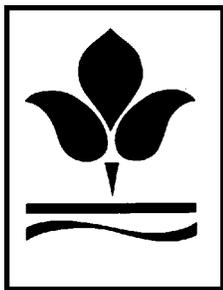


◆ The Center Post ◆

Volume 19 Issue 10

OCTOBER 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...*

► *Nominate a
Family
Caregiver, p. 9*

► *Card Party!
p. 4*

► *Flu &
Pneumonia
Shots, p. 4*

► *Medicare
Updates, p. 7*

Alzheimer's Walk

Saturday, October 2, 2010 Depot Park

Registration 9:00 a.m. Walk 10:00 a.m.

Come out & walk "in honor of" or "in memory of" a loved one.

Goal \$35,000 See page 10 for further details.



alznc™
Alzheimers North Carolina, Inc.

*Here for you...
today and tomorrow*

Lead Sponsor:



Fall Festival

Saturday

October 23, 2010

8 a.m.—2 p.m.

Shop for holiday gifts and for yourself.

See page 2 for further details.



**Make A
Difference Day**

Saturday, October 23, 2010

Smithfield's Bar-B-Q sandwiches and sweet tea will be available for purchase at the Fall Festival. All proceeds benefit The Enrichment Center's Helping Fund. See page 2 for further details.

Fall Festival

Saturday
October 23
8 a.m.—2 p.m.



Browse and purchase from more than 40 tables filled with woodcarving, jewelry, paintings, baked and canned goods, homemade soaps, candy, lotions, candles, Christmas decorations, hand-sewn items and much more!



**Bar-B-Q
sandwiches
and
sweet tea
available
for
purchase**

**in partnership with
Smithfield's Chicken 'N Bar-B-Q!**

Make A Difference Day

Saturday, October 23, 2010

In Partnership with



This year's project will consist of food sales at The Enrichment Center's October 23rd Fall Festival. All monies raised will go toward the Helping Fund to assist older Lee County residents in an emergency situation (power bill, water, medication, etc). If you would be willing to lend a hand and volunteer, please call Janice at 776-0501 x206.

Make A Difference Day is a national day of doing good in our communities. Contact Janice Holmes, Volunteer Services Coordinator, if you have questions regarding this project 919-776-0501 ext. 206.

Reminder: The Enrichment Center is an official drop off location for Cell Phones for Soldiers.

Please bring old cell phones to our drop-off box to be recycled. Calling cards will be purchased from the sale of these phones and given to our military personnel serving our country overseas. You can help these servicemen and women stay in touch with their families. Drop off phones at The Enrichment Center, 1615 S. Third Street, Sanford, NC 27330 or call Janice Holmes at 919-776-0501 x206 for more information or to arrange for pickup of donated phones.

The goal of this project is for EVERY SOLDIER to be able to call HOME!

Legal Aid Intake Day at The Enrichment Center—First Friday of the month. Friday, October 1, 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.



Basic Cake Decorating

Tuesdays, Oct. 5—Nov. 9
6:00 p.m. Cost: \$25
With **Cris Elliott**, Certified Wilton Instructor. Registration required, space limited, call 919-776-0501 ext. 201.

Election 2010:

Meet & Greet the Candidates



Wednesday
October 6, 2010
10:00 a.m.—11:30 a.m.
Light refreshments served.

Come and meet the candidates for the November 2nd elections. Don't forget to vote! Registration requested, call 919-776-0501 ext. 201.

A Novel Approach Book Club—will meet Tuesday, October 12, 2010 at 12:00 noon and discuss Riven Rock by TC Boyle. Registration is not necessary and the group is open to the general public.

Lee County Household Hazardous Waste Collection Day Saturday, October 16th, 9:00 a.m.—1:00 p.m. at the Dennis A. Wicker Civic Center. All residents of Lee



Healthy Feet are Happy Feet!

Thursday, October 7, 2010
2:00 p.m. with **FirstHealth of the Carolinas**. FREE facts on foot care. Factors and medical conditions can increase the risk of damage to the feet. You will

learn to objectively assess the risk factors, observe for clinical signs of risk or abnormalities and find a treatment plan that works. Registration preferred, call 919-776-0501 ext. 201.



