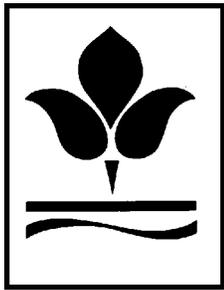


# ◆ The Center Post ◆

Volume 19 Issue 11

NOVEMBER 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 a.m.—8 p.m. and  
Friday 8 a.m.—5 p.m.  
919-776-0501

Look inside for  
information on...

► **COLTS Dash  
Service**, p. 2

► **Tai Chi**, p. 2

► **Living  
Healthy Series**,  
p. 3

► **Medicare  
Updates**, p. 5

## *Candlelight Reflections*



*to honor, hope and remember...*

*Candlelight Reflections will  
honor and remember all those  
affected by Alzheimer's Disease  
and related conditions, as well as,  
family caregivers.*

You are Cordially Invited  
to Attend

## *Candlelight Reflections*

Thursday, November 4  
6:30 p.m. – 7:30 p.m.

The Enrichment Center  
1615 S. Third Street  
Sanford, North Carolina

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

Open to the general public.  
Bring family and friends.  
For more information,  
call 919-776-0501 ext. 230.



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

# Veterans Appreciation

Tuesday, November 9, 2010  
8 a.m.—10 a.m.

Full Breakfast—Space Limited

Reservations required. Call 919-776-0501 ext. 201.  
The VA Rural Health Team will provide health  
screenings & information.

*Meal co-sponsored 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.

*Legal Aid Intake Day at The Enrichment Center*—First Friday of the month. Friday, November 5, 10:00 a.m.—2:00 p.m. A **FREE** service provided by Legal Aid of NC, Inc. Types of cases accepted: housing evictions, foreclosures, domestic violence, unemployment and benefits denials. Appointments preferred but walk-ins accepted. To schedule an appointment call 1-800-672-5834.

*Card Game Canasta*—Fridays, 12:30 p.m. with Instructor **Carolyn Arnold**. This group is open to the general public for all adults.

*Mexican Train Dominos* with Instructor **Robena Black** will meet Thursdays, 6 p.m.—8 p.m. Learn to play this fun game. Registration encouraged, open to the general public to all adults.

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

*A Novel Approach Book Club*—Will meet Tuesday, November 9, 2010 at 12:00 noon and discuss *Larry's Party* by Carol Shields. Registration is not necessary and the group is open to the general public.

*Veterans Remembrance Group*—Wednesday, November 10, at 2:00 p.m. with guest speaker **Mr. Rex McLeod**. Open to the general public, all adults are invited. Registration encouraged call 919-776-0501.

**yada yada sisters** Tuesday, November 2, 5:00 p.m. Bring a covered dish to share for a Thanksgiving dinner. We will also 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.



*Tai Chi Classes*—By the Arthritis Foundation. Mondays, January 24—April 11, 2011 at 10:45 a.m. with Instructor **Peggy Rowles**. Cost: \$70 payable first class. Open to all adults—space is limited. This program is designed by the Arthritis Foundation. It is recommended as a starting point for beginners and is suitable for all people with or without arthritis or other health problems. Call 776-0501 ext. 201 to register.

*The San-Lee Dancers*—The San-Lee Dancers return Tuesday, November 9, 6:00—9:00 p.m. **The Bill Pollard Band (Back Porch Country)** will play. Sponsor Jimmy Haire Photo Studio. Cost is \$5.00 per person and food to share at intermission. **Shirley Buchanan** will teach a line dance. Ages fifty+ (couples and singles) and younger guests welcome!

*"Let's Talk" with Mayor Cornelia Olive*—Thursday, November 18, 10:30 a.m. Come and share your concerns and views with **Mayor Olive** in this informal setting open to the general public.

*Living with Vision Loss Support Group*—Wednesday, November 10, 1:00 p.m. with facilitator **Nora Gunter**, for those with vision impairments (including Macular Degeneration) and their loved ones. This group is open to the general public for all adults.

*SCRABBLE*—First Thursday at 12:30 p.m. Open to the general public for all adults. Call 776-0501 ext. 201 to register.

