

◆ The Center Post ◆

Volume 18 Issue 6

JUNE 2009

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



Helping Fund Golf Tournament A Success!

Thank You!

On Friday, May 15, 2009 the second annual Helping Fund Golf Tournament was held at Quail Ridge G.C. and was a success! The Enrichment Center of Lee County, Inc. would like to thank the many sponsors, patrons and volunteers of the tournament. All proceeds will benefit the Helping Fund which each year assists over 300 indigent older adults maintain the basic necessities of life.

Net Income After Expenses \$4,200

GOLD SPONSOR \$600

Unfinished Furniture Outlet, Inc.
The Enrichment Center of Lee County, Inc.

SILVER SPONSOR \$300

First Bank * Lee Builder Mart, Inc.
Pentair Water Pool & Spa * Sandhills Dermatology, PA
72 Degrees Heating & Air Conditioning

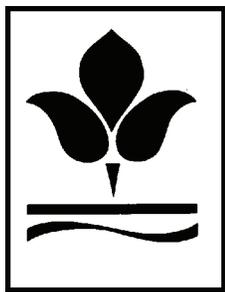
BRONZE SPONSOR \$100

Dixon Hughes, PLLC * Monk's Furniture
Worth Parker Heating & Air Pinehurst Medical Clinic * David Fisher, DDS
Perry Brothers Tire Service, Inc. * Crescent Bank
Edward Jones Investments * Tramway Mulch & Stone
Atlantic Tire and Trucking * Dollar Rent A Car * Kelly's Diamonds Unlimited
Sandhills Orthodontics * Wilkinson Chevrolet & Cadillac
Dawn Moretz, DDS * Bay Breeze Seafood Restaurant * RBC Bank
KW Insulation * Central Electric Membership Corp.

PATRONS

Quail Ridge Golf Course * First Citizens Bank * Perry Brothers Tire Service
Carolina Trace Golf Course * Fidelity Bank * Central Carolina Hospital (CCH)
Foxfire Resort & Golf * Sanford Golf Club * CCH Auxiliary
Wells Fargo Advisors * Toyota of Sanford * R&N Motor Co.
County of Lee Transit System (COLTS)
Senior Health Insurance Information Program (SHIIP)

See the next page for our tournament winners...



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

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information on...

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On behalf of the Enrichment Center Staff and older adults of Lee County we would like to say "Thank You" for your participation in The Enrichment Center of Lee County's 2nd Annual "Helping Fund" Golf Tournament.

It is through your generosity and support that many older adults in Lee County will have warmth, food and necessary medications.

The number of requests for assistance this year has already surpassed previous years. Your support allows us to continue to help in emergency situations to ensure that heat, utilities and medications are available.

The Enrichment Center's "Helping Fund" assists over 300 indigent older adults maintain the basic necessities of life each year. The "Helping Fund" is funded solely by community support and 100% of your tax-deductible donation stays in Lee County to help our most frail citizens.

We look forward to your continued support in the upcoming year.



*Contributions made in honor or memory of individuals or groups are accepted. Please make checks payable to
The Enrichment Center, Inc.
Include acknowledgement name and address information with your contribution.*

2009 Golf Tournament Winners

**Congratulations
and Thank You for Your Participation!**

1st in 1st Flight

Bud Greene, John Altenburger,
Jack Steer, Brian Soderquist

2nd in 1st Flight

Jim Martell, Karl Heidinger,
Walt Swanson, Steve Smith

3rd in 1st Flight

Ed Aman, Richard Daniel,
Ron Elder, Mike McDonald

1st in 2nd Flight

David McBurnett, James McBurnett,
Jimmy Cook, Ken White

2nd in 2nd Flight

Bill Towson, Ken Mills,
John Siara, John Beck

3rd in 2nd Flight

John Dixon, Tom Joyner,
Dwight Edmonds, Jamie McCormick

Closest to Pins

#3 — Dwayne Brinson
#7 — Jack Zellner
#11 — Steve Smith
#13 — Jack Zellner

D i n e r s C l u b



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.

The following 11:00 am Diners Club Programs for JUNE are open to the general public:

- 3rd—Laurence Poindexter Singing and Playing
- 5th—Bingo
- 10th—Miller Boles Father's Day Program
- 10th—2:00 p.m. Veterans Group
- 16th—Sassy Red Hatter's at 10:30 a.m.
- 17th—Games
- 19th—Father's Day Scavenger Hunt
- 26th—Bingo

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

Mexican Train Dominos, Thursdays, 6:00 p.m. with Instructors Hattie and Russell Dietzel.

