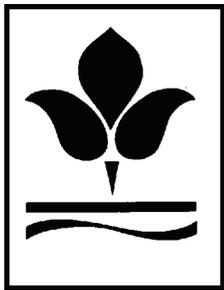


# ◆ The Center Post ◆

Volume 18 Issue 11

NOVEMBER 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

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information on...

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Ornaments,** p. 2
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## Candlelight Reflections



alzheimer's association®  
nc family caregiver support program

November is National Alzheimer's  
Disease Awareness Month  
& National Family Caregiver Month

We invite you to attend  
Candlelight Reflections  
Thursday, November 5, 2009  
6:30 p.m.—7:30 p.m.  
At The Enrichment Center

Candlelight Reflections will honor and  
remember all those affected by Alzheimer's  
disease and related conditions as well as  
family caregivers. Registration encouraged,  
call 919-776-0501 ext. 230.

# Veterans Appreciation



Tuesday, November 10, 2009  
8 a.m.—10 a.m.  
Full Breakfast—Space Limited  
Reservations Required  
Call 919-776-0501 ext. 201  
*Cosponsored by Elks Lodge 1679*

To show our appreciation for your service and dedication to our  
country, we invite you to breakfast. All Veterans and current  
military personnel are invited at no charge. Guests are \$3.00.

*Freedom is never more than one generation away from extinction. We didn't pass it  
to our children in the bloodstream. It must be fought for, protected, and handed on  
for them to do the same. - Ronald Reagan*

The Enrichment Center will be CLOSED  
Wednesday, November 11, 2009 for Veterans Day

# 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 NOVEMBER are open to the general public:**

- 4th—Laurence Poindexter singing and playing guitar
- 6th—Albert Rowe singing as “Elvis” at 10 a.m.
- 6th—NO Bingo
- 10th—Veterans Breakfast 8 a.m.—10 a.m.
- 13th—Bingo
- 17th—Sassy Red Hatters at 10 a.m.
- 18th—Help decorate the Christmas tree
- 20th—Bingo
- 25th—Miller Boles Thanksgiving

**Bellydance Classes**—Mondays at 6 p.m. \$8 per class. Drop-ins welcomed. Tone your body by learning the ancient art of belly dancing. Wear comfortable clothing.

**A Novel Approach Book Club**—Tuesday, Nov. 10, 12:00 noon, we will discuss **Madonnas of Leningrad** by Debra Dean. Registration is not necessary and the club is open to the general public.

**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 and friends and play the game of your choice.

**Veteran's Remembrance Group**—The group will use the November 10 Veterans Breakfast as their meeting. Registration is required, call 776-0501 ext. 201.

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



Tuesday, November 3, meet at Cracker Barrel at 5 p.m. After eating we will play cards at The Enrichment 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.*

## **The Enrichment Center Captain's**

**Choice Mixed Group**—Teams are formed by drawing cards and all skill levels are welcome. 9:00 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!*

**Legal Aid Intake Day**—Friday Nov. 6, 10 a.m.—2 p.m. at The Enrichment Center. Assistance with wills, powers of attorney, housing evictions, foreclosures, domestic violence, unemployment & benefits denials. **Walk-ins welcome, call 1-800-672-5834 for an appointment.**

**Thursday Night Dance**— Thursday, Nov. 19, 6 p.m.—9 p.m. with music by Bill Pollard. Admission \$5 per person which includes a soft drink at intermission and a line dance lesson.

**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, Nov. 12 at 10 a.m.*

**Making homemade Christmas ornaments out of recycled items**— Monday, Nov. 30 with **Diana Atkins**, 10 a.m.—12 noon. No charge, donations accepted to replenish supplies. Space limited, registration required call 776-0501 ext. 201.

**Questions about your personal financial situation? FREE financial counseling—**

Richard L. Palmer, ChFC, Volunteer Financial Counselor. One hour appointments are available on Wednesday or Friday afternoons to discuss and better understand your personal financial situation. Meetings will be held in the strictest of confidence and are not intended to replace a financial or legal professional. Please bring personal or financial statements, a recent income tax return and legal documents. For an appointment call 776-0501 ext. 201.

**Saturday Night Dance**—Live music and good fellowship, 7 p.m., admission is \$6.00 per person. Bands for November: 7th—The Fabulous Troubadours, 14th—Bill Pollard Back Porch Country, 21st—Southern Exposure, 28th—NO DANCE.

**“Let’s Talk” with Mayor Cornelia Olive,** Thursday, Nov. 19th, 10:30 a.m. Drop by and share your concerns and views in this informal setting.

**S.A.P. Sanford Area Photographers Club**—Thursday, Nov. 19, 6 p.m. with facilitator **Bob Smith**. If you love photography come and share ideas and methods with fellow amateur photographers. Open to the general public.

**S.A.P. Sanford Area Photography Club** will display their photos at The Enrichment Center in November and December. Please stop by and browse their lovely photos.

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

**The Sharpening Man—Bill Newbound,** Monday, Nov. 9, 10 a.m.—12 noon. Do you have knives that need sharpening before Thanksgiving dinner? Cost: \$.50 per knife sharpened. Call 919-776-0501 ext. 201 to register.

**Living Will and Health Care Power of Attorney forms are available at The Enrichment Center as well as notary services at no charge.** Contact Melanie Rodgers at 776-0501 ext. 214 if you need forms or have questions.

