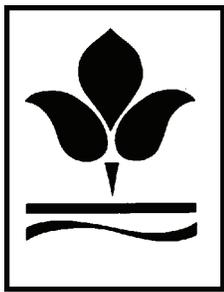


◆ The Center Post ◆

Volume 19 Issue 3

MARCH 2010

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...

► **Medicare Relay**
for Extra Help, p.
2

► **Census 2010-
Easy/Important/
Safe**, p. 3

► **Up & Coming**,
p. 4

► **NEW**
Alzheimer's
Support Group,
p. 7

Veteran's Remembrance

Group—Wednesday, March 10,
2:00 p.m. **James Weaver, former B29
Air Force Pilot** will be our special guest
speaker. Registration is encouraged, call
776-0501 ext. 201. This group is open to
the general public for all adults.

How to use the Internet—TWO Computer Classes

—Tuesday,
March 16, 10 a.m. **OR** Thursday, March
18, 6:30 p.m. **FREE** with instructor
Mark Coggins. We will discuss web
sites, search engines, health, travel and
much more. Class size is limited, call to
register, 776-0501 ext. 201.

55 Alive Driver Safety

Program—Thursday, March 25, 10:00
a.m.—3:00 p.m. with **AARP Instructor
Ursula Capewell**. Cost is \$12 for AARP
members and \$14 for non-members to be
paid at class. This course covers age-
related physical changes, declining
perceptual skills, rules of the road, local
driving problems, and license renewal
requirements. To register call 919-776-
0501 ext. 201.

The Enrichment Center Captain's Choice Mixed

Group—Teams are formed by drawing
cards and all skill levels are welcome.
**10:04 a.m. Tee Time each Wednesday
at Carolina Lakes.** \$16.00 with Cart.
**Interested golfers should contact Josie
Nagy, 499-1208. A Golf Adventure
Brought to You By The Enrichment
Center!**

Looking for Line Dancers—

Are you interested in **beginner** line
dancing classes? Call Debbie, 776-0501
ext. 203.

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. Nifty Noggins Volunteers will
meet Thursday, March 11 at 10 a.m.**

A Novel Approach Book

Club—Tuesday, March 9, 12:00 noon,
we will discuss **Guernsey Literary and
Potato Peel Pie Society** by Mary Ann
Shaffer with Facilitator **Ellen Viggiano**.
Registration is not necessary and the
club is open to the general public for all
adults.

Computer Classes FREE on

Wednesdays—March 3—31,
5—8 p.m. Class course will cover
PowerPoint and spreadsheet
fundamentals and practice. This class is
designed to enhance skills for better job
placement for those individuals who are
returning to the work force. Call 776-
0501 ext. 201 for complete guidelines
and to register.

Computer Classes FREE on

Thursdays—March 4—April 1,
1—4 p.m. Class course will cover
Windows, Internet basics, Internet
Explorer, word processing. This class is
designed to enhance skills for better job
placement for those individuals who are
returning to the work force. Call 776-
0501 ext. 201 for complete guidelines
and to register.

You may be eligible for
EXTRA HELP on your
Medicare Prescription
Drugs Costs!



TO GET HELP IN APPLYING, JOIN US:

March 26, 2010 from 9:00 am to 12:00 pm
The Enrichment Center of Lee County
1615 S. Third Street, Sanford, NC

EXTRA HELP PROGRAM ELIGIBILITY:

Do you get Medicare and have limited income and resources? You may qualify for Extra Help to save money on your Medicare drug plan costs if your income and resources (excluding your home, cars, burial plots, and up to \$1,500 for burial) must be less than these income and resource limits:

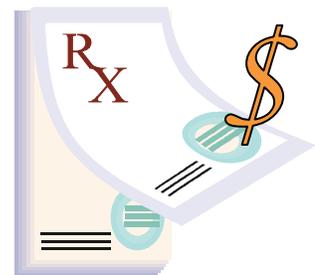
Single Individual: income of \$1,353 a month and resources of \$12,510

Married couple living together: income of \$1,821 a month and resources of \$25,010

If you have Medicaid, you already receive this assistance and need not apply.

