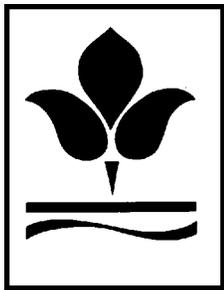


◆ The Center Post ◆

Volume 19 Issue 2

FEBRUARY 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...

- ▶ **The Diners
Club**, p. 2
- ▶ **A Novel
Approach Book
Club**, p. 2
- ▶ **Basic Cake
Decorating**,
p. 5
- ▶ **Spring Fever
Festival**, p. 5



is a day to celebrate love...

Come celebrate with us

**Tuesday
February 9, 2010
6:00pm**

Cost is \$7 per person

Join us for an enchanted evening with
Vonda Reives, entertainer from our
2009 Senior Idol competition.
Vonda will entertain us with songs
of love, such as old favorites
from Etta James and Nat King Cole.

Menu: Chicken In Wine, Green Beans
with Almonds, Potato Casserole, Rolls,
Chocolate Éclair Cake, Beverage.

Registration required,
call 919-776-0501 ext. 201.



Lunch & Learn

Wednesday
February 17, 2010
12:00 noon

Janice Mosley

Nature's Natural Nutrition Store
Educational discussion
about supplements.

Bring a bag lunch—cookies and
beverages will be provided.

Call 919-776-0501 ext. 201 to register.

**What
do
YOU
Want**



to Know About
Memory Changes,
Dementia, &
Alzheimer's?
Ask and Find Out
An Evening Especially for
YOU and your questions.

**Tuesday
February 23, 2010
6:30 p.m.**

**Teepa Snow, MS, OTR/L
Dementia Care Specialist**

Registration not required.
If you have questions call Judi
at 919-776-0501 ext. 230.

**Black History
Celebration**

Friday, February 26, 2010
10:30 a.m.

**with Master of Ceremonies
Claudia Lee**

Special singing, music and speakers.
Registration is requested,
call 919-776-0501 ext. 201.

D i n e r s



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
meatballs, pork chop, tuna salad, baked chicken,
baked potato with chili and cheese, fruit, dessert and
beverage. Call 776-0501 ext. 208 for information
and to register.

J The following 11:00 a.m. Diners Club
u Programs for FEBRUARY are open to
b the general public:

- 3rd—Laurence Poindexter singing and playing guitar
- 5th—10 a.m.—The Photography Class will take free pictures of the Diners Club members—dress up!
- 10th—Miller Boles Program
- 12th—Bingo
- 15th—Vote King and Queen of Diners Club
- 16th—Sassy Red Hatters
- 19th—NO Bingo
- 19th—10:30 a.m.—Billy Thomas as “Elvis”
- 24th—Tracy Watson from the Sanford Fire Dept.
- 26th— 10:30 a.m.—Black History Celebration

Tai Chi for Arthritis—**Weekly sessions at 10:45 a.m. February—April 2010 with Instructor Peggy Rowles. Cost is \$70. Call or stop by for a complete schedule. Register now by calling 776-0501 ext. 201.** This program is designed by the Arthritis Foundation and is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems. Open to all adults, space is limited.

Saturday Night Dance—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person.
Bands for February: 6th—Southern Exposure, 13th—Bill Pollard Back Porch Country, 20th—Raymond Bradley, 27th—Bill Pollard Back Porch Country.

Veteran's Remembrance Group—
Wednesday, February 10, 2:00 p.m. **James Weaver, former B29 Air Force Pilot will be our special guest speaker.** Registration is encouraged, call 776-0501 ext. 201. This group is open to the general public for all adults.

y a d a s i s t e r s



Tuesday, February 2, 5:00 p.m. We will meet at The Enrichment Center, order in a 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.

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, February 11 at 10 a.m.**

Legal Aid Intake Day at The Enrichment Center—Friday, February 5, 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.

A Novel Approach Book Club—Tuesday, February 9, 12:00 noon, we will discuss **Book Thief** by Markus Zusak with Facilitator **Ellen Viggiano.** Registration is not necessary and the club is open to the general public for all adults.

“Let's Talk” with Mayor Cornelia Olive—Thursday, February 18, 10:30 a.m. Come and share your concerns and views with Mayor Olive in this informal setting open to the general public.

S.A.P. Sanford Area Photographers Club—Thursday, February 18, 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.

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.

EC Support Groups

Diabetes Support Group

Facilitator: Liberty Home Care

Meetings are held the **1st Wednesday of every month at 10:00 a.m.** Special speakers, information on new treatments and answers to your many questions on living a full life with diabetes. This group is for the diabetic, as well as the caregivers and loved ones of diabetics.

Living with Vision Loss Support Group

Facilitator: Nora Gunter

Meetings are held the **2nd Wednesday of every month at 1:00 p.m.** This group was created for people with vision impairments (including Macular Degeneration) and their loved ones to discuss ways to cope with low vision.

