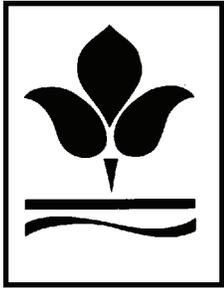


◆ The Center Post ◆

Volume 16 Issue 7

JULY 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

*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.*

Are you ready for the 5th annual...



You will not want to miss this exciting event in which more than 2,200 citizens attended in 2006! Join us for 18+ health screenings, entertainment, educational seminars, ice cream social, Bingo, lunch and much, much more!



The Enrichment Center Captain's Choice Mixed Group

Teams are formed by drawing cards.
All skill levels are welcome!
9:00 a.m. Tee Time Each Monday
at Quail Ridge &
9:00 a.m. Tee Time Each Wednesday
at Carolina Lakes. \$14.00 with Cart.
Interested golfers should contact
Dick and Josie Nagy, 499-1208
or Bob Guenther, 776-8634.

Note: The Enrichment Center will be
CLOSED Wednesday, July 4th in
observance of Independence Day.
Thank you to those who have and
currently serve in the armed forces for
preserving and protecting our
American freedoms.

Tuesday, August 21, 2007
10:00 a.m.—3:00 p.m.

Dennis A. Wicker
Civic Center
1801 Nash Street
FREE Admission
& Parking!

Presented By:

The Enrichment Center of Lee
County—First Bank—Health Care
Connections, Inc., - Bright
Audiology—First Choice
Home Care—Central Carolina
Hospital—Quality Home
Healthcare—Sanford Health &
Rehabilitation—NC SMP Program

Enrich Your Health...

Ask the Pharmacist
BROWN BAG DAY

Tuesday, July 24, 2007

Do you have questions about your
prescription medications? How about
possible drug interactions? Are you
not sure about over-the-counter
vitamins and supplements and their
side effects? Put everything in a
BROWN BAG and schedule an
appointment to,
“Ask the Pharmacist.”
Call 776-0501, ext. 201 to register.

“Enrich Your Health”
Programs Are In Partnership
with Dr. Penny Shelton, Associate
Professor, Campbell University
School of Pharmacy

See page 6 for details of the
August 3rd Enrich Your Health...

Yada—Yada Sisters, Tuesday, July 10, 5:45 p.m. We will meet at Pizza Inn for dinner and then return to The Center to play cards. Our sisterhood is a network with other females in an exciting and stimulating group. Call 776-0501, ext. 201 to register.

A Novel Approach Book Club—Facilitator **Ellen Viggiano** invites you! The group will not meet over the summer. They will resume Tuesday, September 11, 12:00 noon, at The Enrichment Center, and discuss The Other Boleyn Girl by Philippa Gregory. Registration is not necessary and the group is open to the general public.

Living with Vision Loss Support Group—Wednesday, July 11, 1:00 p.m. with facilitator **Ken Price**. 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. Anyone in need of head coverings can call **Carole** at The Center, 776-0501, ext. 205. The group will not meeting July or August and will resume Thursday, September 13, 10:00 a.m. Please join us if you are interested in helping us cut and sew fabric or organize kits.

Card Game Canasta, every Friday afternoon, 1:00 p.m. with instructor **Carolyn Arnold**. Call 776-0501, ext. 201 to register.

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.

Thursday Nite Dance, July 19, 7:00 p.m. with **Bill Pollard Band—Country United**. Please join us for fellowship and music.

Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$6 per person. Bands for July: 7th—Bill Pollard—Back Porch Country, 14th—Southern Exposure, 21st—Modern Knights, 28th—The Other Band.

Do You Need Help Paying For Your Prescription Medications? Are you: *42 years of age or better? *A Lee County resident? *Prescribed maintenance medications and do not have prescription drug insurance?

Help may be available in our MEDS (Medication Education and Drug Safety) program! Call today to see if you are eligible to receive medications directly from pharmaceutical companies' Patient Assistance Programs. For more information or to schedule an appointment, contact **Lauri Denkins, 776-0501 ext. 210**.