PLEASE BRING:

- Social security and Medicare cards
- Information on Individual Retirement Accounts
- Bank account statements
- Payroll slips
- Income tax documents
- Investment statements



**For Reservations & Information,
call The Enrichment Center at (919) 776-0501.**

Seniors Health Insurance Information Program (SHIP)

Did you know that:

- 19 billion dollars of the taxpayers' money is lost annually to billing discrepancies, fraud, abuse and waste in the Medicare program?
- "fraud and abuse" in the Medicare/Medicaid program often times are actually billing errors or discrepancies?
- the process of reporting suspected fraud abuse and waste is to contact the provider to seek resolution; to contact their Medicare carriers and insurance companies and to file an appeal by following the appeal instructions found on the back of the Medicare Summary Notice? And if your situation is not resolved satisfactorily, you should contact the North Carolina SMP Program at the nationwide toll free number, 1-800-443-9354?

Remember to:

- review your Medicare Statements
- protect your Medicare Number
- do not be influenced by advertising for services, medications or products that sound "too good to be true"
- educate yourself about your Medicare benefits
- rarely are Medicare services "free"
- Medicare does not solicit door-to-door

Protect...Detect...Report

Contact NCSMP

**NC Senior Medicare Patrol
at SHIIP 1-800-443-9354**



March 15-17, 2010—Census forms mailed or delivered to households

March—April 2010—Census forms available and assistance offered to those who need help

April 1, 2010—Census Day

May—July, 2010—Census workers will visit households that do not return forms to take a count in person.

The 2010 Census is a count of everyone residing in the United States and is only taken once every 10 years.

Completing the census form is SAFE. The form has 10 questions and takes about 10 minutes to complete. You will receive your questionnaire by U.S. mail, hand delivery or in person from a Census worker. Census workers will NOT contact you by e-mail.

How will I know the difference between a scammer and a real Census worker? All Census workers will have a badge, a handheld device/computer to enter data, an official Census Bureau canvas bag and a confidentiality notice. Ask to see their ID and NEVER let someone you do not know into your home. The Census Bureau will not ask for your social security number, bank account or credit card numbers and do not solicit for donations. They will ask for a salary range; however, you do not have to answer that question. Let them know the number of people in your household.

Please do not throw away \$10,000...It is estimated that for each person who is not counted, North Carolina will lose about \$10,000 over the next 10 years. We can ill afford to let this happen, especially as we strive to assist seniors, younger adults with disabilities, and family caregivers who are experiencing even greater hardships in these challenging economic times.



Spring Fever Festival

Saturday, April 10, 2010

8:00 a.m.—3:00 p.m.

Do you have Spring Fever?
We do!

Crafters and Vendors Needed!
Space is limited.

Age 54 and younger \$35 per table.

Age 55 and better \$15 per table.

Hot dogs and drinks available
for purchase.

Door prizes every hour!

Need not be present to win.

Call 919-776-0501 ext. 201
to register your tables.

Making Ends Meet

Tuesday, April 20, 2010

4 p.m.—7 p.m.

FREE with Facilitator Irene Smith

If you are age 55 or better and considering returning to the workforce, this workshop is for you. Roundtable discussions, new ideas and opportunities will be shared that will stimulate how to successfully return back to work. Participants will receive a free functional resume.

Call 919-776-0501 ext. 201 for
complete guidelines and to register.

Gay 90's Luncheon

Our annual luncheon honoring 90-year-olds and better, will be held at 12:00 noon, Wednesday, May 12, 2010, 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.

We need YOU

And so does

The Helping Fund!

Come and play cards and games of your choice as we raise dollars for The Enrichment Center, Inc. Helping Fund. The fund is used to assist Lee County residents who are in a crisis situation with fuel, electricity and other necessities of life.

Tuesday, April 13, 2010

2 p.m.—5 p.m.

and/or 7 p.m.—9 p.m.

\$3.00 per person, per session

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

Co-sponsored by

Miller-Boles Funeral Home

Registration is required,
call 919-776-0501 ext. 201.

Senior Games



**& Silver Arts
of Lee County**

Bright Audiology

2010 Torch Sponsor

Senior Games and Silver Arts of Lee County is coming soon! Early Bird registration begins April 1st. Come join the fun in Olympic style athletic events and artistic competitions.

This program is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc is sponsored statewide 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.

D i n e r s C l u b



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: spaghetti and meatballs, pork chop, tuna salad, baked chicken, baked potato with chili and cheese, fruit, dessert and beverage. Call 776-0501 ext. 208 for information and to register.