Managing Your Money

A FREE Seminar

No buying or selling involved.
Open to the general public,
all adults invited.

Thursday, October 7, 2010
10 a.m.—12:00 Noon
At The Enrichment Center
Brought to you by
OWL Risk Management Consulting ,
LLC
Ophelia W. Livingston,
President and Founder

This seminar is aimed at helping consumers and small businesses make more informed decisions. It covers a range of financial needs, including credit and budgeting (workbook included), insurance products, automotive options, mortgage finance and banking services. This information will help you make complex financial decisions with confidence.





Card Party

...and games, too!

Co-sponsored

by Miller-Boles Funeral
Home

*Open to the general public
all adults invited*

Tuesday, October 5, 2010

2:00 p.m.—5:00 p.m.

p.m.—9:00 p.m.

and/or 7:00

bring a friend!

Cost \$3 per person, per session.

**Refreshments and door prizes
at each session.**

Bring your friends and join us for an afternoon and evening of cards, games, food and fun! Your table plays their choice of games: Texas Hold'Em, Bridge, Canasta, UNO, Pinochle, Dominoes, Scrabble, chess, etc. All proceeds benefit The Enrichment Center's Helping Fund, a fund used to assist older adults who are in a crisis situation.



Advance registration preferred.

**Call 919-776-0501 ext.
201.**

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

Mexican Train Dominos with Instructor **Robena Black** will meet Thursdays, 6 p.m.—8 p.m. Learn to play this fun game. Registration encouraged, open to the general public to 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.

Veterans Remembrance Group, Wednesday, October 13 at 2:00 p.m. with guest speakers **Hal Siler and Earl Ballinger**. Mr. Siler and Mr. Ballinger are veterans of World War II. Open to the general public, all adults are invited. Registration encouraged call 919-776-0501.



*FREE Mammogram
by Rex UNC Healthcare
Mobile Mammography
At The Enrichment Center*

Tuesday, October 12, 2010

10 a.m.—2:30 p.m.

Eligibility includes: at least 40 years old; no previous history of breast cancer; not have had a mammogram within the last 12 months. All patients must pre-register. For full details and to register call Sharon Lucas at the Lee Co. Health Dept. 919-718-4640 ext. 5317.

Flu & Pneumonia Shots in partnership with **Brick City Primary Care**, Friday, October 8, 9 a.m.—11:30 a.m. or 1:00 p.m.—4:00 p.m. Offered free of charge to those 65 and over with Medicare Part B. Registration is a must! Call 919-776-0501 ext. 201.

Stay Healthy—Wash your hands!

Information provided by BlueCross BlueShield of North Carolina. Hand washing is the easiest and single most important way of preventing the spread of germs, especially those that cause the flu.

- Use soap and hot water.
- Wash hands for about 15-20 seconds—try humming the “Happy Birthday” song twice to yourself to make sure you wash long enough.
- Rinse hands well.
- Dry hands thoroughly.
- Use a paper towel to turn off the water and open the bathroom door.

The San-Lee Dancers—The San-Lee Dancers return Tuesday, October 12, 6:00—9:00 p.m. **The Bill Pollard Band (Back Porch Country)** will play—sponsored by **Jimmy Haire Photo Studio**. Cost is \$5.00 per person and food to share at intermission. **Shirley Buchanan** will teach a line dance. Ages fifty+ (couples and singles) and younger guests welcome!

“Let’s Talk” with Mayor Cornelia Olive—Thursday, October 21, 10:30 a.m. Come and share your concerns and views with **Mayor Olive** in this informal setting open to the general public.

Living with Vision Loss Support Group—Wednesday, October 13, 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.

**y
a
d
a
y
a
d
a**  Tuesday, October 5, 5:00 p.m. meet at Pizza Inn for dinner. Return to The Enrichment Center for the Card Party! *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.

