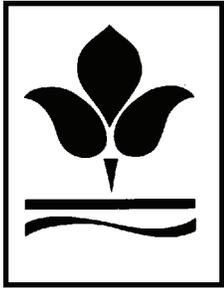


◆ The Center Post ◆

Volume 17 Issue 5

MAY 2008

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



FYI...

**The Lee County
Government Annual
Financial Report is
available on file at The
Enrichment Center if
you are interested in
viewing. Please
contact Melanie,
776-0501, ext. 214.**

Older Americans Month

Working Together for STRONG, HEALTHY and SUPPORTIVE COMMUNITIES.

May is Older Americans Month and this year's theme, "Working Together for Strong, Healthy and Supportive Communities," speaks to the opportunities we have to create better care and reinforce healthier societies for all ages! Working together, our communities can improve older adults' overall quality of life by helping them: 1. Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury. 2. Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options. 3. Have more options to avoid placement in nursing homes and remain at home as long as possible. *We hope you enjoy participating in the exciting events and informative seminars celebrating Older Americans Month 2008!*

5th Annual Caregiver Educational Conference Committing to "Person-Centered" Dementia Care

*In cooperation with The Alzheimer's
Assoc.—Eastern NC Chapter
Wednesday, May 28, 2008*

**Dennis A. Wicker Civic Center
9 am—3 pm Lunch Provided.**

**Registration required, call 776-0501, ext.
230. Registration form also available at
<http://www.alznc.org/cec.php>**

Every 71 seconds someone develops Alzheimer's Disease. Come and learn about this disease and related dementia. Find out what you can do to keep your brain healthy, what research is being done to eradicate this disease and what to do after the diagnosis. Anyone interested in learning about Alzheimer's & related dementia, family members, health care professionals, medical professionals. *Family Caregivers: If you would like to attend the conference and need someone to care for your loved one, please call 776-0501, Ext. 230.*

Senior Games & Silver Arts Opening Ceremonies

*In Partnership with Our Torch Sponsor
Bright Audiology*

Depot Park 5:30 pm

**Cook-Out and Silver Arts Follies
All Senior Games and Silver Arts
participants are invited!**

Guest tickets \$3.00 each.

Call 776-0501, ext. 207 to RSVP.

Annual Gay 90's Luncheon

Wednesday, May 14, 2008 12:00 Noon

At The Enrichment Center

Catered Lunch

Special Entertainment

Professional Portrait

This luncheon is hosted each year to honor Lee County citizens who are 90 years of age and better. We would like to recognize all 90 or better Lee County citizens in our program.

If you or someone you know wishes to attend this event, please contact Debbie Williams, 776-0501, ext. 203.

Diners Club  **The Enrichment Center**
Diners Club A nutritious lunch is available Monday through Friday at 12:00 noon for Lee County residents 60 and better. Menu selections include: baked chicken, glazed ham, fish filet, lasagna, vegetables, fruit, bread, dessert and beverage. Call 776-0501, ext. 208 for information and to register. The following 11:00 am Diners Club Programs for May are open to the general public:

2nd—Extra Bingo Day!
 5th—Cinco de Mayo (11:30 am)
 7th—EK Academy Manicures (10 am)
 9th—Miller Boles Mother’s Day
 14th—Gay 90’s—**Diners Club CLOSED today.**
 15th—Sassy Red Hatters
 16th—Lee County Veteran Medal Ceremony
 21st—High Hopes Chorus
 23rd—Bill Larrison—Older Americans Mental Health Awareness
 28th—Senior Fitness Day
 30th—Wrapping Up May Day—May Day Paper Plate Campaign

Masculine Meals

Men’s Cooking Class, Thursday, May 1, 10 am. Need new ideas for meals and snacks? The first Thursday of each month Carole will teach us how to prepare a new dish. Registration is required, call 776-0501, ext. 201.

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. We look forward to seeing all volunteers as well as anyone new who is interested in joining this fun and fulfilling group! **Please join us, Thursday, May 8, 10:00 am!**

Yada—Yada Sisters, Tuesday, May 6, 5:45 pm. We will meet at Li'l Dino Subs for dinner and return to the Center to 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.



May Day—May Day! Annual Paper Plate Campaign!

This is our 4th annual Paper Plate Campaign in honor of Older Americans Month and in support of your right to speak out, or advocate, for older adults’ rights and benefits. Lee County citizens are asked to indicate their support as seniors, boomers, family caregivers and participants for continuation and additional funding for services and programs that are vital to these populations to remain independent, healthy and informed.

In June we will mail our elected officials at the State and National levels YOUR signed paper plates!

