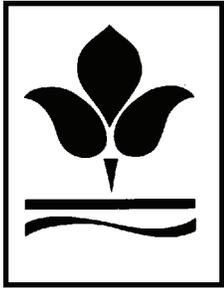


# ◆ The Center Post ◆

Volume 16 Issue 11

NOVEMBER 2007

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:

- National Family  
Caregiver Month
- Yada—Yada Sisters
- "Let's Talk" with  
Mayor Olive
- Day and Overnight  
Trips
- Lessons from Geese



## Veterans Appreciation Breakfast



**Thursday, November 8, 2007  
8:00 am—10:00 am  
~Floating~**

To show our appreciation for your  
service and dedication to our  
country, we invite you to breakfast.  
All veterans are invited; active duty,  
prior military service,  
and surviving spouses.

*Each Veteran will receive a gift.  
Registration is appreciated,  
call 919.776.0501, ext. 201.*

## Candlelight Reflections

...to honor, hope and remember...

**Thursday, November 8, 2007 6:30 pm**

November is National Alzheimer's Disease Awareness Month and Family Caregiver Month. We invite you to attend Candlelight Reflections to honor, hope and remember all family caregivers and people living with Alzheimer's Disease and related conditions. The actual lighting of the candles will take place at 7:00 pm across North Carolina. For further information or if you have questions, call Judi at 776-0501, ext. 230.



*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.*

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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. Menu selections include: BBQ on a Bun, BBQ Chicken, Baked Fish, vegetables, fresh fruit, bread, and beverage. Call 776-0501, ext. 201 for information and to register. The following 11:00 a.m. Diners Club Programs for November are open to the general public:

- 2nd—Sleep & Depression Study
- 7th—Medicare Update—Janice Holmes
- 9th—Miller & Boles “Thanksgiving”
- 14th—Tar Heel Diabetic & Medical Supply
- 15th—Sassy Red Hatters
- 16th—Bingo
- 21st—Don Dusold One Man Band
- 28th—Jim Cooke Comedian Radio DJ 106.9
- 30th—Bingo



**Yada—Yada Sisters**, Tuesday, November 6, 5:45 pm. We will meet at the Center for a Thanksgiving Covered Dish Supper.

*Our sisterhood is a network with other females in an exciting and stimulating group.* Call 776-0501, ext. 201 to register.

**Saturday Night Dance, 7 p.m. with live music and good fellowship. Admission is \$6 per person. Bands for November:** 3rd—Bill Pollard Back Porch Country, 10th—Southern Exposure, 17th—Modern Knights, 24th—No Dance—Happy Thanksgiving!

**Masculine Meals in Minutes, Men’s Cooking Class**, Thursday, November 1, 10:00 am. This **FREE** cooking class with Carole, made possible by **Health Promotion Grant** funds, is exclusively for men. Each month Carole will show you how to prepare a new dish. Registration is required, call 776-0501, ext. 201. Space is limited! Call today!

# Games

Registration is not necessary...

- Mexican Train Dominos, Thursdays, 6:30 pm with Instructors Hattie and Russell Dietzel.
- Card Game Canasta, Fridays, 1:00 pm with Instructor Carolyn Arnold.

**Enrich Your Health Series—Sleep and Depression Screening, FREE,**

Friday, November 2, 9:30 am—3:00 pm. Are you having trouble falling asleep, staying asleep or are you sleeping too much? Dr. Penny Shelton will provide a FREE screening test to better define the issue. Bring a list of your medications. **“Enrich Your Health” Programs Are In Partnership with Dr. Penny Shelton, Associate Professor, Campbell University School of Pharmacy. Call to register, 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, November 8, 10:00 am!**



**A Novel Approach Book Club**—Facilitator **Ellen Viggiano** invites you! The group will meet Tuesday, November 13, 12:00 noon, at The Enrichment Center, and discuss **Brooklyn Follies** by Paul Auster. Registration is not necessary and the group is open to the general public.

**Veteran’s Remembrance Group**, Wednesday, November 14, 2:00 pm, with special guest **Mary Denning from the Fort Bragg Military Museum will speak and share a video.** Registration encouraged, 776-0501, ext. 201.

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

**The Enrichment Center Fitness Room is open: Monday/Wednesday 7:30 am—8:00 pm; Tuesday/Thursday 7:30 am—10:00 pm; Friday 7:30 am—5:00 pm.** The cost is \$1.00 per daily visit. Call and register today for a FREE orientation, 776-0501, ext. 201.

