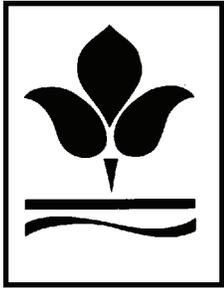


◆ The Center Post ◆

Volume 16 Issue 2

FEBRUARY 2007

Certified Senior Center of
Excellence by the North
Carolina Division of Aging
and Adult Services



**Enrichment Center
Hours of Operation:**
Monday/Wednesday/
Friday, 8:00 a.m. -
5:00 p.m. and
Tuesday/Thursday,
8:00 a.m. - 10:00 p.m.
919-776-0501

Look inside for
information on:

**Basic Cake
Decorating**

**Do You
Know About
Reverse
Mortgage?**

**Special
Catered Lunch
& Learn by
Sanford
Health &
Rehabilitation**



**We need
you!
Do you
play cards?**

Any kind will do. Old Maid, Texas
Hold'Em, Bridge, Poker, Pinochle,
Canasta. Come over and join us as we get
together for a Card Party to raise money
for our HELPING FUND.

With the help of our friends at **FirstBank**,
we host the event
bi-annually at The Enrichment Center.

*Did you know our Helping Fund assists
low income Lee County residents who are
in a crisis situation with fuel, electricity
and other necessities of life?*

100% of all donations
to our HELPING FUND

directly assists citizens in need. The Card
Party is a wonderful way to have fun and
help Lee County older
adults in need!

**Tuesday, February 20, 2007
2pm - 5pm
7pm- 9pm**

**\$3.00 per person, per session
Don't miss the refreshments and
door prizes!!!**

Co-sponsored by FirstBank.

Registration required:
Call The Enrichment Center
919-776-0501 Ext. 201



*There is a whole lot
of Love here...*

*With a little bit of country
and a little bit of
rock n'roll ...*

*Bring your Valentine
and join us
for a fun evening
with performers*

*Barron Maness and Kim Brown
Tuesday, February 13, 2007*

6:00 p.m.

Cost: \$7.00 per person

Menu:

*Cranberry Chicken
Green Beans, Potato Casserole,
Roll and*

*Valentine Chocolate Cake
Catered by Judi and Staff*

*Reservations are a must!
Call 776-0501, Ext. 201*

*The mission of Lee County Senior Services is to provide a comprehensive assessment of the
needs and opportunities associated with older adults and to fashion an achievable vision of
successful aging in Lee County.*



Donna Dewberry In-Home Art One Stroke Painting Classes, Mondays February 5 through March 26, 2:30 p.m. with **Instructor C.J. Hart**. Cost: \$12 per class. Call C.J. to register, 770-2042.

Enrichment Center Golf Swingers, Mondays, 8:30 a.m. at Quail Ridge & Wednesdays, 10:00 a.m. at Carolina Lakes. \$14.00. If interested, call **Jim Bergur**, 498-6303, **Roy Goodwin**, 776-6440, **Dick or Josie Nagy**, 499-1208.

Yada Yada Sisters, Tuesday, February 6, 5:45 p.m. We will meet at Yamato's Japanese Restaurant for dinner and return to The Enrichment Center to play cards. Our sisterhood is a network with other ladies in an exciting and stimulating group. 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. The **Nifty Noggins volunteers** will meet Thursday, February 8, 2007 at 10:00 a.m. Please join us if you are interested in helping us cut and sew fabric or organize kits.

Basic Cake Decorating Classes, Thursdays, February 8—March 15, 2:00 p.m. Cost is \$20 with **Cris Elliott**, **Certified Wilton Instructor for 27 years**. Registration is required, call 776-0501, ext. 201.

A Novel Approach Book Club— Tuesday, February 13, 12:00 noon. The group will discuss Three Junes by Julia Glass. In February they will read Reading Lolita in Tehran by Azar Nafisi. Registration is not necessary.

Living with Vision Loss Support Group— Wednesday, February 14, 1:00 p.m. with facilitator **Ken Price**. For those with vision impairments (including Macular Degeneration) and their loved ones. Registration is not necessary.