The Truth about Cell Phones and the Do Not Call Registry Despite Re-Circulating E-mail, It is Still Not Necessary to Register Cell Phone Numbers

As the number of phone numbers on the National Do Not Call (DNC) Registry surpassed 139 million, the Federal Trade Commission today reiterated that despite the claims made in e-mails circulating on the Internet, consumers should not be concerned that their cell phone numbers will be released to telemarketers at any time in the near future. In addition, according to the agency, it is not necessary to register cell phone numbers on the DNC Registry to be protected from most telemarketing calls to cell phones.

To learn more about the National DNC Registry and the rules that enforce it, visit the FTC at www.ftc.gov or the FCC at www.fcc.gov. For more information about a planned "wireless 411" directory, visit <http://www.qsent.com/wireless411>.

Volunteers will be needed in the event of a local disaster.

Training open to general public!

Tuesday, July 31, 9 a.m.—4 p.m.

Will you be ready to assist your family, neighbors and community? Prepare yourself by attending our special class. This class will be taught by Harold Morcombe, of the American Red Cross, at The Enrichment Center on Tuesday, July 31 from 9am-4pm. Lunch will be provided. Space is limited. Registration is required, call 776-0501, ext. 206.

EC Support Groups

Diabetes Support Group

Facilitator: Liberty Home Care

Meetings are held the **1st Wednesday of every month at 10:30 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 Support Group

Facilitator: Ilona Brown

Meetings are held the **4th Thursday of every month at 5:30 p.m.** 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. Refreshments served and childcare provided upon request.

Prostate Support Group

Facilitator: Dr. Robert Cline

Meetings are held the **2nd Tuesday of every month at 7:00 p.m.** The group concentrates on the sharing of experiences that stimulate psychological, social and emotional awareness to enhance quality of life. An educational component provides information on nutrition, sexuality, coping skills, and diagnosis and treatment modalities. An emphasis is placed upon outreach to men with newly diagnosed cancer of the prostate.

Alzheimer's Support Group

Facilitator: Pam Schonder

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.

Caregivers Connections Support Group

Facilitator: Judi Womack

Meetings are held the **4th Tuesday every month at 10:00 a.m.** Are you a Caregiver? This is an opportunity to share your concerns, problems and ideas in connection with caring for your loved one as well as learning from the knowledge of others who may be experiencing a similar situation.

Parkinson's Disease Support Group

Facilitator: Bob Brickhouse

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.

Sanford Cancer Support Group

Facilitator: Lori Baker

Meetings are held the **1st Tuesday of every month at 7:00 p.m.** Commitment to provide information and support to anyone who has been touched by cancer.

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.

Parents Support Group – Living with Loss of a Child

Facilitator: Dr. Rudy Holland

Meetings are held the **1st Thursday of each month at 7:00 p.m.** Commitment to provide support to anyone dealing with the loss of a child.

Grief Support Group

Facilitator: Linda Moore

Meeting held **1st Thursday of each 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

Road Trip

Call 776-0501 to register!

Memphis and Nashville, Tennessee, Graceland and the Grand Ole' Opry! September 4-8, 2007. Come by The Center for further details and a flyer.

DESTINATION MYSTERY!

How adventurous are **you**? On Thursday, Sept. 27, we will depart to our unknown destination and for only \$20 you can go with us! Lunch is on your own. We will leave Riverbirch Corner (Penny's/Belk's) parking area at 7:30 am and return at 6pm. Watch for clues and try to solve the MYSTERY...**Clue #1-** According to google map directions, we will travel 2 hours and 44 minutes to reach our destination. **Clue #2-** Dress comfortably and casually.

NC State Fair—Tuesday, October 16

Cost is \$15. Space is limited- hurry and register today!

REMINDER! If you are interested in a trip, you must register and pay the fees. Our vendors require payment up to 60 days in advance. If we do not have the funds from those who are interested, we cannot make a commitment with the vendors.