# Our Helping Fund Needs Your Continuing Support

The Enrichment Center's Helping Fund was established in 1993 for the sole purpose of providing limited financial assistance to the needy older adults of Lee County. Typically these people fight a daily battle for survival when their basic needs cannot be met due to their lack of funds. We at the Enrichment Center are very proud of the growth of this program over the past fourteen years. Our budget in 1993 was just under \$1800. This year our budget is \$42,000. This dramatic growth is primarily due to the generosity of our local residents, churches and businesses.

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.

*Comments from Helping Fund recipients, "I just don't know what I would have done without your help, my husband is sick and I needed wood for us to stay warm..." "I have been heating my house with my oven until now 'cause I couldn't afford to have any fuel delivered."*

The continued growth of this program depends totally on contributions received. There is no limit to what can be accomplished, but we need your financial support !! Please consider a gift to this program.

On behalf of the Enrichment Center, Inc. Board of Directors, I thank you for your consideration and wish you a very Happy New Year.

—*Bud Greene, 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.

\_\_\_\_\_ I am interested in learning more about how to make a donation of stocks, bonds or other funds. Please contact me at \_\_\_\_\_ telephone number.

**Your name and address:**

Name \_\_\_\_\_

Address \_\_\_\_\_

**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.*

# Road Trip

**Call 776-0501 to register!**

**Rudy Theatre... a second helping-** Thursday, December 6. This trip filled so quickly that a "second" one is planned. Cost is \$50 per person. Price includes your show ticket, dinner and transportation. Spaces remain- hurry and register today! Call 776-0501, ext. 201.

**2008 Show Adventure:** Make your plans now to join us as we travel to Lancaster Pennsylvania in the heart of Amish country! We will depart on Tuesday, July 8 and return on Friday, July 11, 2008. Cost of the trip is \$359- which includes transportation, 3 nights lodging, 3 breakfasts, 3 dinners, 2 shows and much more! Flyers are available at the front desk or you may call Janice for more information at 776-0501 x206



**Reminder** that we have "Gift

Certificates" available for that special someone! These certificates may be used toward a trip, dinner, or class that is offered at The Enrichment Center.

Let's Talk with Mayor Cornelia Olive, Thursday, November 15, 10:00 am. Bring your questions and concerns to this informal session with our City Mayor. Registration is not required.

## Lessons from Geese...



**Fact:** As each goose flaps its wings it creates an uplift for the birds that follow. By flying in a "V" formation, the whole flock adds 71% greater flying range than if each bird flew alone.

**Lesson:** People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

## Lee County Volunteer Base

*People Need People.*

*Make a difference in Lee County by joining our team!*

The local chapter of the American Red Cross is in need of volunteers to assist with answering the telephones and other light office duties. Office hours are 9-4:30 Monday through Friday. Volunteers are needed throughout the day and any assistance is appreciated. Please contact **Lynn Stanfield**, local coordinator, at 919-774-6857.

**AARP Tax-Aide** welcomes volunteers who desire to be trained as counselors and work with the local AARP/TCE Tax-Aide Program during the 2007 Tax Preparation Season. Call **Mary Upchurch** at 919-776-2868 for further details.

**Crafty Creators**—Are you a take-charge person? A leader? Do you enjoy crafts? If so, then we NEED you as our leader! Crafty Creators meets the 3<sup>rd</sup> Monday of each month at 10am. Please contact **Janice Holmes** at 776-0501 x206 for more information or to volunteer.

### **THANK YOU TO ALL VOLUNTEERS!!!**

**FLU SHOT CLINICS**-Thank you for spending most of your day with us on October 3 and 11. Many, many thanks!  
**MEMORY WALK**- October 6- A special thanks to those who came out on Saturday morning and assisted us with the walk! **MAKE A DIFFERENCE DAY**- **KUDOS**- to all who helped assemble our "Grab & Go" kits on Saturday, October 27 at the Enrichment Center. Please know that you did "Make A Difference" in someone's life!

### **MEDICARE 2008**

Did you know that there are changes coming to your Medicare coverage in 2008? Attend our information session, **Wednesday, November 7 at 11:00 am in the Grand Hall**, and receive updates regarding Part A & B premiums and deductibles. The most recent information on Medicare Prescription Drug coverage plans and rates will be available. Make plans to attend!  
call 776-0501, ext. 201 to register.

### **OPEN ENROLLMENT**

Do you want to change your Medicare Part D plan? Now is the time! **Open enrollment is scheduled for November 15-December 31, 2007.** Assistance with choosing the best plan available for your unique situation is available through appointment. Call **Janice Holmes** at 776-0501, ext. 206 to schedule yours today!