The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education.
- **Martin Luther King, Jr.**

Veterans Remembrance Group, Wednesday, February 14, 2:00 p.m. with special guest **Rodolpho (Rudy) P. Hernandez**. Rudy was awarded the Congressional Medal of Honor, the highest award for combat service. Registration is encouraged, call 776-0501, ext. 201.

Do You Know About Reverse Mortgage? On Thursday, February 15, 2:00 p.m., Laura Brannock from Wells Fargo will speak about reverse mortgage. Laura will explain its advantages and give us advice and tips on what we should know when considering a reverse mortgage. Laura will provide information that will answer all of your questions about reverse mortgage. Call 776-0501, ext. 201 to register.

Luscious Ladies, The Enrichment Center's Red Hat Society, will meet at Mrs. Lacy's for lunch on Saturday, February 24, 11:30 a.m. Last month the Ladies met at Peggy's house to watch the hilarious movie "Calendar Girls". Feel free to call **Queen Mother Elizabeth Bass**, 776-9012, or email embass@windstream.net, if you have any questions.

The Enrichment Center Fitness Room is available:
Monday/Wednesday 7:30 a.m.—7:00 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.



Lunch & Learn

Wednesday, February 21
12:00 Noon

At The Enrichment Center

Catered by Mrs. Lacy's
Provided by Special Guest Speaker
Sanford Health & Rehabilitation

Do you know what is available for you if you needed short term rehabilitation for yourself or a family member? What exactly is "short term rehabilitation"? This type of service is necessary at times after a stroke or after procedures such as a knee or hip replacement. **Sanford Health & Rehabilitation** will discuss this topic and other interesting facts that you need to know. Please join us! Space is limited, so call and reserve your seat and special lunch today, 776-0501, ext. 201.

Black History month, celebrated in February, has existed since 1926. But what is the origin?

The month is used to recognize achievements and contributions by African Americans. Much of the credit goes to Harvard Scholar Dr. Carter G. Woodson. In 1926 he organized the first annual Negro History Week, which took place the 2nd week of February. He chose the time to coincide with the birthdays of Frederick Douglass and Abraham Lincoln, two men who had greatly impacted the black population. Over time, Negro History Week evolved into the Black History Month that we know today—a four-week celebration of African American History.

February has much more than Douglass and Lincoln to show for its significance in Black history. For example:

February 23, 1868—W.E.B. DuBois, important civil rights leader and co-founder of the National Assoc. for the Advancement of Colored People (NAACP), was born.

February 3, 1870—The Fifteenth Amendment to the United States Constitution was passed, granting Blacks the right to vote.

February 25, 1870—The first Black U.S. Senator, Hiram Rhodes Revels, took his oath of office.

February 12, 1909—The NAACP was founded by a group of concerned and moderate black, Jewish and white citizens in New York City.

February 1, 1960—In what would become a civil-rights movement milestone, a group of black Greensboro, NC college students began a sit-in at a segregated Woolworth's lunch counter.

February 21, 1965—Malcolm X, who promoted Black Nationalism, was shot to death by three black Muslims.

The above information was taken from the [History.com](http://www.history.com) website. Log on at www.history.com/minisites/blackhistory/ to find further facts and discussion.



Black History Celebration

Held at
The Enrichment Center

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” - Martin Luther King, Jr.

**Friday
February 23, 2007
10:00 a.m.**

Please join us and our Master of Ceremonies William Johnson as he directs our special program which includes:

**“Lift Every Voice & Sing”
Negro National Anthem**

**Skit by
Blandonia Child Care
Lee Senior Step Team**

**Speaker from
Southern Lee High School**

**Hat Styling by
Mrs. Barbara Wood**

**Gospel Sing by
Lee County Industries**

**Art Display by
Rosemary & Leonard Jones
And Tyrone Street**

***Registration Requested,
Call 776-0501, Ext. 201.***

Volunteer in Lee County

People Need People.

Make a difference in Lee County by joining our team!

SHIIP, Seniors Health Insurance Information Program, is seeking volunteers. Free training will be provided by the NC Department of Insurance. If you are interested in assisting Lee County seniors and their families with their general questions about Medicare, call Janice today, 776-0501, x206.

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.