Medicare & SHIP Information

Did you know that \$19 billion dollars of the taxpayers' money is lost annually to billing discrepancies, fraud, abuse and waste in the Medicare program? The process of reporting suspected fraud abuse and waste is to contact the provider to seek resolution, contact Medicare carriers and insurance companies, and file an appeal by following the appeal instructions found on the back of the Medicare Summary Notice. If your situation is not resolved satisfactorily, you should contact the North Carolina SMP (Senior Medicare Patrol) Program at the nationwide toll free number, 1-800-443-9354. **What is SHIP?** The Seniors' Health Insurance Information Program (SHIP) answers questions and counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare prescription drug plans, long-term care insurance and other health insurance concerns. Trained counselors are available by appointment to answer your questions. Call 919-776-0501 x201 to schedule your appointment today!

Volunteer in Lee County

People Need People.

Make a difference in Lee County by joining our team!

VOLUNTEERS WANTED! Tuesday, August 21, 2007 at The Boomer, Senior & Family Caregiver Expo! Volunteer positions are available in many areas. Please contact Janice at 776-0501, ext. 206 if you have an interest in volunteering at this exciting event. The whole day, half day or an hour- any time will be appreciated.

The Enrichment Center's Home Delivered Meal Program is in need of volunteers to deliver a hot, nutritious meal to a homebound senior adult in Lee County. Routes usually take about an hour. Current volunteers assist anywhere from once a week to a few times per month. On-call volunteers for substitutes are needed as well. Please call Debbie Williams, 776-0501, ext. 203. Your generosity is very much appreciated by the homebound it will serve as well as our agency.



Nominations are now being accepted for the 2007 North Carolina Award for Outstanding Volunteer Service

This year marks the 29th anniversary of this program that showcases North Carolina's most dedicated volunteers. Through the years, North Carolinians have proven their concern and compassion for their neighbors by volunteering in their local communities. One of the five recipients will be nominated to receive the Medallion Award. A local committee evaluates the awards. **Nomination forms are available at the Enrichment Center. Forms are also available at www.leecountync.gov. Please return the completed forms to the Enrichment Center, 1615 S. Third Street, Sanford, NC 27330, no later than Friday, August 31, 2007. For more information, contact Janice Holmes, Volunteer Services Coordinator, at 919-776-0501, x206.**

corner

caregiver



Yes, it is Summer time!!!

Whether you are eight or eighty-summer brings a twinkle to the eye and conjours up images of ice cream, cool glasses of lemonade and fishing along the lakeside. Caregivers and their

loved ones can also enjoy summer time activities with a few simple ideas to help ease their care responsibilities.

1. Do your task early in the morning.
2. Keep meals light but nutritious
3. Drink plenty of water and avoid the strong sun.
4. Find a shade tree in the backyard and nap or read a short story to yourself or to your loved one. Go out for a ride by the lake, pond and stop for ice cream- you are sure to meet friends and neighbors who you haven't seen in a long while. Go easy, go slower and enjoy summer's flirtation with our hearts.

Hope you have a wonderful July 4th! It is one of my favorite holidays as I am so proud to be an American and we are so blessed with the freedom we enjoy. Let's all remember our troops and their families.

Happy Summer!

Judi

Our Caregiver Educational Conference held in May and presented by the Alzheimer's Association was extremely successful with approximately 170 participants!

We have received very positive comments on the presenters and the overall conference. We would like to extend our appreciation to the Alzheimer's Association, Eastern Chapter of North Carolina, our sponsors- Sanford Health & Rehabilitation, The Laurels of Chatham, Central Carolina Hospital, Community Home Care & Hospice, Quality Home HealthCare, First Choice HomeCare, Pinelake Health & Rehab, ComForcare Senior Services, Carolina House of Cary and Carolina House of Pinehurst. We would also like to say thank you to Dr. Penny Shelton, Campbell University, for conducting Memory Screenings during the day of the conference. **We thank you the participants that attended the conference. We have a few folders with literature from the Alzheimer's Association if anyone is interested in the information. Please call Judi, 776-0501, Ext. 230.**

Sanford Cancer Support Group, Tuesday, July 3, 7:00 p.m. at The Enrichment Center. Facilitator Lori Baker invites you to attend this group, which has a commitment to provide information and support to anyone who has been touched by cancer.

