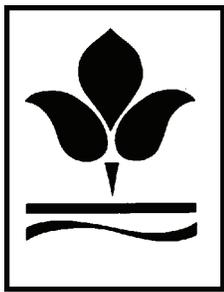


# ◆ The Center Post ◆

Volume 19 Issue 4

APRIL 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...

► *Spring Fever  
Festival, p. 5*

► *Card Party &  
Games, p. 5*

► *Making Ends  
Meet, p. 5*

► *Up &  
Coming May,  
p. 7*



**As a way to show  
our appreciation  
for the  
many hours  
of volunteer service,**

***Lei è invitato...***

**to the**

**Volunteer Appreciation Dinner  
Tuesday, April 6, 2010  
Doors open at 5:30 p.m.**

Menu catered and served by The Enrichment Center staff:  
Baked Spaghetti, Tossed Salad, Italian Bread, Dessert

Invitations have been mailed. RSVP required.

Volunteers are allowed one guest  
at \$8.00, to be paid in advance.



**Cebo Magnifico!**



# Volunteer Spotlight



*Despite tough times, our nation is experiencing a compassion boom through volunteerism! We are feeling it right here in Lee County as well. This month the volunteer spotlight shines on all of you! Your time, efforts and dedication assist in making our programs and services run smoothly. More than 9000 volunteer hours have been recorded over the past 12 months. The national average per hour for a volunteer is \$20.25.*

These volunteers assist with various events that are held each year, such as the **flu shot clinics**, the **Boomer and Senior Caregiver Expo**, and the **Alzheimer's conference**. *Margaret Cox, Sylvia Watson, Judy Morrow, Jim Payne, Brenda Willett, Frank Rujsz, Kathy Rujsz, Peggy Rowles, Emma Grace Jones, Ruth Conder, Merry Pittman, Jack Pittman, Mildred Thomas, Ann McKoy, Brenda Ingram, Janet Fasick, Nancy Kennedy, Virginia Wade, Linda Ray, Marcia Johnson, Althea Shellock, Carolyn Blackman, George Miller, Theresa Miller, Martha Wicker, Helen Hincks, Esther Siler, Hal Siler, Mary Upchurch, Avron Upchurch, Bud Greene, Mark Coggins, Kathy St. Clair, Hugh Pembleton, Ginny Pembleton, Cris Elliott, Gladys Thomas, George Wilberg, Judy Barton, Tom Joyner, John Dixon, Darlene McDowell Althea Nicely, Robin Duff, Patsy Rogers, Bill Rodgers, Cora Glover, Alonzo Glover, Anita Henderson, Robert Powell, Karen Wood, and Joyce Staley.*

These volunteers assist our **Social Work Department** with various needs such as housing and home repair, support groups and delivery to Angel Tree recipients. *Mark Ariy, Bill Carter, Fred Glass, Joe Lanier, Willis McNeill, Andy Siegner, Bob Smith, Joyce Smith, Sam Carter, Janet Carter, Joann Batten, Richard Holshouser, John Lyczkowski, Brian Lyczkowski, Darlene McDowell, Julio Borja, Silas Newby, Linda French and Charles Sylivant.*

**Senior Services Advisory Board** members are appointed by the **Lee County Commissioners** and are responsible for reviewing policies, fiscal budget, grants, center programs and services and assist with building rental requests. *Woody Beale, Karen Oldham, Alice Beardslee, Janet Fasick, Brenda Ingram, Jason Davenport, Commissioner Ed Paschal, Esther Siler and Mary Upchurch.*

**Support Groups Leaders.** *Linda Moore, Marge Kanning, Nora Gunter, Bob Brickhouse, Peggy Rowles and Gail Valentine.*

**Caregiver Time Out-** These volunteers are available on Tuesday afternoons to offer a break to caregivers. *Margie White, Dorothy Matthews, Mary "Kat" Douglas, Doris Kelly, Linda French, Louisa Frank and Debra Wall.*

**San-Lee Senior Citizen's Dance Group** volunteers are responsible for the coordination of the Tuesday Night Dance, held every second Tuesday. *Pauline Collins, Margaret Farrell, Joy Hare, Margie Hearne, Sarah Holt, Ernestine Pickard, Clint Pickard, Dr. Emory Sadler, and Dr. Lynn Sadler.*

