

The Center Post

Volume 20 Issue 2

FEBRUARY 2011

The Enrichment Center
Hours of Operation:
Monday—Thursday
8 a.m.—8 p.m. and
Friday 8 a.m.—5 p.m.
919-776-0501



Ti amo

Italian for, "*I love you*"

Bring your valentine, best friend or special guest to the "Italian Valentine's Dinner" Thursday, February 10, 2011 at 6:00 p.m. Cost \$7 per person. **Kim Brown**, 2010 Lee County Idol and **Darryl Barrett**, 2010 Lee County Idol Runner Up will sing your favorite love songs from the past. **Menu:** Lasagna, salad, bread, chocolate dessert. Catered by Judi Womack and EC Staff. **Registration required.** Call 776-0501 ext. 201.

Black History Celebration— Friday, February 25, 2011 at 10:30 a.m. Master of Ceremonies: **Sandra Boyd**, Health Education Supervisor. Special Guest Speaker: **Major Carlton Lyles**, Field Operations, Lee County Sheriff's Office. Registration requested, call 776-0501 ext. 201.

Seeking Line Dance Instructor— If you are interested in teaching a beginner's line dancing class, please contact Debbie Williams at 919-776-0501 ext. 203.

The San-Lee Dancers—The San-Lee Dancers will meet Tuesday, Feb. 8, 6:00-9:00 p.m. Cost is \$5.00 per person. Ages fifty+ (couples and singles) and younger guests welcome! "**Elvis**" [Alias **Wayne Mims**] will sing/play Elvis songs the first half, then offer other music after intermission.

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for February:** 5th—Southern Exposure, 12th—Bill Pollard Back Porch Country, 19th—Raymond Bradley Band, 26th—Bill Pollard Back Porch Country.

Legal Aid Intake Day at The Enrichment Center—First Friday of the month, 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.

Yada Yada Sisters—Tuesday, February 1, 5:00 p.m. meet at **Yamato's** and then return to The Enrichment 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.

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.** Volunteers will meet Thursday, February 10 at 10:00 a.m.

Veterans Remembrance Group—Wednesday, February 9, at 2:00 p.m. Open to the general public. Registration encouraged. Call 776-0501.

Our purpose is to connect boomers, seniors, family caregivers and veterans with meaningful educational and volunteer opportunities; increase their access to services, benefits and resources, and offer tools to manage health and finances.

Look inside for information on...

- ◆ **Mystery Trip, p. 2**
- ◆ **Family Caregiver Training, p. 3**
- ◆ **Dementia 360, p. 3**
- ◆ **Ballroom Dance Lessons, p. 4**

Diners **A daily celebration**

Join us for lunch at 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 meat sauce, pork chop, BBQ chicken, tuna salad, baked chicken, fish sandwich, fruit, dessert and beverage. Call 776-0501 ext. 208 for information and to register.

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

- I** 2nd—Laurence Poindexter singing & playing guitar
- U** 3rd—Chinese New Year, Year of the Rabbit
- 4** 4th—Extra Bingo
- b** 9th—Ronnie Womack singing
- 11th—Alaska Cruise with Mark Coggins
- 14th—King & Queen—Valentine's Day
- 15th—Sassy Red Hatters
- 16th—Miller Boles Program
- 17th—Let's Talk with Mayor Olive
- 18th—Extra Bingo
- 23rd—Billy Walker talks about his hobby
- 25th—Black History Celebration

The Enrichment Center Captain's Choice Mixed Group—Teams are formed by drawing cards and all skill levels are welcome. **9:00 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.*

Living with Vision Loss Support Group—Wednesday, February 9, 1:00 p.m. with facilitator **Nora Gunter** for those with vision impairments (including Macular Degeneration) and their loved ones. Open to the general public.

"Let's Talk" with Mayor Cornelia Olive—Thursday, February 17, 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, February 17, 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.

Let's Travel

Call 776-0501 ext. 201 to register!

Complete details are available at The Enrichment Center.

