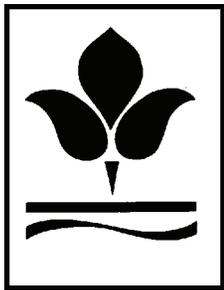


◆ The Center Post ◆

Volume 18 Issue 12

DECEMBER 2009

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



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

*Look inside for
information on...*

- ▶ **Legal Aid,**
p. 2
- ▶ **Low Vision,**
p. 2
- ▶ **Lee Co.
Family
Caregiver of
the Year,** p. 3
- ▶ **Donate to
Our Helping
Fund,** p. 6

Merry Christmas!

The Enrichment Center will close at 5 p.m.
Dec. 21—23 & 28—31, 2009. We will
be CLOSED December 24 & 25, 2009
and Friday, January 1, 2010.



The Enrichment Center Angel Tree

Our request is a little different this year, due to funds received specifically for the Angel Tree Project. These funds have allowed us to purchase a food box for each of our Angels. However, we are still in need of **personal care items** to enhance our project as well as **monetary donations to our Helping Fund** which is available in emergency situations to assist with utilities, medication and fuel cost.

Angels are available for adoption. Bring your personal care gift items to the Center before Friday, December 4, 2009. Staff and volunteers will deliver the food boxes along with your personal care gift items.

An Additional Way You Can Help Older Adults in Lee County is through monetary contributions. 100% of your donations are used to directly assist Lee County older adults. See page 6 for the contribution form.

Just remember the holidays are a lot happier for our Angels because of your joy, hope, love and most of all your generosity!

A Novel Approach Book Club—

Tuesday, Dec. 8, 12:00 noon, we will discuss **For Whom the Bell Tolls** by Ernest Hemingway. Facilitator **Ellen Viggiano**. Registration is not necessary and the club is open to the general public for all adults.

Shoot Aim and Click Digital

Photography—Wednesday, December 9 at 10 a.m. and Wednesday, December 16 at 6:30 p.m. with instructor **Mark Coggins**. Learn how to use a digital camera and find the joy of taking pictures of any and everything around you. Registration is requested. Call 776-0501 ext. 201. Open to the general public for all adults.

The Sharpening Man—Bill

Newbound, Monday, Dec. 14, 10 a.m.—12 noon. Do you have knives that need sharpening? Cost: \$.50 per knife sharpened. Call 919-776-0501 ext. 201 to register.

S.A.P. Sanford Area

Photographers Club—Thursday, Dec. 17, 6 p.m. with facilitator **Bob Smith**. Come and share ideas and methods with fellow amateur photographers. Open to the general public for all adults.



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 a.m. Diners Club Programs for DECEMBER are open to the general public:

- 2nd—Laurence Poindexter singing and playing guitar
- 4th—Jubilee Choir
- 9th—High Hopes Chorus
- 11th—Extra Bingo
- 15th—Sassy Red Hatters at 10:30 a.m.
- 15th—JR Ingram School at 11:30 a.m.
- 16th—Miller Boles Christmas
- 17th—Let's Talk with Mayor Olive at 10:30 a.m.
- 18th—Dealing with Grief During the holidays with Peter Mazzei from Liberty Home Health
- 23rd—Santa's here!
- 28th—31st—Games

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 each month at 2 p.m. Bring cards, friends and play the game of your choice.

"Let's Talk" with Mayor Cornelia Olive, Thursday, Dec. 17, 10:30 a.m. Drop by and share your concerns and views in this informal setting.

Legal Aid—Types of cases accepted: wills, powers of attorney, housing evictions, foreclosures, domestic violence, unemployment benefits and denials. **Call 1-800-672-5834 for an appointment.**

y a d y a d a s i s t e r s



Tuesday, December 1, 5:30 p.m. at The Enrichment Center. Bring a covered dish. After eating we will 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.

The Enrichment Center Captain's

Choice Mixed Group—Teams are formed by drawing cards and all skill levels are welcome. 10:04 a.m. Tee Time each Wednesday at Carolina Lakes. \$16.00 with Cart. Interested golfers should contact **Josie Nagy, 499-1208**. *A Golf Adventure Brought to You By The Enrichment Center!*

Thursday Night Dance— Thursday, December 17, 6 p.m.—9 p.m. with music by **Bill Pollard**, sponsored by **Jimmy Haire Photography**. Covered dish supper at 6 p.m., dance 7—9 p.m. Soft drinks and line dance lessons provided.

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. Nifty Noggins Volunteers will meet Thursday, Dec. 10 at 10 a.m.**

Living with Vision Loss Support

Group—Wednesday, Dec. 9, 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 for all adults.

Saturday Night Dance—Live music and good fellowship, 7 p.m., admission is \$6.00 per person. Bands for December: 5th—South Roads, 12th—Bill Pollard Back Porch Country, 19th—Southern Exposure, 26th—NO DANCE.