**Saturday Night Dance** Volunteers are responsible for securing the bands, refreshments and set up of the dance held every Saturday night at 7 p.m. *Louise Brantley, Harold Harrington, Ernest Johnson, Mabel Johnson, Ron Klepper, Robert Douglas, Jim Foster, Mary Foster, Lois Moore, Margie Hearne, Judy Morrow, Bob Bolsinger, and Bev Bolsinger.*

**Enrichment Center, Inc. Board** members are responsible for overseeing the expenditures of private donations. *Bob Crigler, Helen Hincks, Bud Greene, Tom Joyner, James Emerson, Tony Lett, Ruby McSwain, Margaret Murchison, Lane Vanderhoek, Bill Towson, Bob Will, June Gunter and Jeff Ward.*

The following volunteers are responsible for planning and implementing the **Senior Games of Lee County** program. Local games are held in May and State Finals in September and October. *Bob Garrett, Mike Neal, Bob Smith, John Payne, Bill Shuey, and Jim Turner.*

Volunteer **Program Facilitators** regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Dot Boaz, Bob Brickhouse, Mark Coggins, Russel Dietzel, Hattie Dietzel, Nancy McDowell, Josie Nagy, Bill Newbound, Dick Palmer, Nancy Pickard, Peggy Rowles, Frances Smith, Earl Thompson, Lewis Riddle, Kipp Voymas, Bob Smith, Jean Walker, Carolyn Arnold, Virginia Mattson, Elizabeth Wilson, Louise Ross, Joyce Smith, Brenda Ingram, Linda French and Laurence Poindexter.*

**Administrative and Veteran's Services** Volunteer assists staff members when needed-everything from tallying survey results to making phone calls to alert participants to upcoming events and activities. *Linda Rapp*

**Nifty Noggins** volunteers make coverings for "smart" heads. The coverings are free to cancer patients. From classy berets to handy bandannas, this group has it "covered." *Ann Beale, Marian Carlsen, Darlene Christiansen, Leona Cox, Carrie Doberstein, Emma Grace Jones, Mary Parker, Sue Wagenhauser, Vernetta French and Eva Warrick.*

**S.H.I.I.P.** (Seniors' Health Insurance Information Program) volunteers help Lee County citizens with questions regarding Medicare, Medicare Prescription Drug Plan, Medicare bills and supplemental insurance policies. *Carolyn Blackman, Jean Jones, George Miller, and Lewis Riddle.*

**Tax Aide** Volunteers assist older, low to moderate income people with their income tax filing. The service is free and provided in cooperation with AARP and the IRS. *Alice Beardslee, Robena Black, Robyn Carpenter, Hattie Dietzel, Nancy Johnson, John Koneski, Shirley Martin, Henry Merritt, Jr., Jim Payne, Vickey Sistare, Joyce Smith, George Thompson, Mary Upchurch, John Burns, Billy Tew, Judy Barton and Arlene Williams.*

These volunteers represent Lee County older adults at the **Senior Tarheel Legislature**, which was created by the NC General Assembly in 1993 to provide seniors on matters being considered by NC General Assembly, promote citizen involvement and advocacy concerning aging issues and assess the legislative needs of older citizens. *Mary Upchurch and Esther Siler (Alternate)*

**Cookie Cutters** Volunteers are the ones to thank for the delicious home made cookies that are often served at the Center. *Ruth Conder, Mary Ruth Deese, Betty Johnson, Donna Jackson and Sylvia Thomas.*

**CENTER POST** volunteers meet the last Wednesday of every month to fold, tape and label approximately 350 newsletters for bulk mail out. *Ruby Belsma, Ruth Conder, Virginia Wade and Virginia Titus.*

**BINGO** Volunteers are responsible for the coordination of BINGO games. *Robert Sanderlin, George A. McBride, Barbara Moore, and Louise Brantley.*

**The front desk** area of The Enrichment Center is an extremely busy place. From greeting guests as they arrive, answering the ever ringing phone, and directing to the various activities, these volunteers are very much appreciated. *Judy Warf, Mary Upchurch, Kathryn St. Clair and Josie Nagy.*

Much to the delight of our Diners' Club participants, these volunteers regularly share **exercise & dancing activities, Bible study, and music.** *Shirley Buchanan, Eva Farmer, Robert Lewandowski, Patricia Lewandowski, Earl Thompson, Alice Cline, Laurence Poindexter, Jim Annis and Elba Annis.*

