

The Center Post

Volume 20 Issue 3

MARCH 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**

**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.**

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information on...**

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Yada Yada Sisters—Tuesday, March 1, 5:00 p.m. meet at The Enrichment Center to order pizza and 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.

A Novel Approach Book Club—Will meet Tuesday, March 8 at 12:00 noon and discuss Patron Saint of Liars by Ann Patchett. The book for April is Straight Man by Richard Russo. Registration is not necessary and the group is open to the general public.

Veterans Remembrance Group—Wednesday, March 9, at 2:00 p.m. with **Special Guest Speaker Mr. Ron Miriello, Vietnam River Rat.** Open to the general public. Registration encouraged. Call 776-0501.

55 Alive Driver Safety Program—Thursday, March 17, 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 776-0501 ext. 201.

FREE Workshop & Light Dinner: Setting Financial Goals Tuesday, March 22, 6-8:30 p.m. with **Thomas Rosser, Jr. LUTCF, Financial Representative, Consolidated Planning, Inc.** *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. Light dinner available at 5:00 p.m. Program begins promptly at 6:00 p.m. Open to all adults - general public is invited. Registration required, call 776-0501 ext. 201.

Do you need some "TAX RELIEF"? Wednesday, March 16 at 2:00 p.m. or Friday, March 18 at 10 a.m. **Tax Administrator Dwane Brinson and Tax Listing Manager Mary Yow** will present an overview of the most common tax relief programs available to individuals. They include: homestead exemption, circuit breaker deferment, disabled veteran exclusion and land use deferment. These presentations are FREE and all adults are welcome to attend. Registration is requested, call 776-0501 ext. 201.

Ballroom Dance Lessons - FREE! Mondays, March 7 -28, 6:45 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.

Do You Have Concerns About Falling? Many older adults experience concerns about falling and restrict their activities. *A Matter of Balance* is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. **Who should attend?** Anyone concerned about falls; anyone interested in improving balance, flexibility and strength; anyone who has fallen in the past; anyone who has restricted activities because of falling concerns. *Classes begin in March, call 776-0501 ext. 201 to register.*

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

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 March are open to the general public:

- I** 2nd—Laurence Poindexter singing & playing guitar
- U** 15th—Sassy Red Hatters
- 16th**—Nutrition Class
- b** 18th Darryl Barrett, 2nd place winner of 2010 Lee County Idol

The San-Lee Dancers—The San-Lee Dancers will meet Tuesday, March 8, 6:00-9:00 p.m. Cost is \$5.00 per person. Ages fifty+ (couples and singles) and younger guests welcome!

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

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*

S.A.P. Sanford Area Photographers Club—Thursday, March 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.

Pot Luck Dinner—Thursday, March 31 at 6:00 p.m. Bring a covered dish and enjoy fun and fellowship. Call 776-0501 ext. 201 to register.

Calling all Card Players...join us at The Enrichment Center on the 4th Wednesday of each month 2:00 p.m.—5:00 p.m. Bring cards and friends and play the game of your choice.

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. Clue #1: we will take a walk through time, starting in 1940 continuing through today.

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.

Reminder: All Volunteers at The Enrichment Center as well as other Lee County Government Departments are eligible to be members at the Local Government Federal Credit Union located at 1002 Spring Lane, Sanford. LGFCU is currently offering tax preparation services. Contact the branch directly at 919-774-8851.

Attention Volunteers at The Enrichment Center:
Save the date of Tuesday, April 5, 2011 and attend the Annual Volunteer Appreciation Dinner.

Medicare's Preventative Services also includes a cardiovascular screening that checks your cholesterol and other blood fat (lipid) levels. These tests will be covered once every 5 years. Screening mammograms are covered once every 12 months. Medicare also covers Pap tests and pelvic exams to check for cervical and vaginal cancers. This screening is covered once every 24 months, or once every 12 months if you are considered high risk. **If you have questions or need further details contact Janice Holmes, SHIP Coordinator, at 919-776-0501 ext. 206.**

corner

caregiver



Refresh Yourself

Spring is right around the corner and we usually think of spring cleaning, planting flowers and just sprucing up everything. It is also a good time for caregivers to take time out to *refresh yourself.*

Time out is essential, not only for peace and quiet, but to get things done for your life. If you try to wait for all of your chores and responsibilities to your loved one to be finished, you may be waiting a long time. Get started now on finding time to refresh yourself.