Celebrating Our Everyday Heroes

Each year during National Family Caregiver Month, we celebrate all those who dedicate themselves to caring for others and recognize their efforts to comfort and improve the lives of their loved ones. Being a caregiver is one of the hardest jobs in the world. Whether you are a parent to a child, a daughter or son to a parent, a wife to a spouse or a husband to a spouse, as a caregiver, you are a hero. To celebrate and raise awareness, a *Family Caregiver of the Year* is selected each year.

This year Mary “Kat” Douglas was recognized for her care and extraordinary work done for her mother, Mary Parrish, with Alzheimer’s disease. Kat is a very caring, loving, compassionate, friendly, honest, person with a great sense of humor and always puts others before herself.

Mary’s dedication contributes to a culture of caring and responsibility across our country.

We honor Mary for her unending care, and example to others to Share the care as Mary demonstrates this by sharing the care with her two sisters, Barbara Kelley and Doris Kelly.

If you would like to know more about the family caregiver programs and services available at The Enrichment Center, call Judi at 776-0501 ext. 230.

Veteran’s Remembrance Group—Wednesday, December 9, 2:00 p.m. **George Battalona** who is an ex-Marine will share some of his experiences while serving on the island of Iwo Jima. Registration is encouraged call 776-0501 ext. 201. This group is open to the general public for all adults.

Tai Chi for Arthritis—beginning February 2010, 12 week sessions at 11:30 a.m. Register now by calling 776-0501 ext. 201. This program was designed by Dr. Paul Lam and is taught by the Arthritis Foundation. It is easy to learn, effective and safe. It increases heart/lung activity, aligns posture, improves balance and integrates mind and body. Many people with arthritis have gained pain relief and better quality of life by learning and practicing every day. This class is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems.



Be sure to check with your physician before beginning an exercise program.

Call 776-0501 ext. 201 for further details and to register! Try your first class for FREE.

The Enrichment Center Fitness Room is available:

Monday—Thursday 7:30 a.m.—8 p.m.

Friday 7:30 a.m.—5:00 p.m.

The cost is \$1.00 per day. Call and register today for a FREE fitness orientation, 776-0501 ext. 201.

Baby Boomers are welcome to participate in the fitness room! Tell your friends, family and co-workers, too!

Fitness Yoga Classes, \$15 Per Month
Mondays 8:00 a.m. & Fridays 8:30 a.m.

Low Impact Aerobics Classes, \$10 Per Month
Tuesdays/Thursdays 9:00 a.m.
Wednesdays/Fridays 8:00 a.m.

WORKOUT CHAMP

Would you like to be motivated to exercise harder and to be recognized for it?! Then this would be the challenge for you! Each week we will be recognizing the King and Queen of Fitness. In addition we will have 3 Monthly Champs and an over all Champion. Challenge dates are Nov. 30, 2009—Feb. 26, 2010. Register at the front desk or call 776-0501 ext. 201.

Bellydance Classes—Mondays at 6 p.m. \$25 per month. Drop-ins welcome. Tone your body by learning the ancient art of belly dancing. Wear comfortable clothing. Call 776-0501 ext. 201 to register.

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!

Thursday, December 10, 2009

"A Southern Christmas" at The Rudy Theatre in Selma, NC. \$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.

Friday, January 22, 2010

Vince Gill at the Durham Performing Arts Center. One of country music's greatest entertainers! \$65 per person includes show ticket and chartered van rental.

Tuesday, March 16, 2010

Ring of Fire at The Barn Dinner Theatre in Greensboro. \$55 per person: matinee performance, meal and transportation. Enjoy this unique musical featuring some of Johnny Cash's greatest songs.

Thursday, April 22, 2010

The Broadway musical **"Wicked"** at the Durham Performing Arts Center. Winner of numerous awards. \$65 per person includes ticket and transportation aboard chartered bus. Dinner will be on your own.

May 10-15, 2010

Carnival Fascination- Key West & Nassau

We are cruising to **Key West and Nassau, Bahamas!** Trip will include deluxe motorcoach transportation, 5 nights aboard the beautiful **Carnival Fascination** which includes meals and entertainment aboard ship.

Come by The Enrichment Center for a flyer and further details!

**Gift Certificates towards trips, classes and programs are available for the holidays!
Call 776-0501 ext. 201.**

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.

Volunteer Spotlight—December's *Volunteer Spotlight* shines on students of Lee Early College! Students of **Darlene McDowell's** assisted with the preparation of the Angel Tree project on Wednesday, November 11, 2009. They worked very hard and impressed The Enrichment Center staff with their willingness and desire to assist the older adults in Lee County. Way to go guys - thanks for all of your hard work!!!

Give Your Plan a Check-Up! It's time to evaluate your current **Medicare Prescription Drug Plan** and see what's new for 2010. Or, see if you qualify for help in paying your premiums and drug co-payments. Changes to your **Medicare plan** will be effective January 1, 2010, but you must make the changes during **Medicare Open Enrollment which is November 15—December 31, 2009. FREE Assistance** with choosing the best plan available for your unique situation is available by appointment. Call Janice at 919-776-0501 ext. 206.

