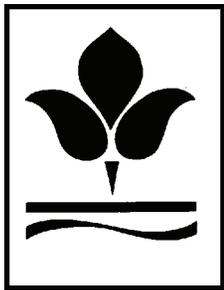


◆ The Center Post ◆

Volume 18 Issue 5

MAY 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 am—8 pm and
Friday 8 am—5 pm.
919-776-0501

Look inside for
information on...

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Prepare**, p. 3

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Luncheon**, p. 3

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in the Midst of
Stress**, p. 3

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*Celebrating Older
Americans Month...*



alzheimer's association™

Eastern North Carolina Chapter presents...

Tuesday, May 12, 2009

**St. Luke United
Methodist Church
2916 Wicker St., Sanford
9:00 a.m. - 3:00 p.m.
Lunch Provided**

6th Annual Regional Caregiver Educational Conference *Moving Towards a New Culture in Dementia Care*

This conference is offered for family, community members and professional caregivers. A one-day conference to address current trends in Alzheimer's care. All family caregivers and people interested in knowing more about this disease are encouraged to attend.

Registration Required—Continuing Education Contact Hrs. 5.0

Keynote Addresses:

- “The Latest in the Diagnosis and Treatment of Alzheimer's Disease”
Dan Kaufer, MD, Associate Professor, Department of Neurology; Director, Memory and Cognitive Disorder Program, UNC-Chapel Hill
- “Finding Meaning in Providing Dementia Care: What You Do, What They Do and How To Make A Difference” *Melanie Bunn, MS,RN,GNP, Dementia Care Specialist, Alzheimer's Assoc.-Eastern NC Chapter*

Call Judi Womack, Caregiver Advisor at The Enrichment Center
(919)776-0501 ext. 230. jwomack@leecountync.gov www.alznc.org
Respite care available upon request.

Sponsored by the Alzheimer's Association - Eastern NC Chapter,
The Enrichment Center of Lee County, Moore County Department of Aging,
Kerr Drug, Sanford Health & Rehabilitation, The Laurels of Chatham,
Quality Home Health Care, Central Carolina Hospital, Comfort Keepers,
Community Home Care & Hospice, First Choice Home Care, HomeChoice
Network, Liberty Home Care & Hospice, Carolina House Pinehurst,
Elmcroft of Southern Pines and WLHC-FM Life 103.1



**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 MAY are open to the general public:

- 1st—Murder Mystery in Oz
- 5th—Cinco De Mayo
- 6th—Laurence Poindexter sings
- 8th—Scavenger Hunt
- 11th—Senior Games Opening Ceremonies
- 13th—Miller Boles Program
- 15th—High Hopes Chorus Sings
- 19th—Sassy Red Hatters Meet
- 20th—Gay 90's Luncheon
- 22nd—Bingo
- 27th—Fitness Challenge
- 29th—Osteoporosis Video

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

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

Calling all card players...Join us on the 4th Wednesday of each month, 2:00 pm—5:00 pm! Bring cards and friends and play the game of your choice.

Saturday Night Dance—Live music and good fellowship, 7 pm, admission is \$6.00 per person. **Bands for May: 2nd—The Souvenirs Band, 9th—Bill Pollard Back Porch Country, 16th—Southern Exposure, 23rd—Bill Pollard Back Porch Country, 30th—Southern Exposure.**

A Novel Approach Book Club—Tuesday, May 12, 12:00 noon, the group will discuss When Crickets Cry by Charles Martin. Registration is not necessary and the meeting is open to the general public.



Tuesday, May 5th, 5:30 p.m. meet at The Enrichment Center and we will order sub sandwiches. *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—May 21, 6:00 p.m. **DRESS WESTERN STYLE!** 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 Clint Pickard Real Estate. Soft drink and a free line dance lesson by Shirley Buchanan at intermission! See you there!**

Veteran's Remembrance Group—Wednesday, 13, 2:00 p.m. Registration is encouraged, call 776-0501, ext. 201. Join for a time of fellowship, stories and learning about the military life of their special guest speakers.

Living with Vision Loss Support Group—Wednesday, May 13, 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, May 14, 10:00 a.m. 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 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!**



Together We Prepare

Afternoon Information Rally

Join us Tuesday, May 5 at 2:00pm
in the Grand Hall to hear local experts
discuss topics that are important to your
health and safety.

