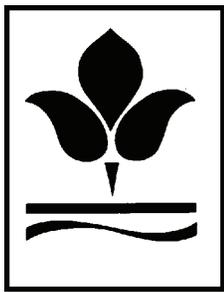


◆ The Center Post ◆

Volume 19 Issue 6

JUNE 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...

► **Lee County
Idol**, p. 3

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Caregiver Time
Out Program**,
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Trip**, p. 6

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Date—EXPO**,
p. 8



2010 Enrichment Center Golf Tournament Successful! Thank you!

The Enrichment Center of Lee County, Inc. would like to thank the many sponsors, patrons and volunteers for their support on Friday, May 07, 2010. The 3rd Annual Helping Fund Golf Tournament was held at Quail Ridge Golf Course and **with your support we surpassed our goal and raised \$8000.** All proceeds will benefit the Helping Fund which assists over 300 indigent older adults each year maintain the basic necessities of life.

PLATINUM SPONSOR \$1000

JUMP 23, INC.

GOLD SPONSOR \$600

**Unfinished Furniture Outlet, Inc.
Central Electric Membership Cooperation
First Bank**

SILVER SPONSOR \$300

**Fidelity Bank ~ Lee Builder Mart, Inc. ~ First Health of the Carolinas
Peak Resources (Pinelake) ~ Carthage Healthcare, Inc. ~ Sanford Cardiology
Sanford Contractors, Inc. ~ Sanford Area Society of Shaggers
72 Degrees Heating & Air Conditioning**

BRONZE SPONSOR \$100

Pat & Lane Vanderhoek
Edward Jones
Carlyle Edmundson
Perry Brothers Tire Service
David Fisher, DDS
Bay Breeze Seafood
Wilson & Reives
Sandhills Orthodontics

All Digital Printing
Tracy Carter for Sheriff
Fred & Margaret Murchison
Dollar Rent A Car
Wilkinson Automotive
H. H. Hunt
Atlantic Truck & Tire
WWGP Broadcasting

Lions Club - Nelson/Crigler
Crescent Bank
Tramway Stone & Mulch
Santos "Rod" Rodriquez
Dusty Phillips
KW Insulation
Toyota of Sanford
A Few Nice Things, Inc.

PATRONS

Carolina Lakes Golf Course, Kenneth Neilsen, Perry Brothers Tire Service, Carolina Trace Country Club, Fidelity Bank, Sanford Golf Course, Kelly's Diamonds Unlimited, Foxfire Resort & Golf, Farm Bureau Insurance, Wells Fargo Financial Advisors, Temple Theatre, The Carpenter's Shop, Atlantic Truck & Tire, Dollar Rent A Car, Garden of Eden Specialty Soaps, The Enrichment Center, Added Accents, Kathryn's Hallmark, Image One Signs and Quail Ridge Golf Course

See the next page for our tournament winners...

*On behalf of the Enrichment Center Staff
and older adults of Lee County we would
like to say "Thank You"
for your participation
in The Enrichment Center
of Lee County's*

*3rd Annual "Helping Fund"
Golf Tournament.*

*It is through your generosity and support that
many older adults in Lee County will have
warmth, food and necessary medications.*

*The number of requests for assistance this year
has already surpassed previous years.
Your support allows us to continue
to help in emergency situations to ensure that
heat, utilities and medications
are available.*

*The Enrichment Center's "Helping Fund" assists
over 300 indigent older adults maintain the basic
necessities
of life each year. The "Helping Fund" is
financed solely by community support
and 100% of your tax-deductible donation
stays in Lee County
to help our most frail citizens.*

*We look forward to your continued support in the
upcoming year.*

*Contributions made in honor or memory of
individuals or groups are accepted. Please make
checks payable to
The Enrichment Center, Inc.
Include acknowledgement name
and address information
with your contribution.*

2010 Golf Tournament

Winners

**Congratulations
and Thank You for Your Participation!**

1st in 1st Flight

Walt Hersman, Dick Brown,
Bud Burgess, Roger Brown

2nd in 1st Flight

Bud Greene, John Altenburger,
Jack Steer, Brian Soderquist

3rd in 1st Flight

Dal Langston, Morris McClellion,
Alan Holt, Charles Blum

1st in 2nd Flight

James E. Williams, Tom Thompson,
Vau Challingsworth, Tom Furr

2nd in 2nd Flight

Steve Smith, Bob Massena,
Dennis Cook, Walt Swanson

3rd in 2nd Flight

David McBurnett, Jarrell Meeks,
Jimmy Cook, William McBurnett

Closest to Pins

#3 — Jarrell Meeks
#11 — Vince Roy

Longest Drive

#9 — John Misiasek



Who will be the next SUPERSTAR?