UPDATE: Cell Phones for Soldiers

The Make A Difference Day project for 2009 was a tremendous success!!! Thanks to all who donated their unused cell phones! **We collected 204 phones!** We will continue to accept phones and will donate them to the project in the future. **Thanks Lee County for stepping up and showing support for our military!**

AARP Tax-Aide

The program welcomes volunteers who desire to be trained as counselors and work with the local AARP Tax Aide Program during the 2009 income tax preparation season. If you are interested in volunteering attend our information meeting on **Wednesday, December 16, 2009 at 1:00 p.m. at The Enrichment Center.**

corner
caregiver



Merry Christmas to all Family Caregivers!

Many family caregivers find the holidays challenging. Some love it while others find it difficult and stressful. There are additional demands on you and your time including: decorating, time with relatives and friends, individual and family traditions, volunteering for special events, gift buying and giving. The season can bring additional financial stress as well. On top of all that, add in caregiving responsibilities and the holidays seem to take on a whole different life. So how does a caregiver make this a good and blessed time not only for oneself, but also for the person being cared for?

Understanding: The caregiver's understanding of the care receiver's needs and abilities is an important role in caregiving; especially at this time of the year. Negotiations may have to take place and some concessions made but the goal is to have good times and wonderful memories.

Memories: Our memories create historical markers in our lives. Remembering can bring sadness to a person, but if memories are shared they can also bring reflection and meaning. This is a great opportunity for caregivers to create new memories between themselves and the care receiver. Share memories - it is a great de-stress to share stories about things that make you laugh or things you appreciate about one another.

Reflection: Caregiver stress is not about the kinds of tasks one does, but how you feel about those tasks. Take time to reflect on the things you do as a caregiver. Is there another person who may not mind doing this task? Caregivers are not good at asking for help. Remember we don't have to shoulder the whole burden.

The Reason for the season: Many of my caregivers tell me that faith helps them get through their days. This time of year usually offers different and wonderful times for prayer, worship and reflection. For many the traditions are soothing and healing during a time that can be quite difficult. Embrace the art, music, memories, food, fellowship, prayer and joy this beautiful season brings! **Mix them all together and have a beautiful caregiver holiday season!**

With Peace and Love, Judi

Powerful Tools for Caregivers

Feeling stretched caring for a loved one?

Powerful Tools for Caregivers is a class designed to provide you – the family caregiver – with the skills you need to take care of yourself.

Four 2-hour class sessions held once a week are led by certified, experienced class leaders.

This class offers tools to reduce stress; take care of you; reduce guilt, anger and depression; help you relax; make tough decisions; communicate effectively with other family members, doctors and paid helpers.

Caregivers also receive a 300-page book, *The Caregiver Helpbook*, developed specifically for the class.

Date: Tuesdays, Jan. 5th, 12th, 19th and 26th, 2010

Time: 6:00 p.m. – 8:00 p.m.

Location: The Enrichment Center of Lee County
1615 S. Third Street, Sanford, NC

Free to all Lee County residents

Call 776-0501 Ext. 230

Remember – If you do not take care of yourself, you will not be around to take care of others!

Refreshments will be served.

Caregiver Time Out!

Every Tuesday 1 p.m. – 3 p.m.

In the Game Room at The Enrichment Center Family Caregivers! Are you in need of time for shopping or lunch with a friend? Maybe you need a little time just for you? We invite you to bring your loved one to Caregiver Time Out, which is designed for adults with dementia and memory loss. Our afternoons promote socialization through activities. Call 919-776-0501 ext. 230 and let us help you to be the best caregiver YOU can be! This free program is made possible by the National Family Caregiver Grant Program. Contributions accepted.



Grancare Christmas

Dinner Party

Thursday, December 3rd

6:00 p.m.

Join us for dinner, entertainment and a special surprise for everyone! Please call for reservations 776-0501 ext. 230. Grancare is a support group for Grandparents and other relatives raising children.



The Enrichment Center
1615 S. Third Street
Sanford, North Carolina 27330
919-776-0501

email: enrichment.center@leecountync.gov

www.leecountync.gov/ec

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27330
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**Tai Chi for Arthritis—
see page 3
for further details.**

**The mission of Lee County Senior Services
is to fashion an achievable vision of successful aging in Lee County.**

Dear Lee County Residents,

The Christmas Season is approaching. For many people the need for assistance is much greater this year. Lee County has one of the highest unemployment rates in the state. For those senior citizens who still want to work, not much is available. They are competing with many others for few jobs.

The Helping Fund under the many umbrellas at The Enrichment Center is a much needed and necessary function. The Helping Fund is available to Lee County residents ages 60 or better who are in a crisis situation. Assistance is provided with utilities, fuel or necessary medications. 100% of all donations are tax deductible and utilized in Lee County. It's a given that people will seek help from this program on a daily basis. It is that fine line between food or medicine and heat or food. Our help is desperately needed. The agency cannot give if it doesn't have. Please join me in giving financial support to a very worthy cause. We can afford the necessities of life, many can't. Let's make sure that our senior citizens are taken care of. They are our most valuable resource. Donations are needed now.

Thank you and happy holidays, Margaret B. Murchison, President, The Enrichment Center, Inc.

An Additional Way You Can Help Older Adults in Lee County

Monetary 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. 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.***