Grief Support Group, 1st Thursday of each month at 1:00 p.m. with Facilitator Linda Moore. Our group provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

Arthritis Support Group, Thursday, July 12, 11:00 a.m. at The Enrichment Center. Facilitator **Peggy Rowles** invites you to hear, "**Chiropractic Help for Arthritis**" by **Thompson Chiropractic Clinic**. Our group is an educational and mutual support group that focuses on helping people with any form of arthritis as well as Fibromyalgia lead a healthier life. Registration is not necessary and the meeting is open to the general public.

Caregiver's Time Out! 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*? We invite you to bring your loved one to the Enrichment Center **Tuesday's 1:00 p.m.— 3:00 p.m.** to our **Caregiver's Time Out** program, which is designed for adults with dementia and memory loss. Our afternoons promote socialization through activities. Call today, 776-0501, ext. 230 and let us help you be the best caregiver you can be! You deserve it and your loved one will enjoy an afternoon filled with gardening, activities, snacks and friends!



Grancare Support Group, will not meet in July. In place of our August meeting, you are invited to attend the **Boomer, Senior & Caregiver Expo, Tuesday, August 21, at the Dennis Wicker Civic Center. Details are on the front page of this newsletter.** We will resume our meetings with a special guest speaker on Thursday, September 27, 2007. Look for further details in the August CENTER POST! Have a great summer. *Grancare is a support group for grandparents raising their grandchildren. The group meets on the 4th Thursday of each month.*



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

Non-Profit Org.
 U.S. Postage
 PAID
 Sanford, NC
 27330
 Permit No. 198

**Are you in need of a fan for heat relief?
 Call 776-0501, ext. 201. If you are 60+ ,
 call or come by The Enrichment Center
 today for further details.**



Join us for Lunch!

A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better. Menu selections include: Baked Chicken, Tuna Salad, Baked Fish, vegetables, fresh fruit, bread, and beverage. Call 776-0501, ext. 201 for information and to register. **Special 11:00 a.m. Diners Club Programs for July include:** 6th—Laurels of Chatham; 11th—Miller & Boles 4th of July; 13th—BINGO; 18th—Games; 20th—Quality Home Health Care; 25th—Sandhills Manor; 27th—Quality Life Home Care. ***The Diabetic Support Group will not meet in July.**

Making Choices
 *For a Healthier Future*

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.



What's the DEAL? We need YOU!
 Tuesday, August 14, 2 p.m. and 7 p.m.
 \$3.00 per person, per session. Bring your cards and partners—you will not want to miss this party! Play your favorite games: Texas Hold'Em, Bridge, Poker, Canasta, Pinochle, etc.

Feel free to bring the grandkids and let them play Old Maid, Go Fish or UNO! All proceeds benefit The Enrichment Center's Helping Fund. FirstBank will provide delicious refreshments! Call 776-0501, ext. 201 to register.

Enrich Your Health—Blood Pressure, Pulse & Risk Assessment for Heart Disease. Friday, August 3, 9:30 a.m.—4 p.m. Learn *your* risks for heart disease. Schedule an appointment to discuss your risks, goals and treatment options for heart disease management. Bring a copy of your latest cholesterol results from your doctor for a more accurate session. Are you in need of a cholesterol screening? Kerr Drug will provide screenings for \$15 per person. An appointment is necessary. Call to register, 776-0501, ext. 201. **“Enrich Your Health” Programs Are In Partnership with Dr. Penny Shelton, Associate Professor, Campbell University School of Pharmacy.**