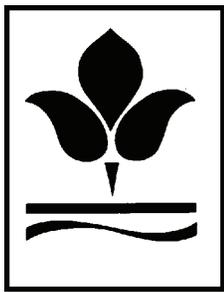


◆ The Center Post ◆

Volume 19 Issue 5

MAY 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...*

- ▶ **FREE**
Women's
Series, p. 2
- ▶ **Sr Tarheel**
Legislature, p. 2
- ▶ **Sr Games &**
Silver Arts, p. 3
- ▶ **National Sr**
Fitness Day,
p. 6



AgeStrong! LiveLong!

**We look forward to you taking part in our May events
as we celebrate Older Americans Month 2010!**

May is nationally recognized as Older Americans Month. The 2010 theme, "Age Strong! Live Long!" recognizes the diversity and vitality of today's older Americans who span three generations! They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry. Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

**7th Annual Regional Caregiver
Education Conference**
*Easing Through Transitions
in Dementia Care*
Presenters: Teepa Snow & Melanie Bunn
Dementia Specialists



alznc
Alzheimers North Carolina, Inc.

*Here for you...
today and tomorrow...*

Tuesday, May 11, 2010
9 a.m.—3 p.m.

St. Luke United Methodist Church
2916 Wicker Street, Sanford **Lunch Provided**
Family Caregivers \$5 (covered upon request) **Professionals: \$25**
Continuing Education Contact Hrs. 5.0 \$10
Registration required, 919-776-0501 ext. 230.
Respite Care provided upon request.

Presented by the Alzheimers North Carolina, Inc.

The Enrichment Center of Lee County and Moore County Department of Aging

Sponsored By: The Bayberry Retirement Inn, Garner Law Firm, PLLC, First Choice Home Care, Central Carolina Hospital, The Laurels of Chatham, Elmcroft of Southern Pines, Liberty Home Care & Hospice, Carolina House of Pinehurst, Fox Hollow, Aging Outreach Services, Quality Home Health Care, Comfort Keepers, Christian Healthcare Adult Daycare & WLHC-FM Life 103.1

*Whole Body
Wellness:
Living to Feed
Your Soul*



Women's Series

FREE

Thursdays
May 6, 13, 20, 27, 2010
6:30 p.m.

Randy Clendenin,
Relationship Counselor
Jeanine Finelli,
Certified Health Counselor/Coach

**Co-Sponsored
by Image One Advertising**

This free series has been designed from your requests, concerns and questions about women's wellness. We are pleased to offer *Whole Body Wellness* with two experts in their fields.

You are welcome to attend one or all four sessions.

Open to the general public—all ladies are invited to attend! Registration is requested, call 919-776-0501.

- | | |
|----------|--|
| May 6th | Nutrition—Clean up your diet for life! <i>J. Finelli</i> |
| May 13th | Managing Hormones—Pre/Post Menopause. <i>J. Finelli</i> |
| May 20th | Proper Food & Lifestyle Choices for Anti-Aging...Naturally! <i>J. Finelli</i> |
| May 27th | Life Balance—The Role Relationships, Career and Spirituality Play in Our Health. <i>R. Clendenin</i> |

Randy Clendenin, Relationship Counselor
Owner/operator of *Bridge Builders,
Southern Pines & Jeanine Finelli*, Certified Health
Counselor, Owner/Operator
of *Love Yourself to Health, Cary*

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 or someone you know wishes to attend, please contact **Debbie Williams**, 776-0501, ext. 203.

Tai Chi for Arthritis—Twelve sessions beginning May 3 at 10:45 a.m. with instructor **Peggy Rowles**. Cost is \$70 and includes DVD, payable at first class. **Register and receive a schedule by calling 776-0501 ext. 201.** This program, designed by the **Arthritis Foundation**, is recommended as a starting point for beginners and is suitable for all people with or without arthritis.