In the past year, **Home Delivered Meal** Volunteers delivered **more than 6000 hot lunches** to homebound older adults in Lee County. Approximately 35 clients on 5 routes are served each day, Monday through Friday. *Art Coleman, Janine Criswell, Judy Warf, Jack Warf, Williard Garren, Amelia Garren, JT Gunter, Tim Jackson, Peggy Jackson, Dan Jones, Jerry Kennedy, Nancy Kennedy, Dale Larson, Audrey MacDowell, John MacDowell, Hans Niedworok, Tina Niedworok, Hugh Pembleton, Ginny Pembleton, Eric Pittard, Eugene Rackley, Don Roundy, Ginny Roundy, Pam Schonder, Sam Sillaman, Bob Smith, Joyce Smith, Bob Stone, Don Voymas, Kipp Voymas, Dee Utley, Elba Annis, Jim Annis, Mary Washington, Mike Washington, Jim Payne, Pam Schonder, Norbert Miller, George Mueller, Donna Mueller, Katie Schonder and Darlene Heuts.*

*"There is no other organization whose history shows development and growth responding to change to the extent that we have seen in the senior center movement. From its early start as a closed system which was membership based and membership dominated, the senior center has become an open system recognizing a responsibility to respond to a total population of older adults and their families in a defined geographic area." Ann Johnson, 2003, Advocate for Seniors*

**Fitness Room** Volunteers assist with fitness orientations, fill in for instructors, and keep towels in the fitness room for participants. *Cathy Andrew, Carol Bates and Trudy Forrest.*

These volunteers represent Lee County older adults at the **Area Agency on Aging's Advisory Board.** *Mary Upchurch, Esther Siler and Dick Palmer.*

**Diners Club** Volunteers assist in taking meals to the tables, oversee donations and reservations for the following day's lunch. *Jim Annis, Don Barrow, Joyce Billings, Helen Cameron, Verna Cheek, Marcell Chesney, Floyd Chesney, Rebecca Clegg, Alice Cline, Helen Garrett, Kum Headen, Banks Marsh, Odessa Richardson, Ellis Temple, Bobby Thomas, Earl Thompson, Alberta Williams, Sarah Woods, Maria Rodriguez, Hazel Nickens, Maggie Newby, Robert Sanderlin, John Hayes, James Baker, Frank Kaufman, Stella Chester, Wilma Shackleton and Elizabeth Wilson.*

## ***Lee County Volunteer Base***

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

**If you are in need of volunteers at your organization or for more information on the various opportunities that are available at the Enrichment Center and in Lee County, you may contact Janice Holmes, Volunteer Services Coordinator, at 776-0501 ext. 206.**

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**Saturday Night Dance**—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for April 2010: 3rd—NO DANCE—floor maintenance; 10th—Bill Pollard Back Porch Country; 17th—Southern Exposure; 24th—Bill Pollard Back Porch Country.**

**Tax Filing Available**—AARP Tax-Aide volunteers are available to file your 2009 Income Tax return at The Enrichment Center. Call 776-0501 ext. 201 for an appointment and more information.



**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.**

**April 2010—Census forms available and assistance offered to those who need help**

**April 1, 2010—Census Day**

**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.



# Spring Fever Festival

Saturday, April 10, 2010

8:00 a.m.—3:00 p.m.

Do you have Spring Fever? We do!

Featured Items:

homemade foods ~ trendy jewelry  
whimsical crafts

table coverings and placemats  
woodcarving ~ homemade greeting cards  
framed photos ~ pottery  
soaps ~ lotions ~ candles

Door prizes every hour!

Need not be present to win.

Hot dogs and drinks available for purchase.

Proceeds from refreshments benefit The  
Enrichment Center, Inc. Helping Fund.

## **Legal Aid Intake Day at The Enrichment**

**Center**—Friday, April 9, 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, April 15, 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, April 15, 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, April 14, 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 to all adults.

# Card Party & Games

Come and play cards and games of your choice as we raise dollars for The Enrichment Center, Inc. Helping Fund. A fund used to assist Lee County residents who are in a crisis situation with fuel, electricity and other necessities of life.



Tuesday, April 13, 2010

2 p.m.—5 p.m. and/or 7 p.m.—9 p.m.

\$3.00 per person, per session

Join us for refreshments and door prizes but most of all to know you have helped an older adult in need.

Call 919-776-0501 ext. 201 for complete guidelines and to register.

**Co-sponsored by**

**Miller-Boles Funeral Home**

# Making Ends Meet

Tuesday, April 20, 2010 4 p.m.—7 p.m.