Calling all card players...Join us on the 4th Wednesday of each month, 2:00 pm—5:00 pm! Bring cards and friends and play the game of your choice.

Saturday Night Dance—Live music and good fellowship, 7 pm, admission is \$6.00 per person. **Bands for June:** 6th—South Roads, 13th—Bill Pollard Back Porch Country, 20th—Southern Exposure, 27th—Bill Pollard Back Porch Country.

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 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!*

y a d a y a d a sisters



Tuesday, June 2, 5:30 p.m. meet at Yamato's Japanese Steak & Seafood House. After dinner we will play cards at The Center. *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.

Living with Vision Loss Support

Group—Wednesday, June 10, 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.

Veteran's Remembrance Group—

Wednesday, June 10, 2:00 p.m. with guest speaker **Mr. Levine Beasley, 8th Air Force Division, of Garner, NC.** Registration is encouraged, call 776-0501, ext. 201. Join us for a time of fellowship, stories and learning about the military life of our special guest speakers. *The group will NOT meet in July and August.*

Jewelry Class—Thursday, June 11, 2009, 2:00 p.m. —3:00 p.m. Instructor: **Laurie Draughn** Create a necklace to wear with your summer attire or make a gift to give a friend. The cost is \$12.00 for materials needed and we will provide them at the class. Call 776-0501, ext. 201 to register.

Thursday Night Dance—June 18, 6:00 p.m. The cost is \$5.00 per person and food to share at intermission. Ages 50+, couples and singles, and younger guests welcome. **Enjoy some good country and western music by the Bill Pollard Band sponsored by Jimmy Haire Photo. Soft drink and a free line dance lesson by Shirley Buchanan at intermission!**

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. **The group will meet Thursday, June 11, 10:00 a.m. Anyone in need of head coverings can call Carole at The Center, 776-0501, ext. 205. The group will NOT meet in July and August.**

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!

October 7-10, 2009

D-DAY & DC—"Our Nation's Capital"

Join us as we travel to the **National D-Day Memorial** in Bedford, Virginia and then on to **Washington, DC.**

There is so much to see and do in the capital city of our great nation. As time permits, we'll visit the **Capitol Visitor Center**, the **White House** (for a picture stop), the **National Archives**, **Arlington Cemetery**, **Iwo Jima Memorial**, and the **Lincoln, Jefferson, Vietnam, and WWII Memorials**. Much more included! Price per person includes transportation, 3 nights hotel accommodations, 3 continental breakfasts and 2 dinners.
Double: \$545 Triple: \$505 Quad: \$485 Single: \$679

Tuesday, September 15, 2009

"BUDDY- The Buddy Holly Story" at The Barn Dinner Theatre in Greensboro. Cost is \$55 per person: meal, entertainment and transportation.

Tuesday, November 24, 2009

"Christmas with Elvis" featuring tribute artist Stephan Freeman at The Barn Dinner Theatre. Cost is \$70 per person: meal, entertainment and transportation.

Thursday, December 10, 2009

"A Southern Christmas" at The Rudy Theatre in Selma, NC. Cost is \$37 per person: matinee show ticket and transportation. Dinner will be **"on your own"** at Cracker Barrel in Smithfield. Then on to see the Meadow Lights display.

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.

**Volunteers are needed to assist with
The Boomer, Senior, & Caregiver Expo
Wednesday, August 26, 2009.**

**Many positions are available. We have
something for EVERYONE! Contact Janice,
Volunteer Services Coordinator, at
919-776-0501 ext. 206 for more information.**



Volunteer Spotlight

The Volunteer Spotlight shines on Mark Coggins.

Mark is always willing to assist in any way possible. He uses his talents and photography skills to document memories and special events. Mark shares his travels with others by way of programs in the Diner's Club. Thank you Mark for putting your talents to use!

Help with Paying for Prescription Drugs

Are you or someone you know on Medicare? Do you pay more than \$5 for your prescription drugs? Do you have a limited monthly income? If you answered yes to these questions, you may qualify to receive help with paying for your prescription drugs. Call Janice, SHIIP Coordinator, at 776-0501, ext. 206 for more information.

REMINDER: S.H.I.I.P.

Seniors Health Insurance Information Program
Volunteers are available to assist with Medicare related billing issues, questions and information needs. These volunteers are trained by the NC Department of Insurance. Please call 776-0501, ext. 206 to schedule an appointment.



Love Yourself To Health

A workshop that will give you a good understanding of how to immediately begin to shop and cook for wellness!

Tuesday, June 23, 2009

6:00 p.m.—8:00 p.m.

