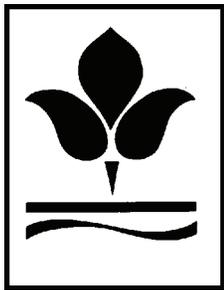


◆ The Center Post ◆

Volume 19 Issue 1

JANUARY 2010

*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...*

► *Workout
Champ, p. 3*

► *Tai Chi for
Arthritis, p. 3*

► *FREE Energy
Home*

*Improvements,
p. 4*

► *Grief Support
Group, p. 5*

Powerful Tools for Caregivers

**Family Caregiving is very
overwhelming and stressful.
Start the new year with valuable
tools and resources to be the best
caregiver you can be.**

Powerful Tools for Caregivers is 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.

If you are interested in taking the class but need someone to stay with your loved one, please call Judi at 776-0501 ext. 230 and arrangements will be made.

**Tuesdays, Jan. 5th, 12th, 19th
and 26th, 2010**

6:00 p.m. – 8:00 p.m.

The Enrichment Center

Free to all Lee County residents

Call 776-0501 Ext. 230

Refreshments will be served.

Discover the Many Benefits of Tai Chi

In partnership with Jeremy Jackson
Black Belt Leadership Academy

**Mondays & Wednesdays
beginning with a
FREE demonstration
on Monday, January 11, 2010
7:00 p.m.**

With Certified Tai Chi Instructor
Jeremy Jackson
Classes held at
1716 Westover Drive, Sanford
\$50/Month Payable at class.
Classes held through Feb. 15th.

Many Possible Health Benefits:

- Can help reduce stress & regulate breathing
- Improving balance, flexibility & muscle strength
- Reducing anxiety and depression
- Improving sleep quality
- Lowering blood pressure
- Reducing falls in older adults

Classes are open to the general public. All adults are invited.
Pre-register with The Enrichment Center, 919-776-0501 ext. 201.

Inclement Weather

The Enrichment Center is a Lee County Government facility. During inclement weather, when Lee County Government offices are closed or on a delay, so is The Enrichment Center. Postings are made on WRAL-TV Raleigh and WTVD-TV Durham. Announcements are made on Sanford radio stations WFJA 105.5 FM, WWGP 1050 AM and Life 103.1 FM.

D i n e r s C



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 JANUARY are open to the general public:

- 6th—Laurence Poindexter singing and playing guitar
- 8th—Bingo
- 13th—Miller Boles Program
- 15th—Heart Health Issues, Pam Glover & Sharon Lucas
- 19th—Sassy Red Hatters at 10 a.m.
- 22nd—Bingo

A Novel Approach Book Club—Tuesday, January 12, 12:00 noon, we will discuss Tallgrass by Sandra Dallas with Facilitator **Ellen Viggiano**. Registration is not necessary and the club is open to the general public for all adults.

S.A.P. Sanford Area Photographers Club—Thursday, January 21, 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.

Veteran's Remembrance Group—Wednesday, January 13, 2:00 p.m. **Doug Rowe**, an artist in oil painting and pencil drawing, will be sharing some of his military artwork. Registration is encouraged call 776-0501 ext. 201. This group is open to the general public for all adults.

Legal Aid Intake Day—Friday, January 8, 10 a.m.—2 p.m. Types of cases accepted: Housing evictions, foreclosures, domestic violence, unemployment and benefits denials. Appointments preferred but walk-ins accepted. **Call 1-800-672-5834 for an appointment.**

y a d y a d a sisters



Tuesday, January 5, 5:00 p.m. at Crossroads Grill. After eating we will go to The EC and 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—will meet again beginning April, 2010.

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

Mexican Train Dominos, will meet again beginning March 2010.

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.

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, January 14 at 10 a.m.**

Living with Vision Loss Support Group—Wednesday, January 13, 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.



**Are you thinking about
New Year's intentions?**

How can you add exercise
to your schedule?

**The Enrichment Center
Fitness Room is available:**

Monday—Thursday
7:30 a.m.—8:00 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.

**Guidelines: One-time orientation, Lee County
resident, age boomer and better. Boomers were born
1946—1964. If you do not meet these guidelines, call us
for further details.**

If you are a first time participant you can try aerobics or
yoga *free* for one visit to see if it's for you!

Fitness Yoga Classes, \$15 Per Month

Mondays 8:00 a.m.
Tuesdays 5:30 p.m.
or Fridays 8:30 a.m.

**Low Impact Aerobics Classes,
\$10 Per Month**

Mondays/Wednesdays 5:30 p.m.
Tuesdays/Thursdays 9:00 a.m.
Wednesdays/Fridays 8:00 a.m.

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

WORKOUT CHAMP

It's not too late to join us!

Would you like to be motivated to
exercise harder and to be recognized for it?!
Then this is the challenge for you! Each week
we recognize the King and Queen of Fitness.

In addition we have

Monthly Champs and at the conclusion,
an over all Champion.

Workout Champ runs through
Friday, Feb. 26, 2010.

Register at the front desk
or call 776-0501 ext. 201.

Tai Chi for Arthritis—beginning February 2010,
weekly 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.

"Let's Talk" with Mayor Cornelia Olive,
Thursday, January 21, 10:30 a.m. Drop by and share
your concerns and views in this informal setting.

Saturday Night Dance—Live music and good
fellowship, 7 p.m., admission is \$6.00 per person.
Bands for January: 2nd—NO DANCE, 9th—Bill
Pollard Back Porch Country, 16th—NO DANCE,
23rd—Southern Exposure, 30th—Bill Pollard Back
Porch Country.

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!

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.