Stop by The Enrichment Center today to sign your support on a paper plate!

“Let’s Talk” with Mayor Cornelia Olive, Thursday, May 15, 10:30 am. Drop by and share your concerns and views in this informal setting with Mayor Olive.

A Novel Approach Book Club—Facilitator **Ellen Viggiano** invites you to join the group Tuesday, May 13, 12:00 noon, at The Enrichment Center, and discuss The Time Traveler’s Wife by Audrey Niffenegger. Registration is not necessary and the group is open to the general public.

Living with Vision Loss Support Group—Wednesday, May 14, 1:00 p.m. with facilitator **Nora Gunter**. For those with vision impairments (including Macular Degeneration) and their loved ones.

Saturday Night Dance, live music and good fellowship, 7 pm, admission is \$6 per person. Bands for May: 3rd—Modern Knights, 10th—Bill Pollard/Back Porch Country, 17th—Southern Exposure, 24th—Bill Pollard/Back Porch Country, 31st—NO DANCE.

Veteran’s Remembrance Group, Wednesday, May 14, 2:00 pm. Special guest speaker Lt. Col. Jay Moore, a B25 Pilot, will share experiences and stories. Registration is encouraged, call 776-0501, ext. 201.

San-Lee Senior Dance, Thursday, May 15, 7 pm with **Bill Pollard/Back Porch Country**. Bring finger foods to share at intermission. See you there!

Oh - My Aching Joints!

**Thursday, May 22, 2008
2 pm—4 pm FREE!**

**Speaker: David J. Casey, MD
Pinehurst Surgical**

**Registration is appreciated,
call 776-0501, ext. 201.**

An educational seminar where we will discuss:

- ◆ What you can do now.
- ◆ Important information about the disease.
- ◆ What treatments are available.
- ◆ Tips for self management.

Pot Luck Dinner, Tuesday, May 29, 6 pm. Bring your favorite dish for Spring! Call 776-0501, ext. 201 to register.



Lost & Found...Have you lost a watch, earring, set of keys or eye glasses? We have quite the collection of items that have been found around The Enrichment Center. Please contact Ilona, 776-0501, ext. 201, if you'd like to check for your missing item (s).

**E-mail
→ Me ←**

EC Alerts

Do you have an e-mail account?

Would you like to receive e-mail alerts related to Enrichment Center programs, trips, educational seminars,

etc.? If so, please e-mail Melanie, mrodgers@leecountync.gov. We will not share nor sell your e-mail address.



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!*

Games Anyone?

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

**Card Game Canasta, Fridays, 1:00 pm with
Instructor Carolyn Arnold.**

**Drop In Activities Available!
Art Dealer—Computer Game**

This memory game takes you to an art auction where you will purchase paintings. Your memory skills will assist you in purchasing authentic paintings. This game is available on computers in our public access lab.

Wii want to play!

This game, and excellent choice for exercise, is a product by Nintendo. The name Wii, with two lower case "i" characters, is meant to resemble two people standing side by side representing players gathering together. Connect Wii to the television and use the controls to play three-dimensional games such as bowling, golf, baseball, tennis and boxing. Call 776-0501, ext. 201 to reserve the equipment and learn more about Wii!!!

Special Medal Ceremony

**James A. Campbell
Friday, May 16, 2008
11:00 AM**

**Awards to be presented:
Bronze Star with "V" Device, Purple Heart,
Good Conduct Medal and National Defense
Service Medal. All medals were earned
in Vietnam in 1966.**





Making Choices For a Healthier Future

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!



Come and Celebrate Senior Fitness Day!



Wednesday, May 28, 2008

In celebration of National Senior Health & Fitness Day, Women's Health Week, National Arthritis Month, Older Americans Month and National Hug Holiday for Seniors the following special activities are available to YOU...

Fitness Room FREE All Day

FREE Workouts...

8 am—Exercise

9:15 am—Yoga

10 am—Walking

11 am—Chair Exercise

11:30 am—Scarves

We have something for everyBODY!

All fitness levels are welcome.

Prizes will be awarded!

Join the fun! Registration is not required.

Volunteer Spotlight



This month we are spotlighting all of the AARP Tax Assistance

volunteers! We appreciate the hours you graciously donated this tax season and congratulations on a very successful year!

NEW RECORD NUMBER of Citizens Assisted Through AARP Tax Aide Program

AARP TAX-AIDE Volunteers thank The Enrichment Center of Lee County for providing space for their tax program. Certified Counselors serviced more than 800 citizens with tax returns! The number of citizens served increased 22% from 2007. *If you are interested in becoming a volunteer with the AARP Tax-Aide Program, contact Nancy Johnson at 919-499-5577.*

REMINDER:SHIIP 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 x201 to schedule an appointment.