- ◆ **Get regular physical activity.** Regular, moderate to vigorous physical activity is a good energizer that reduces stress, helps keep blood pressure and cholesterol at heart-healthy levels and helps maintain a healthy weight.
- ◆ **Eat heart-healthy foods.** They give you more energy, keep your brain fed (which helps combat depression) and help prevent other health problems.
- ◆ **Keep humor in your life.** Laughter IS good medicine. Find the humor in your situation when possible, watch a silly TV program or pop in a comedy movie.
- ◆ **Think positive.** Take time every day to refresh your mind. Admit your limitations. Let go of the guilt. Admit that you're angry. Pat yourself on the back for the job you're doing.
- ◆ **Stay connected with the outside world, even if it's just by phone or computer.** Don't isolate yourself. Talk to friends, co-workers about something other than your situation. Stay interested in what would be going on in your life if you were not caregiving. It's still there and you're still a part of it.

*Happy Spring,
~~~Judi*

*Save the Date: 8th Annual Regional Caregiver Educational Conference*

Thursday, May 26, 2011 at the Dennis A. Wicker Civic Center, 1801 Nash Street, Sanford. 9:00 a.m.—3:00 p.m. **Presented by Alzheimer's North Carolina, Inc., The Enrichment Center of Lee County and Moore County Department of Aging.**

This conference is offered for family, community members and professional caregivers. To register call Judi at 776-0501 ext. 230. Respite care is available for your loved one so that you may attend the conference.



*Grancare Luncheon*—Thursday, March 10, 12:00 noon with **Special Guest Speaker Angelina Noel, Workfirst Supervisor, Lee County Dept. of Social Services.** Grandparents as well as other relatives are invited to come and join us for lunch and connect with others in the same or similar situations. Lunch will be provided. Please call 776-0501 ext. 230 for reservations.

*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

***Tax Returns for Family Caregivers***

The role of family caregiver, by its very nature, is one that often places you in a challenging financial position. As a family caregiver you may be entitled to deductions or credits that can help take some of the sting out of filing your tax returns. They might include: medical expenses, medical equipment and special expenses pertaining to the care of your loved one. Tax rules change; therefore, always check with a tax professional when you are preparing your annual tax return.

***Caregiver Support Group (ANGELS) Angels Now Getting Empathy, Love & Support***

You're not alone. Our support group helps you see that your situation is not unique, that you are not alone in your feelings and experiences. Just as importantly, you can use this support group as a resource to find other people who have struggled with the same problems as you and have found answers. As a caregiver, you may begin to rely more on your informal networks and peer groups for support than healthcare professionals. **You are invited to join us the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month at 6:00 p.m. at The Enrichment Center. If you would like more information, please call 776-0501 ext. 230.**



The Enrichment Center  
1615 S. Third Street, Sanford, NC 27330  
919-776-0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)  
email: [enrichment.center@leecountync.gov](mailto: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 decreasing in pages 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.**

*Senior Games & Silver Arts of Lee County is coming soon!* Early Bird registration begins April 1. Come join in the fun of Olympic style athletic events and artistic competitions! This program is sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored state-wide by the NC Division of Aging and Adult Services. Games begin May 17, 2011. **Contact Jimmy Solomon at 776-0501 ext. 207 for complete details.**

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

*Save the Date! Helping Fund Card Party, Tuesday, April 26, 2 p.m.—5 p.m. and/or 7 p.m.—9 p.m. \$4 per person, per session. Co-Sponsored by Miller-Boles Funeral Home.* Play your choice of cards and games as we raise money for The Enrichment Center Helping Fund. This fund is used to assist low income older adults in Lee County who are in a crisis situation with fuel, electricity and other necessities of life. Enjoy fellowship, refreshments and prizes. To register your tables call 776-0501 ext. 201.



## 2011 Enrichment Center Golf Tournament

Friday, May 6, 2011  
Quail Ridge Golf Course, Sanford, NC  
\$60 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 2010, the Helping Fund was able to assist over 280 older adults through the generous contributions provided by Lee County citizens and corporations. **In 2011 we have already seen a marked increase in requests. Every dollar you donate assists an older adult in need.**