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

NC Symphony tickets for sale at The Enrichment Center. The North Carolina Symphony will return to Lee County on Saturday, November 13, 2010 at 7:30 p.m. to perform 'From Brahms to Bach-and Back Again' at the Dennis Wicker Civic Center. Music Director Grant Llewellyn will conduct the 65 member orchestra featuring soloists Dovid Friedlander on violin and Melanie Wilsden on oboe. Tickets may be purchased in advance locally at The Enrichment Center and Temple Theatre Box Office (Adult-\$22, Senior-\$20, Student-\$5) and at the door for the same prices. Credit card orders may be placed online at www.ncsymphony.org or by calling the Symphony Box Office at 1-877-627-6724.

Diners **A daily celebration**



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 OCTOBER are open to the general public:

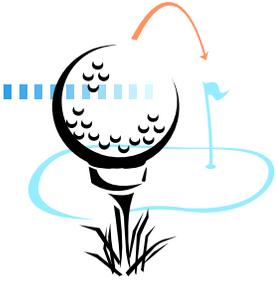
- 1st—Extra Bingo
- 4th—Eddie Matthews from Channel 2, WFMY in Greensboro talks about hurricanes
- 6th—Meet & Greet the Candidates, 10 a.m.-11:30 a.m.
- 8th—NO Bingo—flu shot vaccines
- 13th—Nutrition Education with Susan Conclin, Director, NC Cooperative Extension
- 15th—Telehealth Vital Signs Monitoring with Mary Beth Poplyk, FirstHealth of the Carolinas
- 19th—Sassy Red Hatters
- 20th—Blood pressure discussion with Dr. Erastus Smith, Jr.
- 21st—Let’s Talk with Mayor Olive
- 22nd—Extra Bingo
- 27th—Miller Boles program
- 29th—Games

Enrichment Center



**Mondays
10:15 a.m.**

CHOIR
New Members Welcome



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!*

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, October 14 at 10:00 a.m.*

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for October: 2nd—Southern Exposure, 9th—Bill Pollard Back Porch Country, 16th—Raymond Bradley Band, 23rd—Bill Pollard Back Porch Country, 30th—NO Dance.**

S.A.P. Sanford Area Photographers Club—Thursday, October 21, 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.

Questions about your personal financial situation? FREE financial counseling—Richard L. Palmer, ChFC, Volunteer Financial Counselor. One hour appointments are available on Wednesday or Friday afternoons to discuss and better understand your personal financial situation. Meetings will be held in the strictest of confidence and are not intended to replace a financial or legal professional. Please bring personal or financial statements, a recent income tax return and legal documents. For an appointment call 776-0501 ext. 201.



Veterans Appreciation

**Tuesday, November 9, 2010
8 a.m.—10 a.m.**

Full Breakfast—Space Limited

Reservations required. Call 919-776-0501 ext. 201 by Wed., October 27, 2010.
Co-sponsored by Elks Lodge 1679

To show our appreciation for your service and dedication to our country, we invite you to breakfast. All veterans and current military personnel are invited at no charge.

Guests are \$3.00.

Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same. - Ronald Reagan



Scholarship Opportunities

Attention!

Children of disabled, deceased, combat or POW/MIA war veterans:

If your veteran parent was a resident of NC when he/she entered military service or if you are a lifelong resident of NC, you may be eligible for a scholarship from the state of NC to attend one of the universities, community colleges or technical institutes within the state of NC.

Feel free to refer friends and family members for further details:

**Lee County Veterans Service Officer
John Sandrock
The Enrichment Center
1615 S. Third Street, Sanford
919-776-0501 Ext. 209**

**Mr. Sandrock's office hours are
Monday—Friday 8:30 a.m.—12:30 p.m.**

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.

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. Double \$225, Triple \$215, Quad \$199, Single \$259.

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. \$40 per person.

Tuesday, December 14, 2010

Music Super Stars Vince Gill and Amy Grant stop by DPAC with their **Christmas 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. \$100 per person.

May 2—6, 2011

Savannah, the Belle of Georgia. Join us as we tour the historic and genteel city of Savannah. Pick up a flyer today at The Enrichment Center. Double \$415, Single \$515, Triple \$395

The Perfect Gift



Trip Gift Certificates are available!