Thursday, April 22, 2010

The Broadway musical "Wicked" at the Durham Performing Arts Center. Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One - born with emerald green skin - is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good Witch makes for "the most complete and completely satisfying new musical in a long time" (USA Today). Winner of numerous awards. \$65 per person includes ticket and transportation aboard chartered bus.

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 pricing details!

Tuesday, October 19, 2010

Senior Day at the NC State Fair.

UPDATE: Cell Phones for Soldiers

We will continue to accept phones and donate them to the project in the future. Drop off your used cell phones at the front desk. Thanks Lee County for stepping up and showing support for our military!

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—This month's *Volunteer Spotlight* shines on our wonderful Angel Tree volunteers. These volunteers logged many miles and carried many pounds of food and personal care items to older adults in Lee County. These volunteers are a huge part of the annual Angel Tree project. Thank you for your time, dedication and service to our community!

Arthritis Support Group—Thursday, January 14, 2010, 11:00 a.m. with facilitator **Peggy Rowles**. Special guest speaker **Andre Knecht, DC, CCSP**. Topic: Fibromyalgia. This is an **educational and mutual support group that focuses on helping people with any form of arthritis lead a healthier life. Registration is not necessary and all adults are invited.**

FREE Energy Saving Home Improvements

Call Johnston-Lee-Harnett Community Action

Is your home too cold in the winter and too hot in the summer?

Are your heating and cooling bills too high?

If you live in Johnston, Lee or Harnett Counties, you may apply for our weatherization program by calling 919-934-2145.

In Sanford our offices are located at 225 S. Steele Street, 919-776-0746.



Let's Make Our New Year's "Intentions"

Have you noticed how those New Year's "resolutions" tend to fall by the wayside within the first few months of having made them? As family caregivers we all resolve to provide the best possible care for our loved one- that goes without saying. Rather than making "resolutions", I would suggest that it is not too late to make New Year's "intentions" for you and your loved one. These "intentions" are most positive by nature and probably more doable by many of us who have our hands full as family caregivers. In 2010 let's focus on the following aspects of family caregiving:

Believe In Yourself. Try to maintain a positive attitude by recognizing your strengths and limitations. By believing in yourself and recognizing your strengths and limitations, it will go a long way in your ability to set goals and boundaries for yourself and your loved one.

Protect your health. It is critically important to maintain your physical and emotional health and well-being. If you don't, who will? Your good health is the greatest gift you can give your loved one and your entire family.

Reach out for help. Reaching out for help is never a sign of weakness, rather; it demonstrates strength and a keen awareness of your own abilities and sense of self.

Speak up for your rights. National Family Caregiver Association encourages and stresses the importance of arming yourself with vital information regarding your loved one's diagnosis and treatment options. Having the proper information is the gold standard in achieving the ability to advocate for your loved one and developing strong self-advocacy skills. By keeping the goal of receiving quality healthcare and making it a priority, you can avoid future medical problems and create a superior quality of life for all involved.

Do not consider the above as "resolutions" but rather as "intentions" which you can achieve for the benefit of both you and your loved one.

Happy New Year- and may God bless you and your loved one.

~~~Judi

Grief Support Group—Thursday, January 7, 2010.
If you have lost a loved one this past year, consider joining us the 1st Thursday of each month, 1:00 p.m. at The Enrichment Center with facilitator **Linda Moore, MSN**. Losing someone hurts. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. In this group you will find someone to talk with who understands and find others in the same situation. Registration is not necessary. The group is open to the general public and all adults are invited.

Alzheimer's & Caregiver Support Group—
Tuesday, January 12, 2010, 1:00 p.m. with facilitator & **Caregiver Advisor Judi Womack**. This group provides a forum for families and friends of individuals with dementia, strokes, and other related conditions to share experiences and information, discuss mutual problems and learn coping skills. **This group is open to the general public and all adults are welcome to attend. Don't forget, you are welcome to bring your loved one to our Caregiver Time Out while you attend the group. Call 919-776-0501 ext. 230 if you need further details.**

Grancare Luncheon—Thursday, January 14, 2010, 12:00 noon. Grandparents and other relatives raising grandchildren join us for lunch and roundtable discussions. Come and connect with others in the same or similar situations. Registration requested, call 919-776-0501 ext. 230.

Caregiver Time Out!

Every Tuesday 1 p.m.—3 p.m.

Attention family caregivers! Are you in need of time for errands, lunch with a friend or 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.



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
 Permit No. 198

*We will be closed in observance
 of New Year's Day on January 1st and in
 observance of Martin Luther King, Jr. Day
 on January 18th.*

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

February 2010...Save these dates...



*Valentine's Day
 is a day
 to celebrate love...*
Come celebrate with us

***Tuesday, February 9, 2010
 6:00pm Cost is \$7 per person***

Join us for an enchanted evening with
Vonda Reives, entertainer from our
 2009 Senior Idol competition.

Vonda will entertain us with songs of love, such as
 old favorites from Etta James and Nat King Cole.

Menu: Chicken In Wine, Green Beans with Almonds,
 Potato Casserole, Rolls,
 Chocolate Éclair Cake, Beverage.

Registration required, call 919-776-0501 ext. 201.

Lunch & Learn

Wednesday, February 17, 2010
 12:00 noon

**Janice Mosley
 Nature's Natural Nutrition
 Store**



Educational discussion about supplements.
 Bring a bag lunch—cookies and beverages will be
 provided. Call 919-776-0501 ext. 201 to register.

Black History Celebration

Friday, February 26, 2010
 10:30 a.m.

with Master of Ceremonies Claudia Lee
 Special singing, music and speakers.

Registration is requested,
 call 919-776-0501 ext. 201.