**With Jeanine Finelli
Health Counselor**

**Open to the general public.
All adults welcome to attend.**

Love yourself enough to come to this FREE workshop which includes a cooking demonstration, recipes and handouts.

Topics we will discuss include:

- **Meal planning**—Preparing healthy meals!
- **Healthy but yummy substitutions**—turn any dish into a tasty, nutritious meal that is still sure to feed your soul!
- **Shop for healthier products**—all of those pretty packages on the store shelves!
- **Kitchen tools** to make life easier—quick and easy food prep!
- **Respect the dollar**—prevention is a lot cheaper, and more fun, than disease!

Call 776-0501, ext. 201 to register.



Dancing

*from the jewels within...
Body Dance Movement Class
Wednesdays, June 3—24, 2009
6:00 p.m. Cost: \$15
Instructor: Debi Suzuki
“From the body’s awareness that it grows like a tree of jewels from the earth blossoms all beauty...”*

The jewels within are the colors of your creativity, your shining connection to the dancing woman within and your connection to the earth. Our classes will include drawing of shapes related to movement and the colors.

Wear comfortable clothing. Bring a yoga mat and sketch pad. Call 776-0501, ext. 201 to register.

Water Aerobics—June through first week of September at OT Sloan Pool. Monday/Wednesday/Friday at 11:00 a.m. with Kathy McLeod-Edwards, \$25 total cost for the summer. Or Monday/Wednesday with Jeanette Redman at 5:30 p.m., \$10/month. Meet us at the pool or call 776-0501, ext. 201 to register.

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

A Novel Approach Book Club—The group will NOT meet over the summer. Their next meeting will be Tuesday, September 8, 12:00 noon, and will discuss **Killer Angels** by **Michael Shaara**. A complete list of dates and book titles will be available after June. Registration is not necessary and the meeting is open to the general public.

Computers—The Next Step, Mondays and Wednesdays, July 6—August 12, 2:00 p.m.—4:00 p.m. with Instructor **Tonya Brewington**. Sponsored by **Central Carolina Community College**. Cost \$50. Classes held at The Enrichment Center. This class will include instruction on Ebay, surfing the internet, stopping pop up blocks, and security. Class size is limited. Register soon by calling 718-7225.

corner

caregiver



Caregiving: Family Meetings Are Key

Baby Boomers faced with decisions on caregiving for an aging or seriously ill relative should avoid, when possible, making such choices in stressful settings- such as a hospital emergency room.

The **National Council on Aging** says such meetings are better conducted away from a stressful setting and held along clearly defined lines.

Solid indicators such as deteriorating health, current living conditions and the financial situation should make it clear to members that a meeting needs to take place and that important documents should be gathered before the session begins.

Its vital, aging experts say, that the person who will be receiving the care be able to discuss their ideas and wishes.

Make sure as many family members as possible are involved; this means using the telephone or computer as a conferencing tool for those who can't attend. Successful family meetings allow members to express both positive and negative feelings.

But in the end specific actions should be agreed upon and each member needs to know and accept their role in the tasks ahead.

For assistance in planning your family meeting, contact Judi at 776-0501 Ext. 230.

Parkinson's Support Group—

Our Parkinson's Support Group is for persons with Parkinson's Disease, their family members, caregivers, and friends. We have very interesting speakers discussing this disease and we enjoy sharing our experiences with each other. Please come and join us **Wednesday, June 17, at 10:30 a.m. at The Enrichment Center.** We have wonderful facilitators for these meetings which are **Bob Brickhouse**, founder of the Parkinson's support group, **Marge Kanning**, RN and **Hal Siler**, RLS.

6th Annual Alzheimer's Caregiver Education Conference big success!!

We would like to thank the Alzheimer's Association (Eastern NC Chapter), The Enrichment Center of Lee County and Moore County Department of Aging for presenting our 6th Annual Caregiver Education Conference! Thanks also goes to our sponsors, exhibitors, volunteers and the participants. We had over 200 attending the conference this year with outstanding speakers!

A few of the comments from participants of the conference:

- Everything was wonderful. I enjoyed the entire conference and learned a lot.
- My first time, I really enjoyed the conference. A+
- Great conference! Wish we had more time for each presentation.
- It was a wonderful day! Thank you for offering this to the community. What great resources for caregivers!
- I have thoroughly enjoyed returning to this conference each year. I always come away with something that I find extremely helpful in taking care of my mom. Excellent job!
- I really found the classes very informative. I learned some things today I really hadn't thought about- especially about some of the medications that are given to the Alzheimer's patient.
- I really appreciated all the presenters. They were excellent! I look forward to coming back next year.