Are you 35 years old or better and do you love to sing, if so ...
This is your chance to become the Lee County 2010 Idol

Auditions Will Be Held:

Tuesday ~ August 10, 2010 ~ 7:00 p.m.

Depot Park ~ Charlotte Avenue ~ Sanford, NC

(In case of rain, auditions will be held at the Temple Theatre)

There is an entry fee to audition, all proceeds will benefit the Helping Fund.

Entry Forms are available at The Enrichment Center of Lee County
1615 S. Third St., Sanford, NC ~ For more information call 919-776-0501

Official Entry Forms should be submitted by Friday (08/06/10)

Please bring any needed items for your performance to the audition

Contestants who are selected at the auditions will perform on



Wednesday, August 25, 2010, 2:30 p.m.

Dennis A. Wicker Civic Center Auditorium

1801 Nash Street, Sanford, NC

The 2010 Idol will receive a \$300.00 Cash Prize &
Runner-Up will receive an Enrichment Center Day Trip for 2 (not to exceed \$150)



The Enrichment Center ★
of Lee County

Sponsored By ★



Legal Aid Intake Day at The Enrichment

Center—First Friday of the month. Friday, June 4, 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.

S.A.P. Sanford Area Photographers Club—

Thursday, June 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 Talk” with Mayor Cornelia Olive—

Thursday, June 17, 10:30 a.m. Come and share your concerns and views with **Mayor Olive** in this informal setting open to the general public.

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person.

Bands for June 2010: 5th—Southern Exposure, 12th—Bill Pollard Back Porch Country, 19th—South Roads, 26th—Bill Pollard Back Porch Country.

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Tuesday, June 1, 5:00 p.m. We will meet at Yamato’s for dinner and 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.

sisters

The San-Lee Dancers—The San-Lee Dancers return Tuesday, June 8, 6:00—9:00 p.m. The cost is \$5.00 per person (and food to share at intermission). Ages fifty+ (couples and singles) and younger guests welcome! Shirley Buchanan will teach a line dance. The Bill Pollard Band (Back Porch Country) will play, sponsored by Jimmy Haire Photography.

Water Aerobics—This form of exercise is refreshing and is known to be the easiest on our joints. Classes are held at OT Sloan Pool and will begin Wednesday, June 2. Classes are held: **Mondays—Wednesdays—Fridays at 11:00 a.m. The cost is \$25 for the summer. Mondays & Wednesdays at 5:30 p.m. The cost is \$10 per month. Call 776-0501 ext. 201 to register.**



Brick City Captial Line Dancers are off for the summer and will meet again Sept. 9, 2010.

Mexican Train Dominoes are off for the summer and will meet again in September.

Groups that meet at The Enrichment Center should call 776-0501 ext. 201 with summer schedule changes.

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.

Hot Topics—Tuesdays in the Game Room at 10:30 a.m. What matters most to you right now? Bring the latest news from newspapers, magazines or other sources you rely upon for important information. Call 776-0501 ext. 201 to register. This group is open to the general public for all adults.

Movie Day & Lunch—will meet again July 12th at 10:00 a.m. Register for lunch at The Enrichment Center where you can relax and enjoy your meal while watching a great movie!

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, June 10 at 10:00 a.m.**

Veteran's Remembrance Group—Wednesday, June 9, 2:00 p.m. **Barrie Davis** will be our guest speaker. Barrie was in the 15th Air Force and flew P51 and P47 fighters. Registration is encouraged, call 776-0501 ext. 201. This group is open to the general public for all adults. **The group will not meet in July or August.**

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!**

Grief Support Group - Losing someone hurts. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. Do you need to talk to someone who understands? Find others in the same situation and **join us Thursday, June 3, 1:00 p.m.– 2:30 p.m. with Facilitator Linda Moore, MSN. SPONSORED BY: ROGERS-PICKARD FUNERAL HOME.**

Breast Cancer Support Group, 2nd Tuesday of each month, 7:00 p.m. at The Women's Center at Central Carolina Hospital, 1135 Carthage Street. For more information, go to their web site www.breastnavigator.com.



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 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.