# Lunch with the Sheriff



**Thursday  
November 19, 2009  
11 a.m.**

## Fishin' for Advocacy

*Advocacy is your active involvement in expressing your desires, concerns and opinions directly to elected officials and others who write and enforce laws and policies.*

**Sheriff Tracy Carter is fishin' for questions!** Submit your questions, concerns and comments on one of our fish note cards and give them to Carole Nicely before Nov. 19th. The Sheriff will have lunch with us and go fishin' in our bowl full of questions. Registration is not necessary and this program is open to the general public.



**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. We will discuss techniques, equipment, light, composition, camera zoom and filters. Registration is requested call 776-0501 ext. 201.

**Program ideas?** Do you have an idea for a program or class that you would like see offered at The Enrichment Center? Please contact Debbie Williams with your suggestions at 776-0501 ext. 203.

# 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!*

**Tuesday, November 24, 2009**

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

**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.

**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, including, “I Walk the Line,” “Five Feet High and Rising,” and “Ring of Fire.”

**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.

**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!

## ***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.

**Home Delivered Meal Volunteers** are needed. Would you like to make a difference in someone's life? Volunteers are needed to deliver a hot, nutritious meal to a homebound older adult. You decide how often you can deliver meals: once a week, twice a month, etc. Contact Janice Holmes at 919-776-0501 ext. 206.

**Volunteer Spotlight November's** Volunteer Spotlight shines on Dellena Nicholson. Dellena is involved with many large events at The Enrichment Center including the Boomer, Senior & Caregiver Expo and the Alzheimer's Memory Walk. She attends committee meetings and assists in planning and set up at the events. Her dedication to causes she believes in is greatly appreciated. Thanks Dellena 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** will be effective January 1, 2010, but you must make the changes during **Medicare Open Enrollment 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.

## **Medicare and YOU 2010**

Are you confused about Medicare and all of your choices? Trained SHIP Counselors will host an educational presentation on

**Tuesday, November 10, 2009**

**at 2:00 p.m. and again at 6:00 p.m.**

Make plans to attend—if you have Medicare, are about to get Medicare or just want to learn more about Medicare. Registration not required to attend.

## corner

caregiver



### Thanksgiving is Thursday, Nov. 26.

All over the country many far-flung family members will be traveling long distance to gather together with their parents, brothers, sisters, uncles, aunt, in-laws and out-laws, of all ages from babies to centenarians. In many of these families there are going to be family caregivers—people who live with (and help) chronically ill or disabled relatives. The latest survey indicates there are some 44 million caregivers in the U.S. Some will travel with their ill or disabled relative to the reunion; others will not be able to do so.

So what's the connection? Thanksgiving is in November, and yes, National Family Caregivers Month is observed all of November. Who are family caregivers? Those same parents, brothers, sisters, etc. whom I just mentioned—and spousal caregivers.

We know there are many hardships with family caregiving. So what's to be thankful for in this apparent catalog of woes? Why it's a perfect opportunity to give a big thanks to the caregiver—spousal or other, for all that they do for their loved one! How can you do that as their family member or friend? Talk to them, listen closely, and find out what they like to do for themselves. Offer to spend time with their loved one/partner while they get a break to go and do that activity or have a short holiday. Everyone needs a break, but spousal caregivers in particular, are notoriously shy about asking for help.

We are all very thankful for our many blessings. Be sure to tell a family caregiver a special thank you for all they do. There are many ways to celebrate family caregivers and to take action and communicate this important message of National Family Caregivers Month in our community.

**Please join us for the Candlelight Service  
on November 5th and our  
Family Caregiver Luncheon on  
November 17 honoring the  
Family Caregiver of the Year.**

~~~**Judi, Caregiver Advisor**  
**776-0501 ext. 230**

### **Alzheimer's & Caregiver Support Group**

**Tuesday, November 10, 2009 1 p.m.**

**Judi Womack, Facilitator**

**Topic: Being Thankful as a Caregiver**

This support group provides a forum for families and friends of individuals with dementia, strokes, etc. to share experiences and information, discuss mutual problems and learn coping skills.

#### **Thank You**

Many thanks to Rogers-Pickard Funeral Home, Inc. for sponsoring the Grief Support Group held the 1st Thursday of each month at 1:00 p.m.

Linda Moore, MSN is the facilitator.

#### **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.

### **Family Caregiver Luncheon**

**Tuesday, November 17, 2009**

**12:00 Noon**

**Join us for food, fellowship and  
entertainment as we recognize the Family  
Caregiver of the Year.**

**Call Judi to register at 776-0501 ext. 230.**



### **Grancare Support Group**

**Grandparents and relatives  
raising grandchildren...enjoy  
your children during the  
Thanksgiving holiday!**

**Save the date—Thursday, Dec. 3rd**  
**Grancare Christmas Party. Details will be mailed.**



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

**The Enrichment Center will be  
 CLOSED  
 Wednesday, Nov. 11, 2009  
 Veterans Day**

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



# Angel Tree

**Our request is a little different this year, due to funds received specifically for the Angel Tree Project.** These funds will allow 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 will be available for adoption beginning Monday, November 9, 2009. 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. The Enrichment Center will furnish and pack gift bags. We will have a sample bag displayed beside the Angel Tree in our front lobby. Just remember the holidays are a lot happier for our Angels because of your joy, hope, love and most of all your generosity!

**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.*