Grancare Luncheon

Facilitator: Judi Womack

Meetings are held the **2nd Thursday of every month at 12:00 noon.** Are you a grandparent raising grandchildren and parenting the second time around? Grancare needs your participation. Please call 776-0501 ext. 201, if you plan to attend. **Reservations required for lunch.**

Alzheimer's & Caregivers Group

Facilitator: Judi Womack

Meetings are held the **2nd Tuesday of every month at 1:00 p.m.** Caregivers of loved ones with Alzheimer's come together and support each other through sharing of their knowledge, experiences and advice. It is our hope all who join this loving group will find comfort in knowing that you are not alone on your journey through this terrible disease.

Continued on next page...

Parkinson's Disease Support Group

Facilitator: Bob Brickhouse & Marge Kanning

Meetings are held the **3rd Wednesday of every month at 10:30 a.m.** Support, problem solving, and education for persons with Parkinson's disease, families and caregivers.

Arthritis Support Group

Facilitator: Peggy Rowles

Meetings are held the **2nd Thursday of every month at 11:00 a.m.** An educational and mutual support group that will focus on helping people with any form of arthritis.

Grief Support Group

Facilitator: Linda Moore

Meeting held the **1st Thursday of every month at 1:00 p.m.** Provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

All meetings are held at:

The Enrichment Center of Lee County

1615 S. Third Street, Sanford, NC 27330 (919) 776-0501



United States
**Census
2010**
It's In Our Hands

The next United States Census is to take place on April 1, 2010. The Census will determine how the national government distributes \$400 billion annually to fund critical com-

munity services and generate jobs. This includes funding under the federal Older Americans Act, which supports such important services as congregate and home-delivered meals, in-home aide, adult day care, transportation, and respite for family caregivers. It is estimated that for each person who is not counted, North Carolina will lose about \$10,000 over the next 10 years. We can ill afford to let this happen, especially as we strive to assist seniors, younger adults with disabilities, and family caregivers who are experiencing even greater hardships in these challenging economic times.

The census is easy, important and secure.

From Dennis Streets, Director, NC Division of Aging and Adult Services

**For a copy of Dennis' complete letter regarding the Census,
contact Melanie at The Enrichment Center, 919-776-0501.**

Thursday Night Dance— will meet again beginning April 2010.

Card Game Canasta, Fridays, 12:30 p.m. with Instructor **Carolyn Arnold**.

Mexican Train Dominos, will meet again beginning March 2010.

Basic Cake Decorating Classes—Mondays, February 22—March 29, 6:00 p.m. Cost is \$25 with **Cris Elliott, Certified Wilton Instructor for 27 years**. Must register and receive information about materials before first day of class. If you have questions call Cris at 919-776-2472. To register call 919-776-0501 ext. 201.

The Enrichment Center

Captain's Choice Mixed Group—Teams are formed by drawing cards and all skill levels are welcome. **10:04 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!*

Discover the Many Benefits of Tai Chi— In partnership with Jeremy Jackson, Black Belt Leadership Academy. **Mondays & Wednesdays with Certified Tai Chi Instructor Jeremy Jackson** **Classes held at 1716 Westover Drive, Sanford \$50/Month. Payable at class.**

Many Possible Health Benefits:

Can help reduce stress & regulate breathing; improving balance, flexibility & muscle strength; reducing anxiety and depression; improving sleep quality; lowering blood pressure; reducing falls in older adults.

Classes are open to the general public. All adults are invited. Pre-register with The Enrichment Center, 919-776-0501 ext. 201.

55 Alive Driver Safety Program—Thursday, March 25, 10:00 a.m.—3:00 p.m. with **AARP Instructor Ursula Capewell**. Cost is \$12 for AARP members and \$14 for non-members to be paid at class. This course covers age-related physical changes, declining perceptual skills, rules of the road, local driving problems, and license renewal requirements. To register call 919-776-0501 ext. 201.



Spring Fever Festival

Saturday, April 10, 2010

8:00 a.m.—3:00 p.m.

**Do you have Spring Fever?
We do!**

Crafters and Vendors Needed!

Space is limited.

Age 54 and younger \$35 per table.

Age 55 and better \$15 per table.

Call 919-776-0501 ext. to register.

FREE Financial Counseling

Richard L. Palmer, ChFC

Volunteer Financial Counselor

One hour appointments are available on Wednesday and Friday afternoons to discuss and better understand your personal financial situations. Meetings will be held in the strictest of confidence and are not intended to replace a financial or legal professional. For an appointment call 919-776-0501 ext. 201.

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. *Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One - born with emerald green skin - is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good Witch makes for "the most complete and completely satisfying new musical in a long time" (USA Today).* Winner of numerous awards.
\$65 per person includes ticket and transportation.

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 2010

The Rudy Theatre in Selma, NC.
Date to be announced.

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.

Volunteer Spotlight

February's *Volunteer Spotlight* shines on Linda French. Linda has not been an Enrichment Center volunteer for very long; however, she has made an impact. She assists with programs such as Caregiver Timeout, Center Post delivery and EC Friendly Connections. Her enthusiasm and energy shines through. Thanks Linda for your hard work and desire to be involved!