Rex UNC Healthcare Mobile

Mammography—is coming to The Enrichment Center! Friday, May 14, 10 a.m.—2:30 p.m. All patients must preregister by calling **Sharon Lucas at the Lee County Health Department, 718-4640 ext. 5317.** Call Sharon for eligibility screening requirements.

Lunch & Learn—Advocacy Day,

Wednesday, May 19, 12 noon with **Mary Upchurch, Senior Tarheel Legislature Representative.** Each of the 100 NC counties is entitled to one delegate to the Senior Tarheel Legislature. Join us for an informative talk and learn about what a Senior Tarheel Legislature is, why we have one and how this benefits you. Call 776-0501 ext. 201 to register.

UNC HealthCare—Asthma & COPD—

May 14th at 11 a.m. in the Diners Club.

The San-Lee Dancers—The San-Lee

Dancers return May 11 and will open with a new night—Tuesday. Dance will be held 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! The Bill Pollard Band (Back Porch Country) will play.

Chair Massage—FREE—4:30 p.m.—8:00 p.m. Wednesdays May 5, 12, 19 & 26, and Thursdays May 13 & 27. Brought to you by Shelley Patterson, student of The Body Therapy Institute. Call 776-0501 ext. 201 to register.

Legal Aid Intake Day at The Enrichment

Center—First Friday of the month. Friday, May 7, 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, May 20, 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, May 20, 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 May 2010: 1st—Southern Exposure, 8th Bill Pollard Back Porch Country, 15th—The Fabulous Troubadours, 22nd—Bill Pollard Back Porch Country, 29th—NO DANCE.

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Tuesday, May 4, 5:30 p.m. We will meet at The Enrichment Center for a covered dish supper 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.

sisters

SAVE THE DATE!

Wednesday, August 25, 2010

8th Annual Boomer, Senior

& Caregiver Expo

Dennis A. Wicker Civic Center

10 a.m.—2 p.m.



Proudly Sponsors

Senior Games
& Silver Arts of Lee County
For those age 55 and

Senior Games is a holistic approach to body, mind & spirit staying fit, while enjoying the company of friends, family, spectators and volunteers!

Bocce—horseshoes—tennis—bowling—football throw—cycling—painting—photography needlework—weaving—jewelry—pottery dance—vocal—poems—and much more!

Opening Ceremonies & Performing Arts

Tuesday, May 18, 2010 5:30 p.m.

Dinner Served. Guest tickets are \$3.00.

All Senior Games & Silver Arts participants are invited.

To RSVP call Jimmy at 919-776-0501 ext. 207.

Try yoga...

- Reduce Stress**
- Improve Core Strength**
- Strengthen bones & joints**
- Improve posture**
- Increase flexibility**
- Improve range of motion**



the first class is free

Classes available:

Monday 8 am, Tues. 5:30 pm

& Friday 8:30 am

Wear comfortable clothes and bring a mat or towel. Classes are \$15/month and your first month can be pro-rated. Open to all Lee County employees and the general public (age 18 and older). To sign-up or if you have questions or need further details, call 776-0501 ext. 201.

Hot Topics—Tuesdays in the Game Room at 10:30 a.m. What matters most to you right now? Let's meet for coffee and cookies on Tuesdays and discuss what's hot news to you. 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 our 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, May 13 at 10:00 a.m.**

A Novel Approach Book Club—Tuesday, May 11, 12:00 noon. We will discuss Things They Carried by Tim O'Brien with Facilitator **Ellen Viggiano**. Registration is not necessary and the club is open to the general public for all adults.

Veteran's Remembrance Group—Wednesday, May 12, 2:00 p.m. Registration is encouraged, call 776-0501 ext. 201. This group is open to the general public for all adults. We will meet in the pavilion.

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, May 6, 1:00 p.m.– 2:30 p.m. with Facilitator Linda Moore, MSN. SPONSORED BY: ROGERS-PICKARD FUNERAL HOME.**



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.

