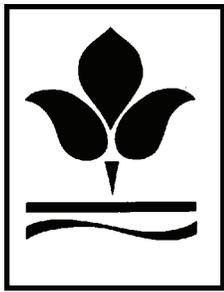


# ◆ The Center Post ◆

Volume 17 Issue 9

SEPTEMBER 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...*

- ▶ *Fall Fitness  
Challenge*
- ▶ *Varicose Vein  
Management*
- ▶ *55 Alive Driver  
Safety Program*
- ▶ *Financial  
Seminars*

alzheimer's association  
**memory walk**®  
Taking steps to end Alzheimer's

Nationally presented by

Genworth Financial 

## Saturday, October 4, 2008

### Registration 9:00 am Walk 10:00 am

### Kiwanis Park

I would like to invite each of you to participate in Memory Walk! We are asking you to help us make the lives of those devastated by Alzheimer's Disease just a little better. Imagine what it would be like not being able to remember a son or daughter, a mother or father. That is what happens to victims of Alzheimer's Disease; we lose them so many ways before losing them to death. There are an estimated 4.5 million people suffering from this horrible disease, with over 150,000 right here in North Carolina. Lee County has many families going through this overwhelming disease. There is no known cause, nor is there a cure at this time. More than 100,000 individuals lose their lives to this disease each year.

Please consider a financial contribution made payable to the Alzheimer's Association—Eastern NC Chapter. Mail or drop it off at The Enrichment Center, 1615 S. Third St., Sanford, NC. Other ways you can help is by being a **team captain, walker, volunteer, or a corporate sponsor!** ~~~*Judi Womack, Caregiver Advisor & Memory Walk Coordinator*

**Remember, each one of us can make a difference. What's involved?...**

A **Team Captain**—Come by for a packet—starting a team is easy! Invite three people, and they'll invite three, and before you know it, you'll have a team! Recruit family, friends and colleagues to join your team—and ask for donations.

A **Walker**—bring your family and friends along with any financial contribution you have collected—dollars, coins and checks accepted! Walk Kiwanis Park trail at your pace.

A **Volunteer**—help at the registration table, pass out water and refreshments, help plant the memory garden.

A **Corporate Sponsor**—make a financial contribution and join us at Kiwanis Park!

**Our event typically ends by 12:00 noon and is held rain or shine. We look forward to seeing you at the Memory Walk—WE'RE ON THE MOVE!**

**See page 6 for further Memory Walk details!**

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sisters



The Sisters will meet Tuesday, September 9, 5:45 pm at **Quiznos Subs**. *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.

**Saturday Night Dance**—Live music and good fellowship, 7 pm, admission is \$6 per person. **Bands for September: 6th—Southern Exposure, 13th—Bill Pollard Back Porch Country, 20th—Southern Exposure, 27th—Bill Pollard Back Porch Country.**

**Funeral Preplanning Seminar, Monday, September 8, 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 may have in regards to funeral services and preplanning. Call 776-0501, ext. 201 to register.

**The Enrichment Center Captain’s Choice Mixed Group**—Teams are formed by drawing cards. All skill levels are welcome! 8:00 am Tee Time each Monday at Quail Ridge and 8:00 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!*

**A Novel Approach Book Club**—Tuesday, September 9, 12:00 noon, the group will discuss Angle of Repose by **Wallace Stegner**. In October they will discuss Water for Elephants by **Sara Gruen**. Registration is not necessary and the meeting is open to the general public.

**Living with Vision Loss Support Group**—Wednesday, September 10, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones.

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

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



## 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  
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.***

**Veteran’s Remembrance Group**—Wednesday, September 10, 2:00 pm speakers **Joe Carson and Walter Perry**. The general public is invited to attend and registration is encouraged. Call 776-0501, ext. 201.

**San-Lee Senior Dance**  
Thursday, September 18, 7 pm with **South Roads Band**. Bring finger foods to share at intermission. See you there!

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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: 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 SEPTEMBER are open to the general public:**

- 2nd—5th—Diners Club Games
- 10th—Laurence Poindexter guitar & singing
- 12th—Dr. Robert Cline speaks about Prostate Cancer
- 18th—Sassy Red Hatters!
- 19th—Bingo
- 24th—Miller Boles Grandparents Day
- 26th—Lt. David Prevatte of the Sheriff's Dept.

**Masculine Meals will NOT meet in September.**

**Cooking with Carole** will meet Mondays at 6:00 pm, September 8, 15, 22 and 29. Call 776-0501, ext. 201 to register.

**Do you have...ugly, painful varicose veins?** Pinehurst Surgical Vascular Physician Tammy Joyner, RN-BC, Certified Sclerotherapist will speak about varicose vein care Thursday, September 11, 2:00 pm. She will discuss treatment, what you can do now, tips for self management of aching and swelling. Registration is requested, call 776-0501, ext. 201.