FREE with Facilitator Irene Smith

If you are age 55 or better and considering returning to the workforce, this workshop is for you. Roundtable discussions, new ideas and opportunities will be shared that will stimulate how to successfully return back to work. Participants will receive a free functional resume. Registration is required, call 919-776-0501 ext. 201.

## **Pot Luck Dinner—**Thursday, April 29,

5:30 p.m. in the Grand Hall. Bring your favorite food to share. Please register by calling 776-0501 ext. 201.

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sisters



We will attend the April 13th 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.

**Hot Topics**—Tuesdays in the Game Room, 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.

**Movie Day & Lunch**—1st Monday of the month beginning April 5, 10:15 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, April 8 at 10 a.m.**

**A Novel Approach Book Club**—Tuesday, April 13, 12:00 noon. We will discuss Skeletons at the Feast by Chris Bohjalian 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, April 14, 2:00 p.m. Registration is encouraged, call 776-0501 ext. 201. This group is open to the general public for all adults.

**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, April 8, 2010, 1:00 p.m.– 2:30 p.m. with Facilitator Linda Moore, MSN. We will resume the 1st Thursday of each month in May. 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.

**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 APRIL are open to the general public:**

**7th**—Laurence Poindexter singing and playing the guitar  
**9th**—Bingo  
**14th**—Grace Christian School w/Jennifer Murr at 10:30 4-6 Grades Singing  
**15th**—Let's Talk with Mayor Olive  
**16th**—Sheriff's Dept Program  
**20th**—Sassy Red Hatters  
**21st**—Learn To Dance with Mark Coggins at 10:30  
**26th**—Bright Audiology  
**28th**—Learn To Dance Part Two with Mark Coggins at 10:30  
**30th**—Miller Boles Program

**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.

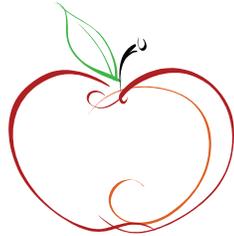
**Living with Vision Loss Support Group**—Wednesday, March 10, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones.

**Mexican Train Dominos**—Thursdays 6 p.m. with Instructors Hattie and Russel Dietzel.

We would like to say a special **THANK YOU** to **Hattie & Russel Dietzel** for organizing and facilitating the Mexican Train Dominos group. The Dietzels are relocating and we wish them the best. Thanks again ~~~ you will be missed!

# Up & Coming **MAY** Older Americans Month

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

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!
- May 13th Managing Hormones—Pre/Post Menopause.
- May 20th Proper Food & Lifestyle Choices for Anti-Aging...Naturally!
- May 27th Life Balance—The Role Relationships, Career and Spirituality Play in Our Health.

Randy Clendenin, Relationship Counselor  
Owner and operator of *Bridge Builders, Southern Pines*

Jeanine Finelli, Certified Health Counselor  
Owner and 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**—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.

**Senior Fitness Day**—May 26th

**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.

# 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, April 22, 2010**

**The Broadway musical "Wicked"** at the Durham Performing Arts Center. Winner of numerous awards. \$65 per person includes ticket and transportation.

## **Thursday, May 6, 2010**

**Durham Bulls versus  
Scranton Wilkes-Barre Yankees**

Game Time: 11:05 a.m.

We will have lunch "Family Style" after the game at fan favorite **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.

## **December 9, 2010**

**The Rudy Theatre in Selma, NC.** Dinner will be at the Cracker Barrel in Selma (not included) and then we will travel to see the Christmas lights in Meadow Village.

## **Senior Games & Silver Arts of Lee County**



## **Bright Audiology 2010 Torch Sponsor**

**April 1—30, 2010**

**Games held May 17 – 28, 2010**

**Come join the fun in Olympic style  
athletic events and artistic  
competitions.**

**We invite you to join our celebration of  
healthy aging in Lee County by participating  
in the annual Senior Games and Silver Arts  
of Lee County to be held May 11 – 22, 2009  
at various locations in Lee County.**

Senior Games and Silver Arts of Lee County is open to residents of Lee County and surrounding areas who will be 55 years of age or better by December 31, 2009.

Senior Games and Silver Arts of Lee County Registration Forms available at The Enrichment Center, Lee County Parks and Recreation, Kendale Bowling Lanes and Carolina Trace Country Club. If you are a previous participant in Senior Games and Silver Arts of Lee County, look for your registration form in the mail.

