the key success in establishing trust and understanding.

Communication with the medical professionals, home health staff and with siblings is essential for safe and effective caregiving.

As a family caregiver the most important communication is with the care receiver! Older adults are independent and have their own ideas and opinions about their lives and care worthy of our respect. Below are tips for caregivers to improve communication to avoid problems and improve the overall care of a parent, spouse or other care receiver.

1. **Breath.** Take a couple of deep breaths before you start a conversation.
2. **Really Listen.** As someone once said: "There is a reason that we have two ears and one mouth." LISTEN to what the person says and check out what the person is hearing you say.
3. **Ask questions.** Find out what is really going on. Are you assuming some things about what the other person is saying because you think you know everything that is going on?
4. **Pay attention** to what the person is saying and how they are behaving. Do the words and the behavior match?
5. **Speak distinctly and clearly but not louder.** Some older adults do not like to admit that they may not hear and understand conversations about them.
6. **Avoid arguing.** Listen to concerns and try to understand the other's person's experience and opinions. Remember that it is still his or her life and care. Focus on meeting unmet needs and not conflict.
7. **Use humor when appropriate.** Humor can help ease tension. We can find humor in most situations!

—Judi, Caregiver Advisor



## Grancare Luncheon Life's a Journey

Are you a grandparent or relative who is parenting a child? YOU are not alone! Come and enjoy a combination of sharing experiences, educational presentations and informal exchange.

**Thursday, March 12 at 12:00 Noon**

**Speaker: Bob Peterson**

**of FirstHealth Behavioral Services**

**Lunch will be served, please call 776-0501, ext. 201 for reservations.**

## Feeling stretched caring for a loved one?

**Powerful Tools for Caregivers** is a class designed to provide you—the family caregiver—with the skills you need to take care of yourself.

Two hour class sessions held once a week are led by certified, experienced class leaders. You'll learn to:

- Reduce stress
- Improve self-confidence
- Improve communications with your loved ones
- Balance your life
- Increase your ability to make decisions

When you take care of yourself, everyone benefits!

**Tuesdays, March 3—31, 2009**

**2:00 p.m. - 4:00 p.m.**

**The Enrichment Center**

**1615 S. Third Street, Sanford**

**Cost: No charge for Lee County**

**Family Caregivers (contributions accepted)**

**NOTE: You might not need it now; however, Powerful Tools prepares you with the skills and information in the event that you or someone you know becomes a family caregiver in the future.**

**Please feel free to bring your loved one to our Caregiver Time Out program while you take this class.**

**For information or to register call 776-0501, ext.230.**

**Made possible**

**by the National Family Caregiver Grant**

## **Alzheimer's & Caregiver Support Group**

**Tuesday, April 14, 2009 1:00 p.m.**

**Speaker: Peggy Smith, Alzheimer's Association  
NC Eastern Chapter**

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. Don't forget! You may bring the one you are caring to our Caregiver Time Out.

# Up & Coming Mark Your Calendars!



Senior Games and Silver Arts of Lee County is coming soon! Early Bird registration begins April 1 and ends on April 23, 2009.

Final registration ends April 30, 2009.

Come join the fun in Olympic style athletic events and artistic competitions.

*“As someone who has always enjoyed friendly competition, Senior Games has meant a lot to me. It is nice to know I can still have fellowship and compete with my friends.”*

—Jim Turner, Senior Games Ambassador

This program is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc is sponsored state-wide by the North Carolina Division of Aging and Adult Services.

**For more information about Senior Games and Silver Arts of Lee County, or to obtain a registration form, call 919-776-0501 ext. 207.**

## **WE NEED YOU!**

### **And so does The Helping Fund!**

Join us as we play cards and raise money for The Enrichment Center, Inc. Helping Fund

Tuesday, April 14, 2009

2:00 p.m.—5:00 p.m. and/or 6:00 p.m.—8:00 p.m.

\$3.00 per person, per session

Join us for refreshments and prizes but most of all to know you have helped an older adult in need.

Call 776-0501, ext. 201 to register.

## **Gay 90's Luncheon**

Our annual luncheon honoring 90-year-olds and better, will be held at 12:00 noon, Wednesday, May 20, 2009, 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.



## Enrichment Center Golf Tournament

Friday, May 15, 2009

Quail Ridge Golf Course, Sanford, NC

\$55 Per Person—Includes Green Fees, Cart, Lunch and Two Mulligans

1:00 pm Shotgun Start Check In 11:45 am—12:45 pm  
Lunch Will Be Served Prior to Play

PRIZES awarded to 30% of the teams entered.

Call 776-0501, ext. 201 or come by The Enrichment Center to register or sponsor this event!

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 2008, 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 257 instances with fuel, utilities, and medical aid.

## **Jewelry Class**

Thursday, June 11, 2009

2:00—3:00 p.m. Instructor: Laurie Draughn

Create yourself a necklace to wear with your summer attire or make a gift to give a friend. The cost is \$12 for materials needed and we will provide them at the class.

Call 776-0501, ext. 201 to register.

## **Computers—The Next Step**

Sponsored by Central Carolina Community College  
Mondays and Wednesdays

July 6—August 12, 2009 2:00—4:00 p.m. Cost: \$50

Instructor: Tonya Brewington

This class will include instruction on Ebay, surfing the Internet, stopping pop-up blocks, and security. Class size is limited, call 718-7225 to register.

## **Basic Computer Class for Beginners**

Sponsored by Central Carolina Community College  
Tuesdays and Thursdays

Sept. 1—Oct. 8, 2009 5:30—7:30 p.m. Cost: \$50

Class size is limited, call 718-7225 to register.



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.  
U.S. Postage  
PAID  
Sanford, NC  
27330  
Permit No. 198

**SAVE THE DATE!**  
**6<sup>th</sup> Annual Caregiver Education Conference**  
**Tuesday, May 12, 2009**  
**St. Luke United Methodist Church**  
**Christian Life Center**  
**2916 Wicker Street, Sanford, NC**

*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.*

# Raffle!

The Enrichment  
Center  
Of Lee County, Inc.  
Helping Fund  
919-776-0501  
1615 S. Third Street  
Sanford—NC

**Every dollar raised  
is used to assist  
older adults in Lee  
County who are in  
a crisis situation  
with fuel, utilities  
and other  
necessities  
of life.**

**Purchase your  
tickets today!**

**1st— Remington LSS 700 30.06 Rifle  
Stainless Steel-Wood Laminated Stock**

**2nd— Pro Max-Hard Double,  
Scoped Rifle Case**

**\$5.00 each or 3 for \$10.00**

**To be given away on Friday, May 29, 2009  
*Need not be present to win!***

## **Tax Filing Available**

AARP Tax-Aide volunteers are available to file your 2008 Income Tax return at The Enrichment Center. Call 776-0501, ext. 201 for an appointment and more information.

## **Are you interested in dance classes?**

Ms. Fuzuki teaches a one hour dance class that's a healthy approach to being in tune with your body. The style of dance emphasizes core body strength with movements similar to belly dancing. Comfortable dress attire is recommended. Cost would be \$10 per month and is open to all adults. **If you are interested call Debbie Williams, 776-0501, ext. 203.**