Medicare Prescription Drug Plan Update

The open enrollment period for making changes to your prescription drug coverage has come to an end. SHIIP counselors met with 132 individuals and enrolled 82 clients into a different plan for 2007. The next open enrollment period will be November 15-December 31, 2007. For any Medicare questions, you may contact the Seniors Health Insurance Information office toll free at 1-800-443-9354 or trained volunteer counselors are available by appointment at the Enrichment Center, 919-776-0501, x201.

ATTENTION!

The deadline for enrolling into the Medicare prescription drug premium assistance program, **NCRx**, has been extended **indefinitely**. Applications may be picked up at The Enrichment Center. For more information about this premium assistance program, please contact Janice Holmes at 919-776-0501, x206.

Trips 2007!

“Smoke on the Mountain”

at Barn Dinner Theatre in Greensboro.

Wednesday, March 14, 2007. Cost is \$45 per person, which includes transportation, meal and matinee show. Deadline to register is February 14!

“Durham Bulls & Bullock’s BBQ”

Wednesday, April 11, 2007

Come by The Center for complete details and to register.

“Girls Day Out at the Southern Women’s Show”

Friday, April 27, 2007 Cost:\$ 12

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Join us for Lunch!
A nutritious lunch is available
Monday through Friday
at 12:00 noon for Lee County
residents 60 and better.

**C
I
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B** Menu selections include: Baked Chicken,
Meatloaf, Pork Chop, Chili with Beans,
Baked Fish, vegetables, fresh fruit, bread,
cobblers and beverage.

Call 776-0501, ext. 201

for information and to register.

Special 11:00 a.m. Diners Club Programs for February include:

2nd—National Wear Red Day, a day to show support for women’s heart disease awareness
7th—Dr. Sylvester will speak about joint pain and Fibromyalgia
9th—Miller Boles Happy Valentine’s Day
13th—Vote For Your Favorite King & Queen
14th—Warren Williams School
21st—Heart Healthy with Dr. Penny Shelton
23rd—Black History Celebration
28th—Movie Day at 10:00 a.m.



Sassy Red Flatters
Designed especially for
our Diners Club ladies.
Thursday, February 15, 2007
10:00 a.m.

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$5 per person. **Bands for February: 3rd—Bill Pollard Back Porch Country, 10th—The Gator Rocks, 17th—Southern Exposure, 24th—Bill Pollard Back Porch Country.**

Mexican Train Dominos—Join instructors **Hattie & Russell Dietzel** each Thursday evening 6:30 p.m. and learn to play this fun game! Call 776-0501, ext. 201 to register.

Calling all Card Players—Wednesday, February 28, 2:00 p.m. Join us the 4th Wednesday of each month. Bring cards and friends and play the game of your choice. Registration is encouraged, call 776-0501, ext. 201.

corner

caregiver



A Valentine for All Family Caregivers

2 heaping cups of patience
2 handfuls of generosity

1 heart full of love

Dash of laughter (use generously)

1 head full of understanding

5 spoons of hope

2 spoons of tenderness

Sprinkle generously with kindness, add plenty of faith. Mix well. Bake it with sunshine. Serve daily with generous helpings of love.

A Caregiver Time-Out

Made possible by the National Family Caregiver Grant Family Caregivers! Are you in need of time for shopping, picking up prescriptions, or other errands? Maybe you need a little time just for YOU? **The Enrichment Center offers an afternoon out every Tuesday, 1:00 p.m.—3:00 p.m. This program, which is designed for adults with dementia and memory loss, promotes socialization through activities. It also creates time for caregivers to take care of themselves! Please call Judi Womack, Caregiver Advisor, 776-0501, ext. 230.**

Arthritis Support Group—Thursday, February 8, 11:00 a.m. with special guest speaker **Kim Glass, RS Medical “Electrotherapy”**. Our educational and mutual support group focuses on helping people with any form of arthritis lead a healthier life. Registration is not necessary.

Grief Support Group—Sponsored by Miller Boles Funeral Home. Losing someone hurts. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. Need to talk to someone who understands? Our group will meet Tuesdays, February 6—March 13, 6:00 p.m. with Facilitator **Linda Moore, MSN**. Registration is not necessary.