SHIIP Update

During the recent Medicare Prescription Drug Open Enrollment Period (November 15-December 31), SHIIP (Seniors Health Insurance Information Program) volunteers assisted 335 Medicare beneficiaries with their Medicare Part D and Medicare Advantage Plan options. The Enrichment Center was open 30 business days during this period. This means on average, 11 people were assisted each day.



Thursday, May 6, 2010

**Durham Bulls versus
Scranton Wilkes-Barre Yankees**
Game Time: 11:05 am
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. Register today! Payment is due at registration. We will depart from Riverbirch parking lot (JC Penny/Belk's parking lot behind pond) at 9:45 a.m.
and we are scheduled to return around 5:30 p.m.

corner

caregiver



Starting the Conversation

Approaches to Helping Loved Ones—Caregivers need all the help

they can get. One of the most difficult barriers to helping a loved one is

finding the best approaches to addressing the issues that need to be addressed. It all comes down to building or in some cases, rebuilding relationships with those loved ones. There are three areas that need to be tackled:

communication, planning and family dynamics.

Communication—We talked a lot about communication in our class “Powerful Tools for Caregivers” and using the I messages and not YOU messages. For example, “You need to do this.” The problem with this approach is that most people don’t want people telling them what to do and it puts the other person on the defense.

A more effective approach is the indirect one. Don’t be confrontational. Make suggestions that the person look into the subject or point out experiences that others had with the area of concern and how it worked out (or didn’t) in their case. “Cousin Mary sure was glad that Aunt Alice made out that advanced directive in deciding how to handle Uncle Fred’s stroke.”

The most important thing in communication is to keep doing it, communicating. Think of it as an ongoing discussion and not a “we have to get this done and move on.” Most decisions are for something in the future.

Planning—Timing is everything. Remember the indirect communication approach? Crisis can be avoided by planning for the future. Always remember whom the planning is for.

Be aware that government benefits have a bias towards institutional care, not the place of choice-home. Finances will dictate options at various points in the life journey; income, resources, insurance, benefit programs.

Family Dynamics—To a parent, you will ALWAYS be the child. Look around and see what supports are there. Reach out to siblings, relatives, friends and service providers. The most successful people to deal with caregiving situations are those who build a strong team of support and don’t try to go at it alone. This will promote stress prevention.

Above all, remember-**BE THERE AND BE SUPPORTIVE ~~~~~Judi**

Alzheimer’s & Caregiver Support Group—Tuesday, February 9, 2010, 1:00 p.m. with **facilitator & Caregiver Advisor Judi Womack.** We will watch the video: **Managing and Understanding Behavior Problems in Alzheimer’s Disease and Related Disorders.** 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 if you need further details.**

Grancare Luncheon—Thursday, February 11, 2010, 12:00 noon. **Everything You Wanted to Know about Social Security with Kathy St. Clair.**

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!

Every Tuesday 1 p.m.—3 p.m.

Attention family caregivers! Are you in need of time for errands, lunch with a friend or a little time just for you? We invite you to bring your loved one to **Caregiver Time Out** which is designed for adults with dementia and memory loss. Our afternoons promote socialization through activities. Call 919-776-0501 ext. 230 and let us help you to be the best caregiver YOU can be! This free program is made possible by the National Family Caregiver Grant Program. Contributions accepted.

congratulations

“Powerful Tools for Caregivers”

The following have recently completed the class, Powerful Tools for Caregivers:

- Connie Morgan, Linda Happ, Wanda Roberts, Carol Atwood, Joyce Smith, Cathy Baker, Gail Valentine, Jean Forrest, Naoma McCosley, Carolyn Savina, Billie Keye, Jewell Morris, Merry Pittman and Janice Brown.

Congratulations to the above participants for being the best caregivers they know how to be!



The Enrichment Center
1615 S. Third Street
Sanford, North Carolina 27330
919-776-0501

email: enrichment.center@leecountync.gov

www.leecountync.gov/ec

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

Inclement Weather

The Enrichment Center is a Lee County Government facility. During inclement weather, when Lee County Government offices are closed or on a delay, so is The Enrichment Center. Postings are made on WRAL-TV Raleigh and WTVD-TV Durham.

Announcements are made on Sanford radio stations
WFJA 105.5 FM, WWGP 1050 AM
and Life 103.1 FM.

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.

Thank You

The Enrichment Center, Inc. Board of Directors would like to extend special thanks to the many families, individuals, community groups and faith groups

who made contributions in 2009 to The Enrichment Center, Inc. Helping Fund.

Through these contributions, The Helping Fund was able to assist with 279 instances totaling \$48,000 with fuel, utilities and medical aid.

We very much appreciate your donations and so do the Lee County older adults who were in a crisis situation. Thank you for choosing The Enrichment Center as your way of making a difference in our community!