**Dash** A Service Provided by  
**COLTS**

**Monday-Friday**  
**7:00 a.m. - 5:00 p.m.**

County of Lee  
Transit System

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 1. Wal-Mart                           | 5. Riverbirch Shopping Center |
| 2. Central Carolina Community College | 6. Stewart Manor              |
| 3. Makepeace Apartments               | 7. The Enrichment Center      |
| 4. Central Carolina Hospital          | 8. Kendale Shopping Center    |

**\$2.00 per trip. Priority given to age 60+ and disabled passengers. Wheel Chair Lift-Equipped.**

**For schedules and vouchers  
call 919-776-0501 ext. 228.**

*Ballroom Dance Lessons*—FREE with instructor **Judith McDonald**, President of Outreach Programs US Dance. Mondays at 6:45 p.m. December 6, 13, 20, 2010 and January 3, 10, 24, 2011. Class size is limited, call 919-776-0501 ext. 201.

*Beginner's Line Dancing Classes*—if you are interested in beginner's line dancing classes in January 2011, call **Debbie Williams** at 919-776-0501 ext. 230.



**Mondays  
January 24  
through  
February 28, 2011  
1:30 p.m.—4:00 p.m.  
with co-facilitators  
Debbie Williams  
Carole Nicely  
Jeanette Redman**

The Living Healthy Program invites you to participate in a self-management workshop for people with any type of ongoing health problems. These problems may include heart disease, lung disease, stroke, diabetes, arthritis, high blood pressure, overweight, fibromyalgia and others.

Designed at Stanford University, research studies have shown that the workshop is extremely effective in helping people manage their health. Sessions are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The workshops are designed to help you manage pain, fatigue, depression and frustration; improve and maintain health with appropriate exercise; use medication wisely, set goals that are doable; relax and manage stress; etc. **To register for this program call 919-776-0501 ext. 201.**

**Do you have program ideas?** Is there a program or class you would like to see offered at The Enrichment Center? Contact Debbie Williams at 919-776-0501 ext. 203.

# Diners Club



*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.*

**C** *Menu selections include:* spaghetti and meat sauce, pork chop, BBQ chicken, tuna salad, baked chicken, fish sandwich, fruit, dessert and beverage. Call 776-0501 ext. 208 for information and to register.

**b** *The following 11:00 a.m. Diners Club Programs for NOVEMBER are open to the general public:*

- 1ST—SHIIP (Seniors Health Insurance Information Program) questions/answers with **Janice Holmes**, SHIIP Coordinator
- 2nd—VOTE today!
- 3rd—**Laurence Poindexter** sings and plays guitar
- 5th—Self defense class with **Jeremy & Dwayne, Black Belt Leadership Academy**
- 10th—**Ronnie Womack** singing
- 12th—Extra Bingo
- 16th—Sassy Red Hatters
- 17th—Miller-Boles program
- 19th—Extra Bingo
- 24th—Wii Fit Bowling
- 24th—Decorate your tables for Thanksgiving

## Enrichment Center



**Mondays  
10:15 a.m.**

*New Members Welcome*



*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!*

**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 NOT meet in November.*

*Saturday Night Dance*—Live music and good fellowship at 7:00 p.m. Admission is \$6.00 per person. **Bands for November: 6th—Southern Exposure, 13th—Bill Pollard Back Porch Country, 20th—Raymond Bradley Band, 27th—NO DANCE.**

*S.A.P. Sanford Area Photographers Club*—Thursday, November 18, 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.

*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.

**NC Symphony tickets for sale at The Enrichment Center.** The North Carolina Symphony will return to Lee County on Saturday, November 13, 2010 at 7:30 p.m. Tickets may be purchased in advance locally at The Enrichment Center and Temple Theatre Box Office (Adult-\$22, Senior-\$20, Student-\$5) and at the door for the same prices.

## *"The Flag"*

*By: James Annis*

Men and women have died for it and will continue to do so. What makes a person so willing to put their life on the line for just a piece of cloth? Is it the color, the bright red, the dark blue or the bright white? It is put up on flag poles every day at sunrise and taken down at nightfall by some. It is put up by some to stay forever in the wind, rain or snow and in the heat of the day. At night, the flags glow as spotlights shine upon it. Now, I have a flag in my yard and it flies both day and night. The sun keeps it shining during the day and I have a light that comes on at night and on gray cloudy days.

I have two uncles who died for the flag and I have served under it as so many have done. When I see the flag of red, white and blue waving in the breeze or stretched out in the wind, I sometimes get a chill up and down my spine when I think how many have died for the flag. The flag is a very important part of the freedom we have here in the United States of America. The flag of the United States is a symbol world wide for freedom and our forefathers created the Constitution to protect it. To the millions of citizens of the U.S., the flag is the home of the brave. Brave men and women of America serve their country everyday in the armed forces during times of peace and war. For soldiers who served and have come back from past wars and the soldiers who will return from future wars, the flag will have a very special meaning in their hearts.

