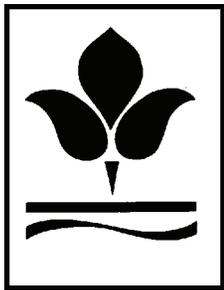


◆ The Center Post ◆

Volume 17 Issue 12

DECEMBER 2008

June 2008 Re-Certified
Senior Center of
Excellence by the
North Carolina
Division of Aging and
Adult Services



**Enrichment Center
Hours of Operation:**
Monday & Wednesday
8 am—8 pm,
Tuesday & Thursday
8:00 am—10 pm and
Friday 8 am—5 pm.
919-776-0501

**Look inside for
information on...**

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Medicare Part D
Plan a Check-Up!,**
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State Finals
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Needs Your
Support,** p. 7

 **Merry Christmas!** 

Grancare Christmas Dinner

Thursday, December 4, 2008
6:00 p.m.

The Enrichment Center
1615 S. Third Street, Sanford

Join us for dinner, entertainment
and a special surprise for the kids.

Please call for reservations,
776-0501, ext. 230.

**Grancare is open to the general public
for grandparents and other relatives
raising children.**

Alzheimer's and Caregiver Support Group

Tuesday, December 9, 2008
1:00 p.m.

"How To Avoid Holiday Traps"
Speaker: Judi Womack,
Family Caregiver Advisor

This support group provides a forum for families and friends of individuals with dementia, strokes, etc. to share experiences and information, discuss mutual problems and learn coping skills.

You are welcome to bring
Your loved one to our Caregiver Time
Out while you attend the group.
Call Judi, 776-0501, ext. 230.



The Enrichment Center Angel Tree

*A gift from the heart
has the largest bow of them all...*

The holidays are filled with joy, hope and love. As you prepare for the season, please consider adopting an Angel from our tree. The staff at the Enrichment Center carefully screen the **Angels** for eligibility and need. Our Angels have received one or more services from the Enrichment Center within the past year and are typically frail in health, experience little or no family support, and may be homebound. The holidays are a whole lot happier for our "Angels" because of your joy, hope and love. Come by The Enrichment Center or call 776-0501, ext. 201 and adopt your Angels today!

*Bring your gift boxes
to the Center December 1—5.
Staff and volunteers
will deliver your gifts.*

Family Caregivers: How To Avoid Holiday Traps

There are several common holiday traps that family caregivers fall into, but they can be avoided! Just follow a simple concept:

...Story continued on page 5...

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sisters



The Sisters will meet Tuesday, December 2, 5:45 p.m. at Crossroads Grill. Bring a \$5.00 gift for exchange. *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.

The Sharpening Man—Bill Newbound—

Wednesday, December 3, 10:00 a.m.—12:00 p.m. Do you have knives that need sharpening before Christmas dinner? Put this date on your calendar and bring your items to The Enrichment Center! To ensure everyone has an opportunity, we must limit items to 3-4 knives (no scissors, please). Cost is \$.50 cents per knife. Call 776-0501, ext. 201 to register.

A Novel Approach Book Club—Tuesday, December 9, 12:00 noon, the group will discuss **A Girl Named Zippy** by **Haven Kimmel**. Registration is not necessary and the meeting is open to the general public.

Veteran's Remembrance Group— Wednesday, December 10, 2:00 p.m. with speaker **Bill Lewis**. Registration is encouraged, call 776-0501, ext. 201. This group meets regularly on the 2nd Wednesday.

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

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. **Nifty Noggins volunteers will not meet in December.** Anyone in need of head coverings can call Carole at The Center, 776-0501, ext. 205.

Saturday Night Dance—Live music and good fellowship, 7 pm, admission is \$6 per person. **Bands for December:** 6th—South Roads, 13th—Bill Pollard/Back Porch Country, 20th—Southern Exposure, 27th—NO DANCE—Happy New Year!



Be sure to check with your physician before beginning an exercise program. Call 776-0501, ext. 201 for further details and to register!

The Enrichment Center
Fitness Room is available:

Monday/Wednesday
 7:30 a.m.—8:00 p.m.