S 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 MAY are open to the general public:

b 5th—Laurence Poindexter singing & playing guitar (**No Bingo for Bingo Club**)
7th—10:30 a.m. Grace Christian School playing hand bells with Jennifer Murr (**No Bingo**)
12th—Gay 90's luncheon—**Diners Club CLOSED**
14th—Rex Mobile Mammography
14th—All About Asthma & COPD with Steve Tilley from UNC Health Care
18th—10:00 a.m. Sassy Red Hatters
19th—Miller-Boles
19th—Lunch & Learn with Mary Upchurch, Senior Tarheel Legislature Delegate
20th—Let's Talk with Mayor Olive
21st—Bingo
26th—Senior Fitness Day!
28th—Albert Rowe as "Elvis" at 10:30 a.m. (**No Bingo**)

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, May 5, (note date change for May) 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.

Mexican Train Dominos—Thursdays 6 p.m. with facilitator Robena Black. 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!

Thursday, May 6, 2010

**Durham Bulls versus
Scranton Wilkes-Barre Yankees**
Game Time: 11:05 a.m.

We will have lunch at **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.

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 are needed:

- Friday, May 7 to assist with the **Helping Fund Golf Tournament**
- Tuesday, May 11 for the **Caregiver Conference**
- Tuesday, August 24 to assist with set-up of **The Boomer, Senior & Caregiver Expo**
- Wednesday, August 25 for **The Boomer, Senior, & Caregiver Expo**
- **Ongoing opportunity-** Volunteers are needed to assist with delivery of our monthly newsletter, *The Center Post*. Copies are delivered the last Wednesday of each month and it takes approximately 2 hours to complete. This would be a great chance for 2 people to volunteer and enjoy time together.

Many positions are available-we have something for EVERYONE! Contact Janice, Volunteer Services Coordinator at 919-776-0501 ext 206 for more information.

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.

Do you know someone who is on Medicare and needs assistance in paying for their prescription drugs?

Medicare beneficiaries may be eligible for the federal Extra Help low income subsidy program if he/she has limited income and resources. The Extra Help program can increase cost savings by paying for all or part of the monthly premiums, annual deductibles and provide lower prescription co-payments under a Medicare prescription drug plan. To qualify for Extra Help, the annual income must be limited to \$16,245 for an individual (\$21,855 for a married couple living together). Additionally, the total resources must be limited to \$12,510 for an individual (\$25,010 for a married couple living together). The resources do not include a primary residence or a vehicle. If you believe someone you know may qualify for the Extra Help program, please encourage them to apply on-line at www.socialsecurity.gov, or contact the office toll free at 800-443-9354 and they may assist them with completing the on-line application process or send them a paper application.

Tax Filing Update—The AARP Tax-Aide volunteers assisted 600 clients and processed 545 returns for the 2009 Income Tax filing season! The majority of clients seen were boomers, seniors and caregivers. This service is free and made possible by AARP, the IRS and The Enrichment Center.

National Senior Fitness Day



Wednesday, May 26, 2010

We must keep exercise FUN so that we do not lose interest. **Join us for FREE exercise classes and fitness movement games in the Diners Club.** There's also a one day challenge for those that participate in an activity and bring a friend who does not normally participate in The Enrichment Center's fitness programs. Schedule:

8:00 a.m. Aerobics
9:30 a.m. Yoga
10-11:00 a.m. Fitness Room Introduction
11:00 a.m. Chair Exercise
11:35 a.m. Diners Club Bandana Dance!
11:45 a.m. Door prize drawing



Census 2010: It's in Our Hands

**What you need
to know...**

Census 2010 forms have been mailed and delivered to households. The Census is a count of everyone residing in the United States and is only taken once every 10 years. Completing the form, which has only 10 questions, is easy, important and safe. The Enrichment Center and other agencies in our community depend on information collected by the Census to provide services, programs and activities for Lee County citizens.

If you need assistance in completing your form call The Enrichment Center at 776-0501 or the Lee County Library at 718-4665.

May—July, 2010

Census workers will visit households that do not return forms to take a count in person.