**For more information about Senior Games and Silver Arts of Lee County, contact Jimmy Solomon, Local Coordinator, at 919-776-0501 ext. 207 or via email at [jsolomon@leecountync.gov](mailto:jsolomon@leecountync.gov).**

**Senior Games and Silver Arts of Lee County is part of a network of 54 Local Games across the state sanctioned by North Carolina Senior Games, Inc. NCSG is sponsored statewide by the North Carolina Division of Aging and Adult Services.**

# Wellness Works!

Fitness Programs Held  
at the Enrichment Center  
*Lee County Senior Services*

**We Have Something for Every"BODY"**

**Try a Class for FREE!**

## **Low Impact Aerobics & Toning Classes**

Cost per month is \$15.00 for 3 days a week  
or \$10.00 for 2 days a week

Tuesday/Thursday 9:00 – 10:00 a.m.

with Kathy McLeod-Edwards

Wednesday/Friday 8:00 – 9:00 a.m.

with Jeanette Redman

Low-Impact Aerobics Monday/Wednesday 5:30 p.m.

## **Stretch & Tone**

Tuesday/Thursday 11:00 a.m. No Charge.

## **The Fitness Room**

Monday/Wednesday 7:30 a.m. – 8:00 p.m.

Tuesday/Thursday 7:30 a.m. – 8:00 p.m.

Friday 7:30 a.m. – 5:00 p.m.

\$1.00 per daily visit – Equipment orientation required.

**Walking Trail** – ¼ mile around the perimeter of the property. No Charge.

## **Fitness Yoga**

Mondays 8:00 a.m. & Fridays 8:30 a.m.

Tuesdays 5:30 p.m.

\$15.00 per month.

## **Senior Games & Silver Arts of Lee County**

Held every spring and offers athletic & artistic events.

Senior Games & Silver Arts are open to Lee County residents, age 55 and better.

**In addition, we offer shuffleboard,  
horseshoes, bocce and table tennis!**

To register for any of the above programs or receive  
further details and guidelines,

please give us a call or stop by the Center,  
776-0501 ext. 201.

Please consult a physician before beginning  
an exercise program.

## ***Department Information***

*The Enrichment Center of Lee County  
Serving Boomers, Seniors and Caregivers*

The Enrichment Center is a public facility housing Lee County Senior Services, County of Lee Transit System and Veteran Services. The Center is a focal point in the community where patrons access services and engage in activities. Programming at the Center is intergenerational with an emphasis on community betterment through involvement. We offer a variety of innovative programs: educational, entertaining, fitness, health and wellness.

### **Hours of Operation**

**Monday—Thursday 8:00 a.m.—8:00 p.m.**

**Friday 8:00 a.m.—5:00 p.m.**

**Telephone: 919-776-0501**

**Fax: 919-774-7593**

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

## **Senior Center**

- Recreational Activities
- Fitness Room & Classes
- Computer Lab & Wireless Internet
- Informational and Educational Programs
- Day and Overnight Trips
- Dances

## **Services**

- Nutritionally Balance Meals:  
-Home Delivered and Diners Club
- Volunteer Opportunities
- Insurance Counseling
- Transportation
- Nutritional Supplement Program
- EC Friendly Connections
- Information and Referral
- Notary Public—Healthcare Advance Directives
- Support Groups
- Home Repair
- Resource Library
- Tax Assistance

## **Family Caregiver Services**

- Caregiver Support Group
- Caregiver Resource Library
- Powerful Tools for Caregivers
- Respite Services for Caregivers

Please stop by or call us  
for a complete list of all opportunities.



**alznc**  
Alzheimers North Carolina, Inc.

# **7th Annual Regional Caregiver Educational Conference**

## *Easing Through Transitions In Dementia Care*

This conference is offered for family, community members and professional caregivers. A one-day conference to address current trends in Alzheimer's care. All family caregivers and people interested in knowing more about this disease are encouraged to attend.