Tuesday/Thursday
 7:30 a.m.—10:00 p.m.

Friday 7:30 a.m.—5:00 p.m.

The cost is \$1.00 per daily visit. Call and register today for a FREE fitness orientation, 776-0501, ext. 201. **All Boomers, born 1946—1964, are welcome to participate in the fitness room! Tell your friends, family and co-workers, too!**

Fitness Yoga Classes, \$15 Per Month
Mondays 8:00 a.m. & Fridays 8:30 a.m.

Low Impact Aerobics Classes, \$10 Per Month
Tuesdays/Thursdays 9:00 a.m.
& Wednesdays/Fridays 8:00 a.m.



San-Lee Thursday
Night Dancers
Christmas/Holidays
Dinner Dance

Thursday, December 18th
Covered Dish Dinner—6:00 p.m.
Dance 7:00 p.m.
Band: Bill Pollard
Special Sponsor: Jones Printing
Admission: \$5.00 per person
Dress: Casual—Sport Your Holiday Attire and Spirit!
Shirley Buchanan Will Teach a Line Dance
Merry Christmas!

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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: glazed ham, baked lasagna, stewed apples, baked chicken, pinto beans, citrus salad, gingerbread, dessert and beverage. Call 776-0501, ext. 208 for information and to register.

The following 11:00 am Diners Club Programs for DECEMBER are open to

the general public:

- 3rd—Laurence Poindexter
- 5th—Bingo
- 10th—Brookgreen Gardens with Mark Coggins
- 12th—Miller—Boles Christmas
- 15th—10 a.m. Blandonia Child Development
- 16th—11:30 a.m. JR Ingram School
- 17th—High Hopes Chorus
- 19th—Gospel Singing
- 23rd—DECORATE YOUR TABLES

NOTE: Masculine Meals will not meet in November.

“Let’s Talk” with Mayor Cornelia Olive, Thursday, December 18, 10:30 am. Drop by and share your concerns and views in this informal setting with Mayor Olive.

Calling all card players...Join us on the 4th Wednesday of each month, 2 pm—5 pm! Bring cards and friends and play the game of your choice.

Mexican Train Dominos, Thursdays, 6:30 pm with Instructors Hattie and Russell Dietzel.

The Enrichment Center Captain’s Choice Mixed Group—Teams are formed by drawing cards. All skill levels are welcome! 9:00 am Tee Time each Monday at Quail Ridge and 9:00 am Tee Time each Wednesday at Carolina Lakes. \$15.00 with Cart. **Interested golfers should contact Josie Nagy, 499-1208.** *A Golf Adventure Brought to You By The Enrichment Center of Lee County!*

Card Game Canasta, Fridays, 12:30 pm with Instructor Carolyn Arnold.

Arthritis Support Group—the group will not meet in December. Facilitator **Peggy Rowles** invites you to their next meeting on Thursday, January 8, at 11:00 a.m. Bring your program ideas of what you would like to hear or learn about in the coming year! This group is beginning its 4th year in 2009. Registration is not required, and the group is open to the general public.



Financial Counseling Available

Richard L Palmer, ChFC recently retired as a personal financial advisor and has agreed to serve the Enrichment Center as a volunteer financial counselor. Meetings will be by appointment at the Enrichment Center primarily for those who wish to better understand their personal financial situation, consider options for the future, or to gain ideas for passing assets to their heirs given their financial situation. Some may have questions about whether or not to talk with their financial, income tax, or legal advisors as well as what questions to ask in those meeting. Meeting discussions will be held in strictest confidence and are not intended to replace a needed meeting with a financial or legal professional.

A one hour meeting may be scheduled, usually on a Wednesday or a Friday afternoon, by calling the Enrichment Center. To gain the best benefit from the meeting, a participant should either have a good idea about their legal documents or bring them to the meeting if not sure. Bringing personal and family financial statements and a recent income tax return to the meeting will be most helpful. **Call 776-0501, ext. 201 for an appointment.**

Terrific Trips 2008

Call 776-0501, ext. 201 to register!

Additional information is available at the front desk.