Attention Family Caregivers! Time off for you is available!

We invite you to drop off your loved one each Tuesday, 1:00 p.m.- 3:00 p.m. at The Enrichment Center for **Caregiver Time Out** while you run errands or just have some quiet time. This program provides a temporary relief for family caregivers of loved ones with Alzheimer's, Dementia, and other similar conditions. We also welcome those who are frail and live alone and can benefit from socialization and group activities. Your loved one will be cared for by our staff and volunteers at The Enrichment Center. **To inquire, call Judi today, 776-0501 ext. 230.**



**You asked us to book a cruise...
Janice has found us a deal!**

**Carnival Fascination
Key West and Nassau
May 10—15, 2010**

Inside: \$409

Outside: \$459

**Per Person—Double Occupancy
Plus Port Tax \$162 Per Person**

**Special Notice: \$200 deposit per person due to
reserve your space.**

Balance is due by March 1, 2010.

Price includes:

Deluxe motorcoach transportation round-trip to Jacksonville; (5) nights aboard the beautiful Carnival Fascination, which includes meals and entertainment aboard ship. We will be driving overnight directly to Jacksonville with stops for breakfast and restroom. Upon arrival we will board the ship to have lunch.

Key West is America's southernmost playground with high-spirited fun and historical settings. In

Nassau we will browse the handicrafts of the Straw Market. In the late afternoon, we will enjoy the British custom of high tea. And in between? A carriage ride, duty-free shopping, touring in a glass-bottom boat, and walking along a secluded beach.

**To register come by The Enrichment Center,
1615 S. Third Street, Sanford.
Or call 919-776-0501, ext. 201.**

Caregiver Connections Board

Are you looking to privately hire someone to help out in your home? Are you looking to privately work in an individual's home? If so, the Caregiver Connections Board may be what you are looking for. The Caregiver Connections Board allows caregivers looking for potential workers to come into The Enrichment Center and acquire their contact information from the board. Home care workers can post their contact information using a 3 1/2 x 2 inch size business card. The card may be handwritten or typed.

If you have any questions, contact Laurie Draughn at 919-776-0501 ext. 213.

Note: Workers posted on the board are community resources and not employees of The Enrichment Center. You are privately hiring the individual to come into your home. References, background checks and work agreements are the responsibility of the family/individual. "Help for the Caregiver" A Guide for Hiring Home Care Workers booklet is available upon request.

Wellness Works!

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

We Have Something for Every"BODY"

Try a Class for FREE!

To register, join us at class time.

Fitness Yoga

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

Tuesday evenings 5:30 p.m.

\$15.00 per month.

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 a.m. – 10:00 a.m.

with Kathy McLeod-Edwards

Wednesday/Friday 8:00 a.m. – 9:00 a.m.

with Jeanette Redman



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

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SAVE THE DATE!
Wednesday, August 26, 2009
Boomer, Senior & Caregiver Expo
Dennis A. Wicker Civic Center

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.



Bright Audiology, lead sponsor and The Enrichment Center of Lee County presents “Living Well” Boomer, Senior and Caregiver Expo. Wednesday, August 26,

2009 at the Dennis A. Wicker Civic Center.

The 2009 Boomer, Senior and Caregiver Expo is all about “Living Well”! In fact, we believe in it so much we made it this year’s theme! The expo begins at 10:00 a.m. and gives you access to the area’s best experts dedicated to promoting the well-being of all boomers, seniors and caregivers. Health screenings, finances, family and lifestyle...we’ve got it all. Come and explore our interactive atmosphere, workout room, cooking demonstrations, and much more! **Keep in touch to find out the latest and greatest of our upcoming Expo! For further details on displaying, sponsoring or volunteering, call Judi at 919-776-0501, ext. 230.**

We are proud to announce the following Boomer, Senior & Caregiver Expo sponsors:

Platinum

- Bayberry Retirement Inn
- First Choice Home Care
- Central Carolina Hospital
- Liberty Commons & Lee County Nursing
- Sanford Health and Rehabilitation
- First Bank
- Liberty Home Care & Hospice
- Liberty Medical Specialist

Gold

- Re-Bath of Triangle * Community Family Medicine
- Siler City Care & Rehab * Ammons Chiropractic
- Boom Magazine * BB&T
- Carolina Women’s Fitness
- Thompson Chiropractic Center,PC
- Four Oaks Bank
- O’Connell & Martin Eye Associates
- AARP * Central Electric Membership
- Community Home Care & Hospice