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team! The **2010 Alzheimer's Walk** will be held on Saturday, October 2 at Depot Park. Volunteers are needed to assist with set-up, parking, and registration. If you are available and would like to help out, please give Janice Holmes a call at 919-776-0501 ext. 206.

Medicare and You 2011

On **Wednesday, November 10** at 1:00 p.m. and 6:00 p.m., a program will be presented highlighting the changes that will be coming to the Medicare program in 2011. The basics of Medicare A & B, who pays what, costs involved, etc. will be covered. **Registration is not required. For more information, you may contact Janice Holmes, SHIP Coordinator of Lee County, at 919-776-0501 x206.**

Medicare Update:

2011 Medicare Open Enrollment Period is quickly approaching! Information will start arriving to Medicare Prescription Drug Plan Enrollees during the month of October. This information will have details concerning your current Part D plan as well as changes that may affect you in 2011. Changes to your Medicare will be effective on **January 1, 2011**, but you have an opportunity to make changes that would be to your benefit during the Medicare **Open Enrollment Period which begins November 15 and continues through December 31.** Assistance with choosing the best plan available for your unique situation is available by appointment. Contact **Janice Holmes** at 776-0501, ext. 206. **Did You Know??** If your monthly income is below \$1353(single) and \$1821(married) and you have Medicare, you may qualify for "extra assistance". This is a federal program that may be able to help pay your Medicare prescription drug plan costs-premiums and co-pays. You may apply for this program by contacting Janice Holmes, Seniors Health Insurance Information Program Coordinator, at 919-776-0501 x206.

Join Janice and Jane Armstrong, from the Triangle J Council of Governments (Area Agency on Aging), on Thursday, October 7, between the hours of 9am and noon at the Piggly Wiggly store located on S. Horner Blvd. They will have information regarding the "Extra Help" program that is available to Medicare beneficiaries.

Corner



C
a
r
e
g
i
v
e
r

Dear Caregivers,

You are all very special. Each year during National Family Caregiver Month, (November) we celebrate all those who dedicate themselves to caring for others and recognize their efforts to comfort and improve the lives of their loved ones. Being a caregiver is one of the hardest jobs in the world. Whether you are a parent to a child; a daughter or son to a parent; a wife to a spouse or a husband to a spouse; as a caregiver you are a hero.

To celebrate and raise awareness, a **Family Caregiver of the Year** is selected each year. We invite you to nominate someone for our 2010 Family Caregiver Award. So many of you know of families and friends caring for individuals that go the extra mile. **We will honor and recognize the recipient at our annual Caregiver Luncheon on November 16th at the Enrichment Center. Nomination forms are available at the Enrichment Center and are due by November 5th. Thanks so much! ~~~~Judi, Caregiver Advisor**

"ANGELS"

Angels Now Getting Empathy, Love and Support
1st and 3rd Tuesday 6:30 p.m.

Gail Valentine, Facilitator

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.

Thank YOU!

October 2nd Alzheimer's Walk
Sponsors & Committee

We would like to take this opportunity to thank our sponsors, Sanford, Lee County and the Alzheimer's Walk Committee: Judi Womack/Chair, Tami Carter, Laurie Draughn, Melanie Rodgers, Janice Holmes, Dellena Nicholson, Linda Rapp, Nancy Gust, Terri High, Amy Butters, Dana Smith, Jessica Hauser, Margaret Minuth, Mary Button, Robin Duff, Barbara Clayton, Malene Blair, Linda Andrews, Peggy Rowles, Katrina Johnson, and Shannon Meyers for their support in making this event successful. **See page 10 for details.**

Caregiver Time Out

Tuesdays: 1:00 p.m.—3:00 p.m.

The Enrichment Center

1615 S. Third St., Sanford

Thursdays: 2:00 p.m.—4:00 p.m.

St. Luke United Methodist Church

2916 Wicker Street, Sanford



Family caregivers (anyone caring for a loved one), have a two hour break each Tuesday and/or Thursday. The care recipient will enjoy socialization, crafts, music, armchair exercise and much more. The caregiver will have free time to run errands, go to the grocery store, watch a movie or whatever they desire. If you would like further information call 776-0501 ext. 230. *The Enrichment Center's Caregiver Time Out program is made possible by the National Family Caregiver Grant Program. Donations are accepted.*

Powerful Tools for Caregivers

Tuesdays, Oct. 5—26 at 5:30 p.m.