Thursday, December 11

A Southern Christmas at The Rudy Theatre in Selma, NC! \$50 per person and includes transportation, show ticket and meal at The Meadow Village Restaurant.

June 11–16, 2009

New York City "The Big Apple"

Price includes 5 night lodging, including 3 consecutive nights in the NYC area, motor coach transportation, 8 meals, two guided tours of New York City, a NYC Harbor Cruise, and much more! \$535 per person,

Gift Certificates are available!

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.

Five Ways to Protect Yourself and Avoid Scams

1. ALWAYS read your Medicare Summary Notice. If you notice discrepancies or errors, report them.
2. Never give your Medicare number to strangers or to anyone over the phone or by email. Treat your Medicare number as you would a credit card, and protect it.
3. Remember that Medicare does not sell anything.
4. Keep in mind that Medicare will not try to sell you anything by calling you or sending people door-to-door.
5. Protect your important information from thieves who may dig through your mailbox or trash. Do not keep mail in the mailbox for more than one day. Invest in a crosscut shredder and shred papers before discarding them in the trash.

For more information, contact the North Carolina SMP Program at the Seniors Health Insurance Information Program- 1-800-443-9354 or www.ncshiiip.com

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

The Volunteer Spotlight shines on two very special and dedicated volunteers this month. **Sam Carter and Nancy Johnson** were recently selected as the recipients of the **North Carolina Award for Outstanding Volunteer Service**. These awards are given on an annual basis to individuals who are nominated and selected by a committee. Sam volunteers with the Angel Tree Project and Nancy volunteers with the AARP-Tax-aide program. **Mr. Carter and Mrs. Johnson will be honored at a reception on Wednesday, December 3 at 9:00am in the Game Room.** Please join us in our show of appreciation for a job well done! Congratulations Sam and Nancy- we are very proud of you!

Give Your Plan a Check-Up!

It's time to evaluate your current Medicare Prescription Drug Plan and see what's new for 2009! Or, see if you qualify for help in paying your premiums and drug co-payments. Changes to your Medicare will be effective on January 1, 2009, but you must make the changes during **Medicare Open Enrollment, which is through December 31st.** Assistance with choosing the best plan available for your unique situation is available through appointment. Call **Janice Holmes** at 776-0501, ext. 206.

Medicare Part D... Plans Change—Your Needs Change—Shop and Compare

The Medicare Rx Access Network and SHIP are jointly hosting an education and enrollment seminar at The Enrichment Center.

**Friday, December 19
10:00 a.m.—12:00 p.m.**

Refreshments will be served.

The general public is invited and registration is not required.

LOCAL ATHLETES WIN AT SENIOR GAMES STATE FINALS!!!

RALEIGH—13 local athletes won medals at the 2008 North Carolina Senior Games. They each qualified at the annual 2008 Senior Games and Silver Arts of Lee County this past spring. The winners were:

Al Cockrell	Swimming 50 yard Freestyle	Gold Medal
	Swimming 100 yard Freestyle	Gold Medal
	Swimming 50 yard Backstroke	Silver Medal
	Table Tennis Singles	Gold Medal
Arthur Corwin	Bocce	Bronze Medal
	Shuffleboard	Gold Medal
Bob Garrett	Swimming 100 yard Medley	Bronze Medal
	Swimming 200 yard Backstroke	Silver Medal
	Swimming 50 yard Backstroke	Silver Medal
	Swimming 100 yard Backstroke	Gold Medal
	Horseshoes	Bronze Medal
John Lipscomb	Billiards	Bronze Medal
Cynthia Marcelais	100 meter Dash	Gold Medal
	200 meter Dash	Silver Medal
John Neal	Tennis Singles	Gold Medal
	Tennis Doubles	Gold Medal
Joanne Rabdau	Golf	Silver Medal
Andrew Terrell	Tennis Doubles	Gold Medal
Sylvia Thomas	Swimming 500 yard Freestyle	Bronze Medal
Margie Thompson	Billiards	Silver Medal
John Walker	Bocce	Gold Medal
	Shuffleboard	Gold Medal
Jewel Womack	Bowling Singles	Silver Medal
	Horseshoes	Bronze Medal
Gene Wright	Basketball Shooting	Gold Medal