A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked."

-Bernard Meltzer



*Nominations are now
being accepted for the
2008 North Carolina Awards for
Outstanding Volunteer Service.*

*This year marks the 30th 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
Monday, June 30, 2007.*

*For more information, contact
Janice Holmes, Volunteer Services
Coordinator,
at 919-776-0501 x206.*

Lee County Volunteer Base

People Need People.

Make a difference in Lee County by joining our team!

The Helping Fund needs your help... A golf tournament will be held Thursday, May 8, 2008 to raise money for The Enrichment Center Helping Fund. Volunteers are needed to assist the day of the tournament with registration, boxed lunches and handing out golfer goody bags and water. If you are willing and available, please contact Volunteer Coordinator Janice Holmes at 919-776-0501, ext. 206.



Enrichment Center Golf Tournament

Thursday, May 8, 2008

Quail Ridge Golf Course, Sanford

Proceeds and donations from the tournament will benefit **The Enrichment Center Helping Fund**. This benevolent fund assists Lee County older adults who are in a crisis situation with utilities and medication. In 2007, through the generosity of donations provided by citizens and corporations in Lee County, The Enrichment Center's Helping Fund was able to assist older adults in 340 instances with fuel, utilities, and medical aid.

The 5th Annual Caregiver Education

Conference will be held at the Dennis A. Wicker Civic Center, Wednesday, May 28, 2008, 9 am - 3 pm.

Volunteers are needed for registration, refreshments, distributing water and refreshments to vendors and other areas. Volunteer part of the day or all day! Call Janice, 776-0501, ext. 206.

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.



The Enrichment Center has received a United States Flag that was flown over the United States Capitol on March 1, 2008. At the request of Senator Elizabeth Dole, this flag was flown for the Enrichment Center of Lee County in honor of its volunteers. Thank you for your volunteer work at The Enrichment Center!