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

- 2nd**—Laurence Poindexter singing and playing guitar
- 4th**—FREE Energy Conservation with Brenda Johnson
- 9th**—Miller Boles program
- 11th**—Bingo
- 15th**—Sassy Red Hatters
- 16th**—”Change in Bowel Habits/Heart Burn/Gerd” discussion with Wanda Wazenegger
- 17th**—Let’s Talk with Mayor Olive at 10:30 a.m.
- 18th** Jubilee Choir
- 21st**—Ladies, Let’s Decorate the Tables for Father’s Day!
- 23rd**—Joke Day!
- 25th**—Stephanie Bias, NC SHIIP (Seniors Health Insurance Information Program) (**NO Bingo**)
- 30th**—Nutrition with Susan Condlin, Director of Agriculture

SCRABBLE...First Thursday at 12:30 p.m. Open to the general public for all adults. Call 776-0501 ext. 201 to register.

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.

Card Game Canasta, Fridays, 12:30 p.m. with Instructor **Carolyn Arnold**. This group is open to the general public for all adults.

Living with Vision Loss Support Group—Wednesday, June 9, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones. This group is open to the general public for all adults.

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!

Tuesday, October 19, 2010

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

Thursday, October 21, 2010

A Day in NASCAR COUNTRY,

Charlotte, NC! \$105 per person: transportation, tour of Charlotte Motor Speedway, lunch at the Speedway Club, a stop at Hendrick Motorsports and tour of NASCAR Hall of Fame!

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.

Thursday, December 9, 2010

The Rudy Theatre in Selma, NC. Dinner at Cracker Barrel in Selma (not included). We will see the Christmas lights in Meadow Village.

Tuesday, December 14, 2010

Music Super Stars Vince Gill and Amy Grant stop by DPAC with their **Christmas with Amy & Vince Tour.** The Grammy-Award winning husband-and-wife team will present cherished standards and newer seasonal fare, as well as some of their biggest hits. **If you are interested in this trip, please call Janice at 919-776-0501 x206 as soon as possible.**

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

Volunteers Continue to be Essential for SHIIP's Operation

SHIIP (Seniors' Health Insurance Information Program) is always looking for new volunteers. Would you like to give back to your community? Do you have computer skills? Are you a people person? Do you have the ability to easily explain things to others? If you answered yes to any of these questions, you may be a great addition to the SHIIP family of volunteers. How can you become a SHIIP volunteer? Contact Janice Holmes, SHIIP Coordinator in Lee County at 919-776-0501 x206. Let us educate you about Medicare so you can help the citizens of this great state. It's time for you to become part of the SHIIP team!

Governor's Award for Volunteer Service 2010

The Awards honor the true spirit of volunteerism by recognizing individuals, groups and businesses that make a significant contribution to their community through volunteer service. Any person, group, or business from the public, non-profit and private sector may be nominated for an award.

Nomination forms are available at the Enrichment Center. Forms are also available at www.leecountync.gov.

**Please return the completed forms to the Enrichment Center, 1615 S. Third Street, Sanford, NC 27330,
no later than Friday, July 30, 2010.**

For more information, contact Janice Holmes, Volunteer Services Coordinator, at 919-776-0501 x206.

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These Four Walls

As a family caregiver, your four walls can seem like your worst enemy. You may feel enclosed by your walls and your caregiver responsibilities.

Because caregiving affects all areas of our lifestyle, let's develop a different theme for each wall:

Wall 1: Wall of Power Focusing- Sometimes we all need a little help with our struggles. On this wall, post your current struggle or obstacle; the one that causes you great pain or frustration. We'll keep your need in mind and "power focus"(pray) for you on your behalf.

Wall 2: Wall of Honor- Often, care recipients suffer from the debilitating illness or disease that rob them of their former selves. As a result, we sometimes forget that our care recipients were once vibrant, interesting persons. On this wall, we encourage you to share your memories of your care recipients, including what you miss most about them.

Wall 3: Wall of Hopes- For our own mental health, it's important to remember hopes and dreams for the future. What are yours?