**Tuesday, May 11, 2010**  
**St. Luke United Methodist Church**  
**2916 Wicker Street**  
**Sanford, North Carolina**  
**9:00 a.m. - 3:00 p.m.**

Registration 9:00 a.m. ▪ Program Starts 9:30 a.m. ▪ Lunch will be provided

***Registration Required***  
***Continuing Education Contact Hrs. 5.0***

Call Judi Womack, Caregiver Advisor at The Enrichment Center (919)776-0501 ext. 230  
jwomack@leecountync.gov ▪ www.leecountync.gov/ec ▪ www.alznc.org

**Respite care available upon request.**

**Presented by the Alzheimers North Carolina, Inc.**  
**The Enrichment Center of Lee County and**

### ***Sponsored By***

**The Bayberry Retirement Inn**  
**First Choice Home Care**  
**The Laurels of Chatham**  
**Liberty Home Care & Hospice**  
**Fox Hollow**  
**Quality Home Health Care**  
**Christian Healthcare Adult Daycare**

**Garner Law Firm, PLLC**  
**Central Carolina Hospital**  
**Elmcroft of Southern Pines**  
**Carolina House of Pinehurst**  
**Aging Outreach Services**  
**Comfort Keepers**  
**WLHC-FM Life 103.1**

**corner**  
**caregiver**



## April is Parkinson's Disease Awareness

**Month.** As many as one million

Americans live with Parkinson's disease, which is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease.

Parkinson disease is a movement disorder that is chronic and progressive, meaning that symptoms continue and worsen over time. The cause is unknown, and although there is presently no cure, there are treatment options such as medication and surgery to manage its symptoms.

Parkinson's disease does not just affect the person living with it, it affects the entire family and sometimes, an extended community of friends and other loved ones.

If you are the child, parent, wife, husband, grandparent, relative or caregiver to a person with Parkinson's, you are familiar with how challenging Parkinson's can be. Your responsibility may include helping a loved one with daily activities, managing medications and making financial decisions.

Remember, you also need support. It is equally important for you, as it is for the person with PD, to cope and care for yourself and to begin the process of understanding Parkinson's. The most effective caregiver is well informed, prepared and asks for help and support from all resources that are available.

**Our Parkinson's Disease Support Group meets the 3<sup>rd</sup> Wednesday of the month at 10:30 a.m. at The Enrichment Center. We are very fortunate to have Bob Brickhouse as the facilitator for this group. Those with Parkinson's, family members, caregivers and friends of people with Parkinson's are welcome to attend the meetings.**

**Happy Easter!**

~~~~~**Judi**

### **Alzheimer's & Caregiver Support Group**

Tuesday, April 13, 2010, 1:00 p.m. with facilitator & Caregiver Advisor **Judi Womack**. Topic: **"Accepting the Challenge" Providing the Best Care for People with Dementia.** This group is open to the general public. It 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. **Don't forget, you are welcome to bring your loved one to our Caregiver Time Out while you attend the group. Call 919-776-0501 ext. 230 for further details.**

### **Grancare Luncheon**—Thursday, April 8, 2010

12:00 noon. **Gwen Higgins of Center for Behavior Healthcare will discuss, "Meeting the Challenges of Different Behaviors."** Grandparents and other relatives raising grandchildren join us for lunch and connect with others in the same or similar situations. Lunch will be served. Please register by calling 919-776-0501 ext. 230.

**Caregiver Time Out is growing!** - 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.** Loved ones are cared for by staff and volunteers at no cost. Contributions are accepted.

We would like to say a very special thank you to **Dorothy Matthews**, a volunteer in this program, for her dedication and loyalty to the Caregiver Time Out program every Tuesday. If you would like further information, please call 776-0501 ext. 230. This program is made possible by the National Family Caregiver Grant Program.

### **A new Alzheimer's and Caregiver Support Group in the evening! 1st & 3rd Tuesdays—6:30 p.m. Gail Valentine, Facilitator**

Open to the general public. All adults are welcome to attend—we recognize that family Caregivers come in all ages. 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.



The Enrichment Center  
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919-776-0501

email: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)

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**The Enrichment Center will be  
CLOSED  
Friday, April 2, 2010  
In observance of Good Friday.**

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

### **Urgent!**

#### **Medicare Terminates Contract with Fox Value Insurance Company**

This termination affects approximately 191 members in Lee County enrolled in the **Fox Value and Fox Grand prescription drug plans. Fox members will be able to choose a new prescription drug plan through a special enrollment period that will run through April 30, 2010.** CMS will be sending information to the affected members advising them of the termination as well their opportunity to switch plans. SHIIP Volunteers will be available to assist with the changes.

Please contact Janice Holmes, SHIIP Coordinator, at 919-776-0501 ext 206 if you are enrolled in the affected prescription drug plans.

**Remember, the special enrollment period will end April 30, 2010.**



## **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.**