May 2 - 6, 2011

Savannah, the Belle of Georgia.

2011 MYSTERY Trip!

Tuesday, May 10, 2011

How adventurous are you? Cost is \$30 per person and will include lunch. We will travel to one of the fastest growing areas of NC.

Lee County Volunteer Base

People Need People. Make a difference in Lee County by joining our team!

If you are interested in volunteering at The Enrichment Center or in Lee County or if your organization is in need of volunteers, contact Janice Holmes today at 919-776-0501 ext. 206.

Home Delivered Meal Volunteers are needed at The Enrichment Center. Routes take about an hour and include 4-6 stops. Volunteers choose how often they desire to work. **If you are interested in this volunteer opportunity please contact Janice Holmes at 919-776-0501 ext. 206.**

Medicare's Preventative Services

The Affordable Care Act makes many improvements to Medicare. If you have Original Medicare, you will now be able to get a yearly "Wellness" exam and many preventative services for free. This includes a review of medical and family history; a list of current providers and prescriptions; height, weight, blood pressure and other routine measurements; a screening schedule for appropriate preventive services; a list of risk factors and treatment options for you. This is covered once every 12 months and you will pay nothing if your doctor accepts assignment. **If you have question or need further details contact Janice Holmes, SHIP Coordinator, at 919-776-0501 ext. 206.**

corner



caregiver

Valentine's Day is a good time to celebrate your important role as a caregiver. As a loving and hardworking caregiver, you deserve to be remembered and celebrated. Your loved one would most certainly like to make the day special for you. However, sometimes that's just not possible. *Here are some ideas you might want to try with or without your loved one:*

- ◆ **Practice mindfulness.** Did you see the red cardinal and hawk today? It's so much easier to see them in the winter when the trees are bare. Attract the pretty birds with a bit of bread or bird seed tossed on the sidewalk when you collect your mail.
- ◆ **Enjoy a scented candle** while you perform a task.
- ◆ **Make a homemade Valentine's Day card** with simple copy machine paper. Cut out a heart shape and decorate it with colored pens or markers. Cut out pictures and words from old magazines to glue onto your card.
- ◆ **Have a movie day.** Rent a funny movie. Make some popcorn and enjoy!
- ◆ **Pretend you are Chef Julia Child.** Invent a new soup or omelet with odds and ends in the refrigerator or freezer.
- ◆ **Take a break.** Enjoy a few minutes every day of just doing nothing. Recharge your own batteries and relax. You deserve it!

Have a Happy Valentine's Day!
---Judi

Dementia 360 - Seeing the Condition From Everyone's Point of View Tuesday, March 29, 2011
2:00 p.m. - 4:30 p.m. FREE with Special Guest Speaker **Teepa Snow, MS, OTR/L, Dementia Care Specialist.** General public is invited. To sign up for this free seminar call 919-776-0501 ext. 201.

Caregiver Time Out - An afternoon break for family caregivers. Attention...family members caring for a loved one, receive a two hour break each Tuesday and/or Thursday. The care recipient will enjoy socialization, crafts, music, armchair exercise and much more. If you are interested contact Judi Womack at 919-776-0501 ext. 230.

Tuesdays: 1:00 p.m. - 3:00 p.m.
At The Enrichment Center
1615 S. Third Street, Sanford

Thursdays: 2:00 p.m. - 4:00 p.m.
St. Luke United Methodist Church
2916 Wicker Street, Sanford

Family Caregiver Training Program

Tuesdays February 1-22 and March 1-8, 2011

3:30 p.m.—5:00 p.m.

NO Cost—Made possible by the National Family Caregiver Grant. Donations accepted.

Respite care available for your loved one so that you may attend these classes.

Call Judi at 919-776-0501 ext. 230.