This is a FREE educational program designed to provide caregivers with the tools they need to take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home or across the country. *This program is made possible by the National Family Caregiver Grant Program. Donations are accepted. Call 776-0501 ext. 230 to register.*



Are you a grandparent or relative who is parenting a child? You are not alone! Come and enjoy a combination of sharing experiences, educational presentations and informal exchange.

Thursday, October 14, 2010

12:00 Noon

Speaker: Bob Peterson

FirstHealth Behavioral Services

Topic: "Parenting from a Kid & Adolescent Perspective"

Lunch will be served.

Please register by calling 919-776-0501 ext. 230.

8th Annual Family Caregiver Award

Families and friends caring for individuals are very special people!
We invite you to nominate someone for our 2010 Family Caregiver Award.

The Enrichment Center recognizes that there are many families and friends in Lee County caring for individuals with dementia, Alzheimer's, strokes and other related conditions either part time or full time. In most cases those providing the care do not recognize themselves as caregivers. The Enrichment Center's caregiver program desires to be available to family caregivers through support services, education and respite relief opportunities.

Families and friends caring for individuals are very special people! We invite you to nominate someone for our 2010 Family Caregiver Award. The application process is very simple: tell us in what capacity you know the individual being nominated; what makes this person special to you; list examples of how this person goes above and beyond the regular call of duty; how does the individual being nominated set an example for other family caregivers?

Nomination Form

Nominator's Information:

Name: _____

Address: _____

Telephone Number (s): _____

Are you (check one): a family member other

RELEASE: I hereby grant permission to The Enrichment Center of Lee County to publish and distribute the following nomination form. I understand this nomination will be returned with a Certificate of Outstanding Achievement to the individual I nominate.

Signature: _____

Date: _____

Name of Nominee: _____

In what capacity do you know the individual being nominated?

What makes this person special to you? _____

List specific examples of how the individual being nominated goes above and beyond the regular call of duty to enhance the quality of life for their loved one. _____

How does the individual being nominated set an example for other family caregivers? _____

Attach an additional page if necessary. It is recommended that the nominator include a support letter of 200 words or less with the application.

Please send completed form to:

**The Enrichment Center of Lee County
1615 S. Third Street, Sanford NC 27330**

Attn: Judi Womack, Caregiver Advisor 919-776-0501 ext. 230



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

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

*The majority of our programs are open to the
general public and all adults are invited. Call
919-776-0501 for further details regarding a
program, activity or service.*

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

Alzheimer's Walk

Saturday, October 2, 2010

Depot Park

Registration 9:00 a.m. Walk 10:00 a.m.

Come out & walk "in honor of"
or "in memory of" a loved one.

Goal \$35,000

Join families, friends and co-workers for a
morning full of fun and memories to help raise
awareness of Alzheimer's disease and enhance
the quality of life for those
who live with it.

Those raising \$50 or more will receive an
Alzheimer's Walk t-shirt.

Flu shots available—given by Kerr Drug.

Call Judi or stop by The Enrichment Center
to register a team, sponsor or make a general
contribution towards this cause, 919-776-0501 ext. 230.
Make checks payable to Alzheimer's NC, Inc.

Save the Date

Candlelight Reflections

Thursday, Nov. 4, 2010

6:30 p.m.—7:30 p.m.

At The Enrichment Center

Candlelight Reflections will honor and remember all those
affected by Alzheimer's disease and related conditions as
well as family caregivers.

The Family Caregiver Celebration
and Luncheon

in honor of National Family Caregiver Month
Tuesday, November 16, 2010 12:00 Noon

UNC Hospice Programs

with Ann Ritter. Held at The Enrichment Center.
To register call 919-542-5545.

Coping Through the Holidays

Wednesday, Nov. 17, 2010 at 10:00 a.m.

Hope Through the Holidays

Thursdays, Nov. 18—Jan. 13, 2011 at 10:00 a.m.
Call 776-0501 ext. 230 to register.