Topics include: disaster
preparedness, safety (fire, medication, personal)
and identity protection.
Registration requested.
Please call 919-776-0501, ext. 201.



Senior Games and Silver Arts Opening Ceremonies

In Partnership
with Our Torch Sponsor
Bright Audiology

Monday, May 11, 2009
5:30 p.m.

Dinner and Silver Arts Follies

All Senior Games & Silver Arts
participants are invited.

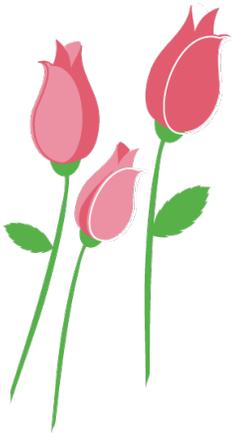
Guest tickets are \$3.00.

Call Jimmy to RSVP, 776-0501, ext. 207.

Gay 90's Luncheon

Wednesday
May 20, 2009
12:00 Noon

Our Gay 90's Luncheon
is hosted each year to
honor Lee County
residents who are 90 and
older. If you or someone
you know wishes to
attend, please contact
Debbie Williams,
776-0501, ext. 203.
Registration is required.



Living Free in the Midst of Stress

Thursday, May 28, 6:00 p.m.

With Randy Clendenin, President/Founder
of Relationship Coaching, Inc.

Southern Pines, NC

& Author of Relationship: Building Bridges
to Connect People

Open to the General Public

All Adults are Welcome to Attend

A free seminar and discussion on living our lives
amidst the daily stresses. Our speaker, **Randy
Clendenin**, gives counsel and coaching to
marriages, families, and individuals in the area of
relationships. Randy will coach us on how to move
from striving to thriving; resting in the chaos; and
recognizing life principles that yield hope!
Registration is requested, call 776-0501, ext. 201.

Let's Travel

Call 776-0501, ext. 201 to register!

Additional information is available at the front desk. 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!

June 11-16, 2009

New York City "The Big Apple"

Price includes 5 nights 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, \$75 deposit due at registration

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

Tuesday, September 15, 2009

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

Tuesday, November 24, 2009

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

Thursday, December 10, 2009

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

Lee County Volunteer Base

People Need People.

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

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.

Volunteers are needed to assist with the following Enrichment Center programs:

- Monday, May 11 for the **Caregiver Conference Set-Up**
- Friday, May 15 to assist with the **Helping Fund Golf Tournament**
- Wednesday, August 26-**The Boomer, Senior, & Caregiver Expo**

Many positions are available-we have something for EVERYONE! Contact Janice, Volunteer Services Coordinator, at 919-776-0501 ext. 206 for more information.



Volunteer Spotlight

The May Volunteer Spotlight shines on Bob Crigler. Bob is a very enthusiastic, energetic individual who believes strongly in his volunteer job duties. Mr. Crigler is a member of The Enrichment Center, Inc. Board. He assists with fundraising activities that support the Helping Fund, which in turn supports older adults in Lee County. Thank you Bob for all of your dedication and hard work! The older adults of Lee County appreciate all you do!



Dancing

from the jewels within...

*Body Dance
Movement Class
Wednesdays*

*June 3—24, 2009
6:00 p.m. Cost: \$15*

Instructor: Debi Suzuki

“From the body’s awareness that it grows like a tree of jewels from the earth blossoms all beauty...”

The jewels within are the colors of your creativity, your shining connection to the dancing woman within and your connection to the earth.

Our classes will include drawing of shapes related to movement and the colors.

Wear comfortable clothing. Bring a yoga mat and sketch pad. Call 776-0501, ext. 201 to register.

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 \$12.00 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: \$50.00

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.

Wellness Works!

Fitness Programs Held
at the Enrichment Center
Lee County Senior Services

We Have Something

for Every”BODY”

Try a Class for FREE!

Water Aerobics

June through first week of September
OT Sloan Pool

Monday/Wednesday/Friday at 11:00 a.m.

\$25 Total Cost for the Summer

Or Monday/Wednesday at 5:30 p.m.