Alzheimer’s Training Program—with **Teepa Snow, MS, OTR/L FAOTA**, Tuesday, March 27, 6:30 p.m. She’s back! Don’t miss Teepa’s visit to Sanford! This seminar, which is open to the general public, will strengthen participants’ understanding of caring for persons with Alzheimer’s Disease or related dementia. Call 776-0501, ext. 201 to register.

FYI—Training Conference Available

Alzheimer's Disease Research Center Conference
Alzheimer's 2007:
Strategic Directions in Research and Care
Thursday and Friday- March 1-2, 2007
Durham Marriott at the Civic Center
201 Foster Street, Durham, NC
1-800-646-2028

Welcome to Our Caregiver Advisory Board!

The Mission of the Caregiver Advisory Board is to represent **all** caregivers and their families within the community. We seek to provide quality educational, socialization and support programs to enhance the health and well being of the family caregiver.

We would like to extend a very special welcome to our Caregiver Advisory Board 2007! We appreciate the support and commitment from these individuals and their organizations:

Angelica Sisti	Central Carolina Hospital
Cheryl Sovacool	Community Homecare & Hospice
Katrina Johnson	Quality Home Healthcare
Sandra Bridges	First Choice Homecare
Rob Patterson	First Bank
Roger Bailey	Stevens Foundation
Jo Ann Estes	Sanford Health and Rehabilitation
Angie Hedgepath	Lee County Dept. Social Svcs.
Tracy Hardison	Christian Healthcare
Wanda Marsh	Family Caregiver
Peggy Rowles	Family Caregiver
Pam Schonder	Family Caregiver

Grancare, Thursday, February 22, 5:30 p.m. with special guest speaker **Attorney Page Cabe**. Page will discuss grandparenting legal issues. Has your home become the place where parenting for the second time is your responsibility? Have you had to assume the role as a parent? If so, Facilitator **Ilna Brown** invites you to Grancare! Come and enjoy a combination of sharing experiences, educational presentations and informal exchange. Tutoring, childcare and a light meal will be provided, if reservations are made in advance. Call 776-0501, ext. 201.

February is Bake for Family Fun Month! The Home Baking Assoc. dedicates this month to the great taste, good nutrition, economy and family fun of traditional home baking. Dress yourself and the grandkids in aprons and pass down your family recipes! For more information browse: www.homebaking.org.

We're Planning for Your Future!

Lee County Aging Plan

Seeing the Future—Sharing the Vision

To be a great community, planning must occur. At The Enrichment Center, we're planning for your future. Spearheaded by The Enrichment Center, with the assistance of the NC Division of Aging and Adult Services, Triangle J Area Agency on Aging and the Senior Services Advisory Board, a four-year aging plan will be written. During this process we will discover the needs in the community as related to seniors (those 50+), Boomers (those born 1946-64), caregivers, grandparents raising grandchildren, health and wellness, leisure activities, and the list goes on. To write this plan and for it to show a true picture of Lee County's needs and desires, your input will be vital. What we mean by this is we need to know your current issues, your fears, your hopes and yes, your dreams. Imagine no boundaries, such as money, what would you like to see included in the Lee County Aging Plan? Throughout 2007, surveys, focus groups, and even a town meeting are included as efforts to meet with you. We want to impress that this is not an Enrichment Center plan, it's a Lee County Aging Plan. Not only do we desire to hear from seniors and boomers, we need to hear from all ages. We look forward to working with you!



The Enrichment Center
1615 S. Third Street
Sanford, North Carolina 27330
919-776-0501
email: enrichment.center@leecountync.com
www.leecountync.gov

Thank You!

Mark Coggins has painted and rebuilt some of our bird houses at The Center. Thanks again Mark, they will look fresh and new for spring.

Hello Rachel Kleinman!

Rachel is an internship student from UNC School of Nursing. She's providing blood pressure screenings and health and wellness programs in the Diners Club. We are excited to have Rachel!

Community Happenings...

The Lee County Chapter of the North Carolina Symphony is pleased to announce that the Symphony will present its annual concert of 'Classical Favorites' on Sunday, February 18, 2007, at the Dennis A. Wicker Civic Center, 3:00 p.m. Advance tickets are available at The Enrichment Center

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