Wall 4: Wall of Courage- What positive insights, thoughts and experiences can you offer other caregivers? Through this wall, caregivers can focus on the best part of caregiving - and the life lessons they've learned as a result.

~~~*Judi, Caregiver Advisor*

### **"ANGELS"**

*Angels Now Getting Empathy, Love and Support*  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday each month 6:30 p.m.

**Gail Valentine, Faciliator**

This group 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. Open to the general public, all adults are invited. Registration not necessary.

**Parkinson Support Group** for Persons with Parkinson's Disease, Their Family Members, Caregivers and Friends. Our next meeting will be on Wednesday, June 16 at 10:30 a.m. with **Facilitator Bob Brickhouse.**

### **Thank you! Thank You!**

**Our 7<sup>th</sup> Annual Caregiver Education Conference** held May 11<sup>th</sup> at St. Luke United Methodist Church was a tremendous success! We had over 200 participants and Teepa Snow and Melanie Bunn, Dementia Specialists, received praises from everyone! We would like to thank the Alzheimers North Carolina, Inc., The Enrichment Center of Lee County and Moore County Department on Aging as our presenters of this conference. We also want to thank our sponsors as follows: Alzheimer's Walks of Alzheimers NC, Inc., Aging Outreach Services, The Bayberry Retirement Home, Carolina House of Pinehurst, Christian Healthcare Adult Daycare, Central Carolina Hospital, Comfort Keepers, Elmcroft of Southern Pines, First Choice Home Care, Fox Hollow, Garner Law Firm, The Laurels of Chatham, Liberty Home Care & Hospice, Quality Home Health Care and WLHC-FM Life 103.1.  
*Thank you to all our wonderful volunteers and our Lee County Idol, Dave Cyphert for his outstanding entertainment during lunch.*

### **Grancare Visits Aloha Safari Zoo**

On May 8<sup>th</sup> eighteen grandparents and grandchildren visited the Aloha Safari Zoo. We all had a great time and would advise others to visit the zoo. We saw all the animals, had lunch at the zoo café and enjoyed the fun and fellowship. Our grandparents raising grandchildren will resume in September with very exciting programs.

### **Caregiver Time Out—TUESDAYS 1:00 p.m.**

Family caregivers, bring your loved one Tuesdays for fellowship, activities and refreshments. Our program provides a two-hour break for caregivers **from 1:00 p.m. to 3:00 p.m.** If you would like further information, please call 776-0501 ext. 230. This program is made possible by the National Family Caregiver Grant Program.

### **New! Caregiver Time Out—THURSDAYS**

**1:00 p.m.—3:00 p.m.**

**St. Luke United Methodist Church.**

**We are excited about our caregiver partnership with St. Luke UMC! Please call Judi at 776-0501 ext. 230 if you are interested in your loved one attending this program.**



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/ec](http://www.leecountync.gov/ec)**

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

**8th Annual**



**Living Well!**

**Wednesday, August 25, 2010**

**10 a.m.—2:00 p.m.**

**Dennis A. Wicker Civic Center**

**1801 Nash Street, Sanford**

100+ vendors ~ Educational Seminars ~ Health Screenings ~ Lee County Idol ~ Hourly Prize Giveaways ~ Bingo ~ Healthy Cooking Massages, Hair Cuts, Manicures and MORE!

**Did you know...In 2011 the first boomers will reach their 65th birthdays? By 2029, all baby boomers will be at least 65 years old. This group, totaling an estimated 70 million people aged 65 and older, will have a large impact on services, government and our economy. Take pleasure in today and plan for tomorrow—educate yourself while attending the 8th Annual Boomer, Senior & Caregiver Expo!**

**SAVE THE DATE!**

We are celebrating our 8<sup>th</sup> Annual Boomer, Senior and Caregiver Expo on Wednesday, August 25<sup>th</sup> at the Dennis A. Wicker civic center. Our focus is to make this event the very best in Lee County and surrounding areas for Boomers, Seniors and Family Caregivers. You will not want to miss the products, services, entertainment, educational seminars and much more! We are proud to announce our **Lead Sponsor, Bright Audiology!** **Early Bird Platinum Sponsors:** First Bank, Central Carolina Hospital, Carolina Women's Fitness & Olympic Fitness, The Bayberry Retirement Inn and First Choice Home Care. **Early Bird Gold Sponsors:** Four Oaks Bank, Tarheel Diabetic & Medical Supply, AARP of NC, Christian Healthcare Adult Daycare, Ammons Chiropractic, Spring Arbor of Apex Assisted Living and Community Family Medicine, Siler City Care and Rehab, Liberty Commons Nursing & Rehabilitation Center, Boom! Magazine, PC Snyder Music.

**VENDORS! Call Judi today to secure your sponsorship and booths! 919-776-0501 Ext. 230.**