The following 11:00 a.m. Diners Club Programs for MARCH are open to the general public:

- 1st—9 a.m.—12 noon Bright Audiology hearing screenings by appointment
- 3rd—Laurence Poindexter singing and playing guitar
- 5th—Heart Healthy Issues with Sharon Lucas and Pam Glover of the Lee Co. Health Dept.
- 10th—Miller Boles Program
- 12th—Bingo
- 16th—10 a.m. Sassy Red Hatters Movie Day
- 17th—St. Patrick's Day—WEAR GREEN
- 17th—Healthy Dinners—What to Choose with Sarah McAbee, UNC Nursing Student
- 18th—10:30 a.m. Let's Talk with Mayor Olive
- 19th—Floral Designs by Mary Ann
- 24th—All About Colon Cancer with Wanda Wazenegger
- 26th—Dr. Sanjay Chaudhary, Arthritis Specialist

Tai Chi for Arthritis—Twelve sessions beginning May 3 at 10:45 a.m. Cost is \$70 and included DVD, payable at first class. **Call or stop by for the complete schedule. Register now by calling 776-0501 ext. 201.** This program is designed by the **Arthritis Foundation**, is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems. Open to all adults, space is limited.

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for March:** 6th—Southern Exposure, 13th—Bill Pollard Back Porch Country, 20th—South Roads, 27th—Bill Pollard Back Porch Country.

y a d a y a d a sisters



Tuesday, March 2, 5:00 p.m. We will order in pizza and play cards at **The 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.

Legal Aid Intake Day at The

Enrichment Center—Friday, March 5, 10:00 a.m.—2:00 p.m. A FREE service provided by Legal Aid of NC, Inc. Types of cases accepted: housing evictions, foreclosures, domestic violence, unemployment and benefits denials. Appointments preferred but walk-ins accepted. To schedule an appointment call 1-800-672-5834.

“Let's Talk” with Mayor Cornelia

Olive—Thursday, March 18, 10:30 a.m. Come and share your concerns and views with Mayor Olive in this informal setting open to the general public.

S.A.P. Sanford Area Photographers Club—

Thursday, March 18, 6 p.m. with facilitator **Bob Smith.** Come and share ideas and methods with fellow amateur photographers. Open to the general public for all adults.

Calling all card players...join us on the 4th Wednesday each month at 2:00 p.m. Bring cards, friends and play the game of your choice.

Thursday Night Dance— will meet again beginning April 2010.

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

Mexican Train Dominos—Thursdays 6 p.m. with Instructors Hattie and Russel Dietzel.

Tax Filing Available—AARP Tax-Aide volunteers are available to file your 2009 Income Tax return at The Enrichment Center. Call 776-0501 ext. 201 for an appointment and more information.

Living with Vision Loss Support Group—

Wednesday, March 10, 1:00 p.m. with facilitator **Nora Gunter.** For those with vision impairments (including Macular Degeneration) and their loved ones.

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!

Thursday, April 22, 2010

The Broadway musical "Wicked" at the Durham Performing Arts Center. Winner of numerous awards. \$65 per person includes ticket and transportation.

Thursday, May 6, 2010

**Durham Bulls versus
Scranton Wilkes-Barre Yankees**

Game Time: 11:05 a.m.

We will have lunch "Family Style" **after** the game at fan favorite **Bullock's BBQ** restaurant.

Cost is \$45 per person which includes game ticket, lunch, gratuity, and travel aboard a rented van.

May 10-15, 2010

Carnival Fascination- Key West & Nassau

We are cruising to **Key West and Nassau, Bahamas!** Trip will include deluxe motorcoach transportation, 5 nights aboard the beautiful *Carnival Fascination* which includes meals and entertainment aboard ship.

Tuesday, October 19, 2010

Senior Day at the NC State Fair. Special events are planned. \$15 per person aboard a chartered bus.

December 4 - 5, 2010

Christmas at Myrtle Beach. Trip includes show tickets to The Alabama Theatre and Carolina Opry, overnight accommodations at The Ocean Reef Resort, chartered bus transportation and breakfast.

December 9, 2010

The Rudy Theatre in Selma, NC. Dinner will be at the Cracker Barrel in Selma (not included) and then we will travel to see the Christmas lights in Meadow Village.

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.

Good News!

Alzheimer's Update from the Alzheimer's Association

The Social Security Administration (SSA) has announced that they have added early-onset/ younger onset Alzheimer's to the list of conditions under its Compassionate Allowance Initiative, giving those with the disease expedited access to Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). The Alzheimer's Association, a longtime advocate for those with early – onset Alzheimer's, has played an integral role in this movement to reduce the length of disability decision process.

**We are still
collecting
Cell Phones
for Soldiers**



You may leave your donated phones at the front desk. Please continue to support our military- they are still supporting us!

corner

caregiver



A-B-C's for Caregivers

Debbie A. Leonhardt

A - ACKNOWLEDGE and ADMIT things are different. ASK for help.