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. Let them know the number of people in your household.

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Caregivers- Let's Take Care of You—

Your Health is Important

Too... It's easy to become so busy taking care of someone else's health that we neglect our own. Here's a list of the medical checkups you should be having for your own good health:

Dental checkups once or twice a year; hearing checkups as needed, and eye exams annually after age 65; general medical exam at least every two years, including blood pressure checks; cholesterol test every five years (or as recommended by your doctor); breast exams every year after age 40, and mammograms every year after age 50 (earlier if your family has a history of breast cancer); PAP smears for women every one to three years up to age 65, especially for sexually active women; annual screenings for colon cancer after age 50, especially for anyone with a family history of colon cancer; prostate cancer screening every year after age 50 for men, sooner if there is a family history; flu vaccinations every year after age 65; a pneumococcal vaccination once after age 65

Self-Care Check

- How many servings of vegetables did I eat yesterday?
- How often did I reach out to a friend for support and laughter?
- What did I do this week just for me?
- Can I make time for a walk today?

Caregivers Do Make the Difference!

Caregivers are known to have:

- Renewed faith and deeper spiritual meaning
- Closer ties to family and loved ones
- A sense of purpose and fulfillment
- Sympathy, patience, and understanding
- A sense of personal satisfaction and pride
- Valuable experience to pass on to others
- Gratitude

Be the best caregiver you can be!

~~~Judi

*Humor is the great thing, the saving thing.  
The minute it crops up, all our irritations and  
resentment slip away, and a sunny spirit takes  
its place. ~~~ Mark Twain*



**GRANCARE LUNCHEON  
GROUP**—we're going to the  
Aloha Safari Zoo  
Saturday, May 8, 2010  
Meet at the Enrichment Center  
Parking Lot at 11:00 a.m.  
Lunch will be provided  
All children Free.  
Register by calling Judi,  
776-0501 ext. 230.

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

*Submitted by Gail Valentine, Caregiver to her mom*

*Georgia with Alzheimer's. "Caregiving can be a very exhausting and demanding role, so the opportunity to take a couple of hours a week to regroup and accomplish a few simple tasks or just have lunch with a friend is certainly welcomed. My mom and I both look forward to those weekly times when she can socialize with others while participating in fun activities such as Nintendo Wii bowling, indoor horseshoes, bingo, jewelry making and much, much more! I also benefit from those visits when she regularly displays upbeat and positive moods upon my arrival for pickup, which makes for a very pleasant and enjoyable afternoon. Caregiver Time Out is definitely an awesome program not only for the caregiver but for the loved one as well and has proven to be a mental and emotional lifesaver for me!"*

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.

#### **Family Caregivers Reaching Out**

##### **Listen or Share**

What happens at a support group meeting? People talk! It is a place to express feelings of joy, sadness, anger or frustration among a group of people who can listen and share similar experiences. It's a chance to meet others to exchange ideas, thoughts, and resources. Join us at the following support groups here at the Enrichment Center:

**Alzheimer's and Caregiver Support**  
2<sup>nd</sup> Tuesday each month 1:00 p.m.

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



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 Enrichment Center will be  
CLOSED  
Monday, May 31, 2010 in observance  
of Memorial Day.**

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

## **Home Delivered Meals VOLUNTEERS NEEDED!**

**Would you like to make a  
difference in someone's life?**

We take for granted our ability to open a canned food item, prepare a sandwich or a nice hot meal.

There are homebound older adults who cannot prepare their meals and are in need of a hot meal.

Senior Services delivers about 25 meals Monday—Friday. Routes include 5-6 meals and take about an hour. We are greatly in need of volunteers to assist with this delivery. You may help as little or often as you wish.

**Contact Janice Holmes,  
Volunteer Services Coordinator,  
at 919-776-0501 ext 206  
for more information.**



## **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 corporations. **In 2010 we have already seen a marked increase in requests. Every dollar you donate assists an older adult in need.**