**"Let's Talk"** with Mayor Cornelia Olive, Thursday, September 18, 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.

**Fall Fitness Challenge—Men vs. Women!** Begins September 15th. Points obtained by attending fitness classes or working out in the fitness room Register at the front desk. *Earn extra points by participating in the Saturday, October 4th Alzheimer's Memory Walk!*

**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. Nifty Noggins volunteers will meet Thursday, September 11, 9:00 am. Anyone in need of head coverings can call Carole at The Center, 776-0501, ext. 205.

**FREE PSA Screening** in cooperation with Central Carolina Hospital and the Lee County Prostate Support Group, Saturday, September 20, 8 am—12 noon at The Enrichment Center, 1615 S. Third Street.

**55 Alive Driver Safety Program,** Thursday, September 25 and Friday, 26th, 10 am—3 pm with AARP Instructor Bob Edens. Cost is \$10 to be paid the first day of class. This course covers age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements. Space is limited, call 776-0501, ext. 201 to register.

**Basic Cake Decorating Classes** with Certified Wilton Instructor Cris Elliott, Tuesdays October 6—November 13, 6:30 pm, \$25. Registration is required.

## **"Harvest Magic"**

**Thursday, October 30, 2008**

**5:30pm Cost: \$7.00**

An evening of mystery, music and magic! Rick Allred has been a performer for over 30 years. Each year he appears in Nashville and is a regular performer at Mahi's Restaurant in Greensboro, NC. He is an accomplished entertainer in both instrumental and vocal music. His talents do not stop there! Rick is also a Master Magician. Mystery Meal catered by Judi Womack and The EC Staff! Registration is required, call 776-0501, ext. 201.



# Terrific Trips 2008

**Call 776-0501 to register!**

*Additional information is available at the front desk.*

## **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!***

***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.***

## **SPECIAL Announcement:**

**June 11—16, 2009—New York City “The Big Apple”**  
Price includes 5 night 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 the time of registration.** For more information, contact Janice, 776-0501, ext. 206.



## **Happy Birthday!!!**

**Celebrating YOUR 65th birthday in September, October or November 2008?** Want to learn more about Medicare and other opportunities that are available to you? Join us on **Tuesday, September 9, 2008, at 6:00 pm in the Game Room for Birthday Cake and a brief**

**presentation on Medicare and its benefits.** Call 776-0501, ext. 201 to register and for more information.

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

*People Need People.*

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

**The Enrichment Center is in need of volunteers at the following upcoming events:**

**Alzheimer's Association Memory Walk, Oct. 4th**

**Flu Shot Clinic Registration, Oct. 8th**

**Make a Difference Day, Oct. 25th**

We realize your time is valuable and we greatly appreciate all of our volunteers' efforts. Volunteers are a vital ingredient to the success of our programs and events! Call Janice today if you can assist a few hours, 776-0501, ext. 206.

**Special thanks to the volunteers who assisted with the 2008 Boomer, Senior & Caregiver Expo! Your dedication and commitment is greatly 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**

The September Volunteer Spotlight shines on **Thomas McIntyre**. Thomas assists with keeping all of our beautiful flowers and plants watered. With the extreme heat this summer, Thomas gave a much-needed drink of water to keep our flowers looking fresh and gorgeous!

If you see Thomas with a bucket of water, give him a smile and thank you—he will surely smile back!

Thank you Thomas!

## **Satisfaction Survey**

At The Enrichment Center we strive to provide you with educational and informative programs and quality services. During the month of September we will offer a customer satisfaction survey. We would appreciate your time in completing a survey and returning it to the front desk. Thank you in advance for your participation.

## corner

caregiver



**Caregiver Time Out** Are you taking care of your parents, spouse or others? If you would like a little more time to do errands or just have some time for you, please bring your loved one to Caregiver Time Out. *Sharon Chase states, "I have learned that I can take care of my mother so much better if I just have a few breaks now and then. I look forward to the two hours my mom has at The Enrichment Center every Tuesday from 1:00 pm to 3:00 pm. I believe it is good for me and good for my mom."* Call Judi, 919-776-0501, ext. 230.



### **Family Caregiver's Class Powerful Tools for Caregivers Sponsored by AARP**

NO charge for Lee County caregivers.

Sponsored by AARP—Tuesdays September 16, 23, 30 and October 7, 1:00 pm—3:00 pm OR 5:00 pm—7:00 pm at The Enrichment Center.

Caregiving can always be stressful but especially if the caregiver has other important and pressing responsibilities. If you are experiencing some of the signs of caregiving stress, consider attending this class. It is important that a caregiver realizes that she or he is not alone. Getting support will help reduce caregiver stress, as well as reduce the associated physical, and emotional risks of ongoing stress. Please join us for our six two-hour class sessions held Tuesdays. Remember, when you take care of yourself, everyone benefits! Call 776-0501, ext. 230 to register.