\$10/Month

Low Impact Aerobics & Toning Classes

Cost per month is \$15.00 for 3 days a week
or \$10.00 for 2 days a week

Tuesday/Thursday 9:00 a.m. – 10:00 a.m.

with Kathy McLeod-Edwards

Wednesday/Friday 8:00 a.m. – 9:00 a.m.

with Jeanette Redman

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.

\$15.00 per month.

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

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.

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To Be A Family Caregiver...

How do you define a family caregiver? You define family caregivers by their emotions and their spirit, by the sadness in their eyes, but also by the determination in their hearts. To be a caregiver takes dedication to your loved one and also yourself. A caregiver is a special person. To be a caregiver is to learn....

- it is a very hard job giving of all your time with little in return..
- it is to learn how to be more patient, more organized, and how important time management skills are...
- It is to learn compassion like you never thought existed. Being a caregiver is an intimate and personal experience. It is to learn the real meaning of, "tis better to give than to receive..."

As for you, the caregiver, it is the **inner strength** that is the gift you are given. It is your "reward" for the pain, agony and stress of caregiving. You often dream for an easier life and pray for your loved one's health and well-being, yet nevertheless you need to recognize the extraordinary value of this gift.

KNOW THAT YOU CAN BE CONTENT IN YOUR ROLE AS A CAREGIVER, BUT ONLY IF YOU DON'T LET THE ILLNESS OR DISABILITY OF OTHERS OVER SHADOW YOUR OWN NEEDS. USE THE HELP OF OTHERS!!

Save the Date!

Boomer, Senior & Caregiver Expo

Wednesday, August 26, 2009

Dennis A. Wicker Civic Center

10:00 a.m.—2:30 p.m.

The biggest and best yet to come!!!

**Health, finances, family
and lifestyle—we've got it all!**

Grancare Swim & Pizza Party

Friday, May 7, 2009

5:00 p.m.—7:00 p.m.

Sanford Nautilus

1907 KM Wicker Drive, Sanford

Please call The Enrichment Center,

776-0501, ext. 201, to RSVP.

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, May 12, 2009

Please join us at St. Luke United Methodist Church

2916 Wicker Street, Sanford

9:00 a.m.—3:00 p.m.

**Our 6th Annual Caregiver Education Conference
"Moving Towards a New Culture in Dementia Care"**

Lunch will be provided.

Respite care 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.**

Arthritis Support Group—Facilitator Peggy Rowles invites you to their next meeting on Thursday, May 14, at 11:00 a.m. Special guest speaker **Dr. Knecht will discuss how chiropractic helps those with arthritis.** Registration is not required, and the group is open to the general public.



May Day—May Day!
Annual Paper Plate Campaign!

This is our 5th annual Paper Plate Campaign in honor of Older Americans Month and in support of your right to speak out, or advocate, for older adults' rights and benefits. Lee County citizens are asked to indicate their support as seniors, boomers, family caregivers and participants for continuation and additional funding for services and programs that are vital to these populations to remain independent, healthy and informed.

To pass along your support, we will mail our elected officials at the State and National levels YOUR signed paper plates!

Stop by The Enrichment Center today to sign your support on a paper plate.

Thank you!

“Let’s Talk” with Mayor Cornelia Olive,
Thursday, May 21, 10:30 am. Drop by and share your concerns and views in this informal setting with Mayor Olive.



**Special
Thanks**

The Woodmen of the World and the Saturday Nite Dance Group have donated an American flag to The Enrichment Center. Thank you so much for your donation. We fly this flag in honor of Older Americans Month and observance of the Memorial Day holiday.

REMINDER: S.H.I.I.P.

Seniors Health Insurance Information Program

Volunteers are available to assist with Medicare related billing issues, questions and information needs. These volunteers are trained by the NC Department of Insurance.

Please call 776-0501, ext. 206 to schedule an appointment.

**Help with Paying
for Prescription Drugs**

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.

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, an 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!!!



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
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Sanford, NC
27330
Permit No. 198

The Enrichment Center will be
CLOSED
Monday, May 25, 2009
In Observance of Memorial Day
Have a safe and happy holiday!

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.

The Lee County Veterans Service Officer (VSO)

The 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.

Office Hours

Monday– Thursday 9:00 a.m.—2:00 p.m.

**Appointments Available
Walk-Ins Welcome**



Enrichment Center Golf Tournament

Friday, May 15, 2009

Quail Ridge Golf Course, Sanford, NC

**\$55.00 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.