B - BALANCE is essential to maintain strength and energy long-term.

C - COMMUNICATE your needs. COPE through self-care.

D - Don't get DETAINED in DENIAL or DEPRESSION. Don't DELAY getting help.

E - EDUCATE yourself about available resources.

F - FOLLOW coping strategies. Be FEARLESS about the future.

G - GRIEVE appropriately for losses. GROW in new directions.

H - HOPE HUMOR HONESTY

I - INFORM your friends, extended family, and employer about your needs. INFORMATION is power.

J - JOIN support groups.

K - KNOW your limitations KEEP your life simple.

L - LISTEN to your body for its needs.

M - MOVE beyond MEDICAL MODELS, if needed.

N - NEVER give up. Don't NEGLECT self-care.

O - OPEN yourself to new technologies to help your loved one. OBSERVE good health practices.

P - PRACTICE being PRO-ACTIVE to be heard by professionals.

Q - QUESTION things you don't understand.

R - RESTORE yourself through REST and RECREATION.

S - STAND FIRM on what you believe is best for your loved one. Reduce STRESS by following a SCHEDULE.

T - TAKE TIME for yourself.

U - USE every resource available.

V - VOCABULARY may be confusing. Learn medical terms as needed.

W - WILLINGLY accept assistance.

X - XEROX method - copy strategies and techniques that work for others.

Y - YELL for help when you need it. YOU are important too.

Z - ZEALOUSLY guard your private time.

Caregivers, please remember your ABC's! ~~~ Judi

Alzheimer's & Caregiver Support Group—

Tuesday, March 9, 2010, 1:00 p.m. with facilitator & Caregiver Advisor Judi Womack. This group is open to the general public. It provides a forum for families and friends of individuals with dementia, strokes, and other related conditions to share experiences and information, discuss mutual problems and learn coping skills. **Don't forget, you are welcome to bring your loved one to our Caregiver Time Out while you attend the group. Call 919-776-0501 ext. 230 if you need further details.**

Grancare Luncheon—Please note we are meeting on Wed. only for March due to our speaker's availability.

Wednesday, March 10, 2010, 12:00 noon. **Dr. Tina Poltrock, Educational Issues, Lee County Board of Education.** Grandparents and other relatives raising grandchildren, join us for lunch and connect with others in the same or similar situations. Lunch will be served. Please register by calling 919-776-0501 ext. 230.

Caregiver Time Out—is a program The Enrichment Center offers every Tuesday for Family caregivers' loved ones. It is a time for the caregiver to take a break for two hours **every Tuesday from 1:00 p.m. to 3:00 p.m.** while their loved one is being care for by staff and volunteers at no cost to them. This program is growing and we encourage all family caregivers to come and bring their loved one. If you would like further information, please call 776-0501, Ext. 230. This program is made possible by the National Family Caregiver Grant Program. Contributions accepted.

Announcing

A new Alzheimer's and Caregiver Support Group in the evening! Tuesday, March 2, 2010 6:30 p.m.
Come to our first meeting as we name our group and make plans for 2010!

Gail Valentine, Facilitator

Open to the general public. All adults are welcome to attend—we recognize that family Caregivers come in all ages.



The Enrichment Center
 1615 S. Third Street
 Sanford, North Carolina 27330
 919-776-0501

email: enrichment.center@leecountync.gov

www.leecountync.gov/ec

Non-Profit Org.
 U.S. Postage
 PAID
 Sanford, NC
 27330
 Permit No. 198

Save the date!
Caregiver Education Conference
Tues., May 11, 2010
St. Luke United Methodist Church
9 a.m.—3 p.m.
Teepa Snow & Melanie Bunn, Dementia Specialists

**The mission of Lee County Senior Services
 is to fashion an achievable vision of successful aging in Lee County.**

**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.

Office Hours

Monday– Thursday
 8:30 a.m.—12:30 p.m.

**Appointments Available
 Walk-Ins Welcome**

NOTE: North Carolina Department of Veterans Affairs Scholarship packages must arrive in Raleigh by March 1, 2010. Anyone interested in a package or further details may call 919-776-0501 ext. 209.



2010 Enrichment Center Golf Tournament

Friday, May 7, 2010

**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 the top three teams in each flight.**

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 2009, the Helping Fund was able to assist over 280 older adults through the generous contributions provided by Lee County citizens and corporation. **In 2010 we have already seen a marked increase in requests. Every dollar you donate assists an older adult in need.**