**Open to the general public—
all adults welcome to participate.**

Caregiving today includes learning the skills necessary to provide care, accepting the fact that you can't do it alone and being aware of the need to take care of yourself while you are a caregiver. **The National Caregiver Training Program** has been designed to help you learn the skills and knowledge you need to provide safe and confident home care. This course includes video instruction, lectures, demonstrations by the class teachers and hands-on practice. Handouts include key points and definitions for each session and course evaluations. You will receive the book Quick Tips for Caregivers to use as your textbook. Call Judi at 776-0501 ext. 230 to reserve your seat for this class.

Family Caregivers: are you concerned about leaving your loved one alone? When is it no longer safe?

Ask yourself the following questions:

1. Is the person capable of calling 911 or calling a neighbor in the event of an emergency?
2. Is the person capable of leaving the home in the event of an emergency?
3. Have there been "red flag" events: leaving the home and getting lost, forgetting that food was cooking on the stove, taking wrong medications?
4. Can the person distinguish friends and family from strangers if he/she is faced with answering the door or having someone enter the home?
5. Can the person use the bathroom without your help?
6. Does the person have a health condition such as epilepsy or severe shortness of breath that may need constant monitoring?
7. Has the person fallen more than once in the last 1-2 months? If so, does she/he wear a personal emergency response device so that she/he can call for help?

As you answer these questions, your decision about leaving your loved one alone will become clearer. Sometimes frail or slightly confused people can be left alone for short periods of time, but others are not safe to be left alone at all. For your own peace of mind and the safety of your loved one, don't hesitate to ask family or friends to help. Become a part of The Enrichment Center's family caregiving programs. Respite services are available. Call Judi at 919-776-0501 ext. 230.



The Enrichment Center
1615 S. Third Street, Sanford, NC 27330
919-776-0501 www.leecountync.gov/ec
email: enrichment.center@leecountync.gov

**June 2008 Re-Certified Senior Center of Excellence by
the North Carolina Division of Aging and Adult
Services.**

**Be sure to tune in to The Enrichment Center Radio
Newsletter Monday through Saturday,
11:35 a.m. on Life 103.1 WLHC-FM.**

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You will notice...The Center Post is shrinking a bit to help conserve money and paper. Be sure to stop by or call us at 919-776-0501 for complete details of services, programs and activities.

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

Ballroom Dance Lessons - FREE! Mondays, March 7 –28, 6:45 p.m.-7:45 p.m. with **Instructor Judith McDonald**, President of Outreach Programs US Dance. This opportunity is provided for anyone that would like to learn to glide across the floor with confidence. Wear comfortable clothing and bring your dance leather sole shoes. Class size is limited. Registration required, call 919-776-0501 ext. 201.

55 Alive Driver Safety Program - Thursday, March 17, 2011, 10:00 a.m. - 3:00 p.m. Lunch provided. Cost is \$12 for AARP members, \$14 for non-members. Payable at class. **55 Alive AARP Instructor Phillip Bruce** will cover age-related physical changes, declining perceptual skills, rules of the road, local driving problems and license renewal requirements. Registration required, call 919-776-0501 ext. 201.

Setting Financial Goals Workshop - FREE! Tuesday, March 22, 2011 6-8:30 p.m. with **Thomas Rosser, Jr. LUTCF, Financial Representative, Consolidated Planning, Inc.** Open to all adults - general public is invited. Registration required, call 919-776-0501 ext. 201. Lite dinner available at 5:00 p.m. Program begins promptly at 6:00 p.m. **Do you know what MONEY TYPE you are?...** A spender, speculator, saver or investor? This workshop is designed to help you enjoy greater financial security. What might be keeping you from enjoying greater financial security? Join us and make your goals a reality! NO products or services sold during this program—it provides educational information only.

Inclement Weather

The Enrichment Center is a Lee County Government facility. During inclement weather, when Lee County Government offices are closed or on a delay, so is The Enrichment Center. Postings are made on WRAL-TV Raleigh and WTVD-TV Durham. Announcements are made on Sanford radio stations WFJA 105.5 FM, WWGP 1050 AM and Life 103.1 FM.

NOTE: If Lee County Government Offices are on a delay or closed,
The Enrichment Center's Diners Club and Home Delivered Meal Program will be closed.