Senior Games and Silver Arts of Lee County is part of a statewide network of 54 local programs sanctioned by North Carolina Senior Games, Inc. NCSG is a nonprofit organization dedicated to providing year-round health promotion and education for adults 55 years of age and better. Senior Games is sponsored statewide by the North Carolina Division of Aging and Adult Services. Gold Sponsor of State Finals is Humana, Inc. and the Silver Sponsor is Harrah's Cherokee Casino and Hotel. NCSG also offers SilverArts, our statewide heritage, visual' literary and performing arts program; SilverLiners, our senior line dancing program and SilverSrtiders, our national award winning walking program. Qualification for next year's State Finals will be held in the spring of 2009 at Local Senior Games Sites across North Carolina. For more information about Senior Games and Silver Arts of Lee County, please contact Jimmy Solomon, Local Coordinator at 919-776-0501 or via email at jsolomon@leecountync.gov.

BASKETBALL TEAM wins at North Carolina Senior Games State Finals

Greenville—The Lee County Bruisers, representing Senior Games and Silver Arts of Lee County, won a gold medal in the 2008 North Carolina Senior Games State Finals Basketball Tournament held at East Carolina University in Greenville on October 24-26. The Bruisers qualified at the annual 2008 Senior Games and Silver Arts of Lee County this past spring.

Senior Games and Silver Arts of Lee County is part of a statewide network of 54 local programs sanctioned by North Carolina Senior Games, Inc. NCSG is a nonprofit organization dedicated to providing year-round health promotion and education for adults 55 years of age and better. Senior Games is sponsored statewide by the North Carolina Division of Aging and Adult Services. Gold Sponsor of State Finals is Humana, Inc. and the Silver Sponsor is Harrah's Cherokee Casino and Hotel. NCSG also offers SilverArts, our statewide heritage, visual' literary and performing arts program; SilverLiners, our senior line dancing program and SilverSrtiders, our national award winning walking program.

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Helping Lee County Older Adults

*For a warm and fuzzy feeling this holiday season,
give to The Enrichment Center Helping Fund...*

We have all experienced a tough economy this past year. Fuel cost has placed a burden on everyone; however, each of us find a way to make it through our toughest times. There are older adults in Lee County who are being faced with a choice between filling their prescriptions, buying groceries or replenishing their fuel tanks for the winter months. The Enrichment Center, Inc. Helping Fund assists older adults in Lee County who are in a crisis situation with critical circumstances. Adding to the situation is the high cost of a minimal delivery of fuel (100 - 150 gallons, depending on the company). A single delivery can range from \$375 to \$500 which is only enough to last for about one month. Full deliveries can be substantially more. Lee County residents are very kind each year to contribute to The Enrichment Center, Inc. Helping Fund; without your generous donations, we would not be able to help these citizens in need.

The strengths of the Helping Fund are: no complicated forms to fill out, no "red tape", no committees, the recipient treated with dignity and respect, your financial gift is tax deductible, 100% of all contributions go to the needy older adults of Lee County.

On behalf of the Enrichment Center, Inc. Board of Directors, I thank you for your consideration and wish you a very happy, healthy and prosperous new year.

—Margaret Murchison, President,
The Enrichment Center, Inc.

Contribution Form

100% of your donations are used to directly assist Lee County older adults.

Yes! I would like to contribute to the Enrichment Center's HELPING FUND so that it may continue helping older adults in Lee County who need assistance in a crisis situation.

Enclosed is \$ _____ Make checks payable to The Enrichment Center, Inc.

_____ I would like to make this contribution in honor of:

_____ I would like to make this contribution in memory of:

Please provide us with a name and address so that we may acknowledge your gift:

_____ I wish to keep this contribution anonymous.

Mail or drop off your contribution: 1615 South Third Street, Sanford, NC 27330 919.776.0501
Thank you for choosing The Enrichment Center as your way of making a difference in our community!
The Enrichment Center is a 501© (3) charitable organization. Donations are tax deductible.