Corner

re-gera
r



Dear Caregivers,

Spring is finally here!!! The flowers are blooming and the weather is warm. How about a little time for **You**. We are offering some respite, a period of rest or relief, for those family caregivers that would like some time to have a break from your regular routine. Experts in the field of caregiving analysis state that respite benefits both caregivers and their loved ones. It is further stated that to be most effective, family caregivers should consider accessing services early in their caregiving experience. Respite can cover a wide range of services based upon the unique needs of the caregiver. It might involve medical or social adult day care and or a short-term stay in a nursing home or assisted living facility for the loved one; a home health aide or home health companion. Please let me hear from you if you are a caregiver in need of respite, call 776-0501, ext. 230.

~~~*Judi*

***The Duke University  
Medical Center  
Division of Neurology***

Presents

***Living Creatively  
With Parkinson's Disease***

An Educational Forum for Patients and their Families

Saturday, June 7, 2008

Durham Marriott at the Civic Center  
201 Foster Street, Durham, NC

Call 919-768-6000 for further details and to register.

**Fun!**

### ***Golden Jubilee Senior Expo***

Many vendors at the **Golden Jubilee Senior Expo** are focused on Caregivers. They understand your needs, concerns, interest and frustrations.

Golden Jubilee (Caregiver Pavilion) - 9 a.m. - 1 p.m.

Jim Graham Building—NC State Fairgrounds  
Wednesday, May 7, 2008

Please call Judi (776-0501, Ext. 230) if you are interested in going to the Golden Jubilee.

**Cancer Support Group**, Tuesday, May 6, 7 pm, with facilitators **Linda Moore** and **Glenda Colebrook**. This group provides information and support to anyone who has been touched by cancer. Registration is not necessary.

**Arthritis Support Group**, Thursday, May 8, 11 am with facilitator **Peggy Rowles**. **Dr. Sanjay Chaudhary of the UNC Specialty Clinic** will be our presenter this month. Open to the general public; registration is not necessary. Call 776-0501, ext. 201 for more information.

**Alzheimer's Support Group**, Tuesday, May 13, 1:30 pm, with facilitators **Pam Schonder** and **Judi Womack**. Video program "Your Time To Care" Principles of Personal Care—Basic Skills for Caring for Individuals with Alzheimer's Disease and Related Dementia at home. Don't forget! You are welcome to bring your loved one to our Caregiver Time Out while you attend the group. Call Judi, 776-0501, ext. 230.

**Parkinson Support Group**, Wednesday, May 21, 10:30 am. We will have roundtable discussions this month. Facilitators Bob Brickhouse and Marge Kanning invite you to this educational group for people with Parkinson's, Family Members, Caregivers, and friends of people with Parkinson's.

### **Attention Family Caregivers!**

# Time Off Available!

We invite you to drop off your loved one each Tuesday, 1:00 p.m. - 3:00 p.m. at The Enrichment Center 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.

# Terrific Trips 2008

**Call 776-0501 to register! Additional information is available at the front desk.**

## **July 8-11**

Lancaster Show Trip and the Dutch Country. Includes 3 nights lodging, 6 meals, show tickets and much, more!

## **September 17-18, 2008**

### Historic Chesapeake Bay Getaway

Join us as we travel to historic Williamsburg, Virginia! Trip includes a beautiful Chesapeake Bay cruise, a visit to Tangier Island, lodging, and lunch at the Chesapeake House Restaurant. Shopping time at **Prime Outlets**, the largest outlet center in Williamsburg, is included.

## **Tuesday, October 21**

Senior Day at the NC State Fair. \$15 per person. Cost includes transportation aboard chartered bus.

## **Tuesday, November 25**

Christmas with Elvis at the Barn Dinner Theatre in Greensboro. \$62 per person includes matinee show performance, meal and transportation aboard chartered bus. Deposit of \$32 due at registration.

## **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. We will also see the ever popular Meadow Lights display. Register today! \$25 deposit due at registration and balance due Nov 7.

**\*\*\*Gift Certificates  
are available!\*\*\***

*Please keep in mind that 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. Trips depart from the Riverbirch shopping center. Please park in front of Belk's as close to the pond as possible.*

# Essential Italy

October 11-21, 2008

Enjoy the timeless beauty and scenic delights of Italy. Space is still available. Call 919-776-0501, ext. 201 for more information.



## **The North Carolina Symphony returns to the Dennis Wicker Civic Center Sunday, June 1, 2008**

### **3:00 pm Matinee—Classical Favorites**

William Henry Curry, Resident Conductor, will lead the orchestra in Aaron Copland's Suite from The Tender Land, Bach's Oboe Concerto in G. minor, BMV 1056 featuring oboe soloist Melanie Wilsden and Beethoven's Symphony No. 6, 'Pastoral'.

Brochures and tickets are available now at The Enrichment Center and Temple Theatre Box Office for Adult (\$20), Senior (\$18) and Student (\$10). Prices at the door will be \$3 more. For more information, visit [www.ncsymphony.org](http://www.ncsymphony.org) or call The North Carolina Symphony Box Office at 1-877-627-6724.



## **National Do Not Call Registry**

Residential customers who wish to reduce the number of telemarketing calls they receive may add their telephone numbers to the National Do Not Call Registry at no cost. After one month, customers on the Registry should experience a reduction in calls. To register your home or mobile phone number, call 1-888-382-1222 from the phone you wish to register. For more information, to register by the Internet, or to file a complaint with Attorney General Roy Cooper, go to [www.nocallsNC.com](http://www.nocallsNC.com) or call 1-877-5-NOSCAM (1-877-566-7226).



The Enrichment Center  
 1615 S. Third Street  
 Sanford, North Carolina 27330  
 919-776-0501  
 email: [enrichment.center@leecountync.gov](mailto:enrichment.center@leecountync.gov)  
[www.leecountync.gov](http://www.leecountync.gov)

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

**Save the Date!**  
**Boomer—Senior & Caregiver Expo**  
**Thursday, August 28, 2008**  
**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.*



## Grancare Luncheon

*Life's a Journey*

**Friday, May 16, 2008 5:30 pm—7 pm**  
**Pool and Pizza Party!**  
**Sanford Nautilus & Racquetball Center**  
**Reservations required,**  
**call Ilona at 776-0501, ext. 201.**

*Grancare is a support group for grandparents or other relatives raising grandchildren. Please join us and connect with others in the same or similar situation.*



### Strolling to Health

The risk factors associated with a greater likelihood of developing heart disease, diabetes, and stroke are large waist circumference, high blood pressure, high levels of triglycerides, low amounts of HDL (good cholesterol), and high blood sugar.

Have three out of five of these factors gets you a “MetS diagnosis” - metabolic syndrome. But you can change that just by walking. In a recent Duke University Medical study, 41% of participants were diagnosed with metabolic syndrome (MetS) before walking for 30 minutes six days a week. After eight months of walking on this schedule—without making any dietary changes—only 27% still met the criteria for MetS. - *from May 2008 First Draft Publication.*

A Meaty Fact—Adults who eat two or more servings of meat per day increase their risk of developing metabolic syndrome by 25%, compared to adults who eat meat only twice a week.—*From Circulation: Journal of the American Heart Association.*