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*Dear Caregivers,*

November is a very busy month for our caregivers; November 8<sup>th</sup>—Candlelight Reflections, November 13<sup>th</sup>—National Family Caregiver Month will be observed by honoring all of our Family Caregivers at our annual Caregiver Luncheon and recognize the Caregiver of the Year! We also reflect on **GIVING THANKS**: reflecting on family, the kindness of others and on living a life of goodness. We are thankful for the presence of loved ones in our lives; our spouse, children, parents, grandparents and others whose presence in our lives we cherish and appreciate. As a family caregiver for your loved one, I am sure that you have many things to be thankful for this Thanksgiving. Take time to thank everyone who has provided support for you during the past year. Take time to count your blessings during 2007. I am thankful to have the opportunity to serve you and wish all Family Caregivers a **Happy Thanksgiving!** ———*Judi*

### **National Family Caregiver Month**

Every November the President of the United States proclaims November as National Family Caregiver Month. It is designated as a time every year to thank, support, educate and celebrate more than 50 million family caregivers across the country currently providing estimated \$306 billion in “free” caregiving services. The 2007 theme focuses on family caregivers **speaking up for their rights**. This is a great opportunity to advocate for stronger public policy addressing family caregiving issues and raise awareness about community programs supporting family caregivers. We want to encourage family caregivers to **Believe** in Yourself; **Protect** Your Health; **Reach Out** for Help; **Speak Up** for your Rights.

### **Sanford/Lee County Alzheimer’s Memory Walk Exceeds Goal Raising \$16, 500!**

The event was successful with a record high of more than 300 in attendance. The \$16,500 in sponsorships and donations exceeded the committee’s goal! Awards: Wyeth Biotech for the team raising the most donations and for the largest number of team walkers, Peggy Rowles for the individual raising the largest amount of donations. Many thanks to our sponsors, Memory Walk Committee members and volunteers!

**Grancare**—A support group for grandparents raising grandchildren. We will not meet in November. Save the date for Grancare Christmas Dinner & Party, Thursday, December 6, 2007, 5:30 pm. We will have a delicious meal, fellowship and storytelling.

**Alzheimer’s Support Group**. The group will not meet due to our Caregiver Luncheon on Tuesday, November 13. You are encouraged to bring your loved one to Caregiver Time Out while you attend the luncheon. Call Judi if you have any questions, 776-0501, ext. 230.

**Caregiver Support Group—Are You A Family Caregiver?** Tuesday, November 27, 10 am with facilitator **Judi Womack**. This is an opportunity to share your concerns, problems and ideas in connection with caring for your loved one.

**Caregiver’s Time Out!** *This program is made possible by the Family Caregiver Support Program Grant.* 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 p.m.—3 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 activities, snacks and friends!

## SpeakUp

**National Family Caregivers Month**

Reach Out  
Protect  
Believe

*You are cordially invited as a guest to our celebration and luncheon in honor of National Family Caregiver Month*

*Tuesday, November 13, 2007*

*12:00 Noon*

*Speaker: Alex Sandra Lett, Author*

*The Enrichment Center  
1615 S. Third Street, Sanford, NC  
Registration Requested  
Call 776-0501, Ext. 230*



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)

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**SAVE THE DATE!**

**Holiday Open House  
 Tuesday, December 18, 2007  
 1 pm—3 pm**

**The Enrichment Center will be CLOSED:**

**Monday, November 12, 2007 in observance of Veterans Day and  
 Thursday, November 22 & Friday, November 23, 2007 in observance of Thanksgiving.**

*Happy Holidays!*



***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.

***Angels are available for adoption beginning  
 Tuesday, November 13, 2007. Bring your gift  
 boxes to the Center December 3 -7. Staff and  
 volunteers will deliver your gifts.***

***Ornaments of Reflection***

*The holiday season is a perfect time of year to honor and remember those who have touched your life in a special way. We at the Enrichment Center have decided to give our friends and supporters an opportunity to people while also lives of older adults are in need. We will to be placed on our located in our Game Room. The ornaments will have the name of the person being honored written upon them. The ornaments will be sold for \$5.00 each with all proceeds going to the "Helping Fund".*



*recognize these special making a difference in in our community who be selling ornaments tree that will be*

***Thank for your support of this wonderful opportunity to remember, reflect and to help those who are less fortunate this Holiday Season!***