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

Tuesday, September 9, 1:00 pm

Facilitators: Pam Schonder & Judi Womack

Rebecca Brady, Pharm. D. of Kerr Drug will speak about medications. If you are caring for a loved one and would like to know more about medications, please join us! *Don't forget, you are welcome to bring your loved one to Caregiver Time Out while you attend the meeting.*

**Grancare Luncheon**—Thursday, September 11, 12:00 noon in the Game Room with special guest speaker **Deborah Dover, Outreach Services Specialist, FirstHealth Behavioral Services.** Call 776-0501, ext. 201 to register.

## Thank you to Everyone!

We want to say a big thank you to all of our sponsors, volunteers, vendors, seminar speakers, entertainers, the Sheriff's Department, the Expo committee, the Dennis A. Wicker Civic Center, The Enrichment Center staff and participants for another eventful and successful Boomer, Senior & Caregiver Expo!



### Thanks again to our Presenting Sponsors:

The Enrichment Center of Lee County • BB&T  
Bright Audiology • Central Carolina Hospital • First Bank  
First Choice HomeCare • Pinehurst Surgical  
Quality Home HealthCare  
Sanford Health & Rehabilitation  
WLHC-FM LIFE 103.1  
WWGP-AM 1050 & WFJA-FM 105.5

Our Gold Sponsors: Advanced Hearing Care, American Home Patient, Ameriprise Financial, Ammons Chiropractic, At Home Assessment, Bayberry Retirement Inn, Boom! Magazine, Carolina Women's Fitness, Community Home Care & Hospice, Community Family Medicine, FirstHealth of the Carolinas, Four Oaks Bank, Fox Hollow, Humana, Lee County Phone Book, Liberty Home Care & Hospice, Natural Balance Medical Spa & Cosmetic Laser Center, O'Connell & Martin Eye Associates, Pinelake Health & Rehabilitation, Re-Bath of the Triangle, Sanford Specialty Clinics, Scotia Village, SunBridge Healthcare, Thompson Chiropractic Center, UNC Hospice.

Our Silver Sponsors: AARP North Carolina, Adcock Associate - David Nestor, Ameriplan, Arylift, Inc., Benefit Edge of the Carolinas, Capital Bank, Carolina House of Pinehurst, Central Carolina Orthopedic Assoc., Central Electric Membership. Corp., ComForCare Senior Services, Dr. Kuhn & Assoc., PA, Kerr Drug, Kinetic Institute Physical Therapy, Lee County Nursing & Rehabilitation, Liberty Commons of Lee County, Merrill Lynch - Erica D. Glover, Miller Boles Funeral Home, Modern Woodmen of America, Pelham Home Health, Performance Rehabilitation, Pine Ridge Urgent Care & Occupational Medicine Center, Proctor & Gamble Pharmaceuticals, Rainbow Distributors, TR Consulting, LLC, Tarheel Diabetic & Medical Supply, Taylor & Taylor Financial, FirstHealth Behavioral Services, The Laurels of Chatham, Wilson & Reives Attorneys at Law, Wright Travel.



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

**Fall Festival & Make a Difference Day  
Saturday, October 25, 2008**

*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.*

## **Wyeth Pharmaceuticals**

### **Lead Sponsor Sanford/Lee County Alzheimer's Memory Walk**

We're on the MOVE to end Alzheimer's Disease!  
The Sanford/Lee County Alzheimer's Memory Walk will take place Saturday, October 4, 2008, 9:00 am at Kiwanis Park. Walkers will be treated with refreshments, entertainment and have an opportunity to win dozens of prizes! Call The Enrichment Center today, 919-776-0501, ext. 201, or stop by for Alzheimer's Memory Walk materials and to make a donation.

- Purchase a Memory Garden Flower for \$1.00
- Teams raising \$50 or more receive FREE T-shirts
- Alzheimer's Quilt & Crocheted Afghan Raffle Tickets
- *Have a PURPLE PARTY!* Kits
- Angel Lapel pins \$5 donation
- Cash/Coin Donation Banks

Alzheimer's Disease is a devastating disease that involves the whole family. *Memory Walk* donations benefit Sanford and Lee County family caregivers through training, seminars, classes, support groups, respite services, resource books and videos, and much more. The Alzheimer's Association – Eastern NC Chapter collaborates with The Enrichment Center to bring this event to Sanford and Lee County each year. The Alzheimer's Association strongly supports public awareness and research for the prevention, cure and treatment of Alzheimer's Disease. Call 919-776-0501, ext. 230 if you have questions, would like to volunteer or participate in the 2008 Memory Walk!