The soldiers who were in combat may have a hard time thinking about the war and may not be able to talk about it. Some will come back with missing body parts and some as the saying goes, "will come back without a scratch." If a soldier has seen action for a day, a week or more than a year, the flag that waves in the air on the battle field and the flag that waves at home will have special meaning again and again. The people at home may not notice it, but the soldier always will.

The flag of the United States of America has flown in many countries, but its meaning is the same wherever it may be. For the people in the world who know what freedom is, the flag of the United States of America will always have a special place in their hearts.

***Thank you veterans for your service, braveness and dedication!***

# 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.*

*Our trips are filled; however, place your name on the waiting list at no cost.*

*Call 776-0501 ext. 201.*

## December 4 - 5, 2010

**Christmas at Myrtle Beach.** Trip includes show tickets to The Alabama Theatre and Carolina Opry, overnight accommodations at The Ocean Reef Resort, chartered bus transportation and breakfast. Double \$225, Triple \$215, Quad \$199, Single \$259.

## Thursday, December 9, 2010

**The Rudy Theatre in Selma, NC.** Dinner at Cracker Barrel in Selma (not included). We will see the Christmas lights in Meadow Village. \$40 per person.

## Tuesday, December 14, 2010

**Music Super Stars Vince Gill and Amy Grant** stop by DPAC with their **Christmas Tour**. The Grammy-Award winning husband-and-wife team will present cherished standards and newer seasonal fare, as well as some of their biggest hits. \$100 per person.

## May 2 - 6, 2011

**Savannah, the Belle of Georgia.** Join us as we tour the historic and genteel city of Savannah. Pick up a flyer today at The Enrichment Center.  
Double \$415, Single \$515, Triple \$395



## The Perfect Gift

*Trip Gift Certificates are available!*

*Call 919-776-0501 ext. 201.*

## **Lee County Volunteer Base**

*People Need People.*

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

**If you are interested in volunteering at The Enrichment Center or in Lee County or if your organization is in need of volunteers, contact Janice Holmes today at 919-776-0501 ext. 201.**

## Medicare and You 2011

On **Wednesday, November 10** at 1:00 p.m. and 6:00 p.m., a program will be presented highlighting the changes that will be coming to the Medicare program in 2011. The basics of Medicare A & B, who pays what, costs involved, etc. will be covered. **Registration is not required. For more information, you may contact Janice Holmes, SHIP Coordinator of Lee County, at 919-776-0501 x206.**

## Medicare Update:

*2011 Medicare Open Enrollment Period*

Information is being mailed to Medicare Prescription Drug Plan Enrollees. This information will have details concerning your current Part D plan as well as changes that may affect you in 2011. Changes to your **Medicare Plan** will be effective on **January 1, 2011**, but you have an opportunity to make changes that would be to your benefit during the **Medicare Open Enrollment Period which begins November 15 and continues through December 31.**

Assistance with choosing the best plan available for your unique situation is available by appointment. Contact **Janice Holmes** at 776-0501, ext. 206. **Did You Know??** If your monthly income is below \$1353(single) and \$1821(married) and you have Medicare, you may qualify for "extra assistance". This is a federal program that may be able to help pay your Medicare prescription drug plan costs, premiums and co-pays. **You may apply for this program by contacting Janice Holmes, Seniors Health Insurance Information Program Coordinator, at 919-776-0501 x206.**

**Corner**

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**Dear Caregivers,**

November is a special time to reflect and give thanks for all of our many blessings. Sometimes as a family caregiver it may seem difficult to count our blessings; however, we have so much to be thankful for each day.

The emotion of thankfulness can be said to compensate for the emotional drain that a caregiver experiences. You may be in the middle of a demanding situation and thankfulness is not usually an emotion in such times. Yet if you can be thankful for the opportunity to be the primary caregiver to your loved one (parents, husband, wife, grandparent, etc.), this positive emotion works wonders for your spirit. It helps to offset the negative emotions of anger and resentment.

Celebrate the times spent with each other, and enjoy the laughter that you are able to share with your loved ones. These are the pleasant memories that will remain with you forever. Thank you for being the best caregiver you can be!

~~~~~*Judi, Caregiver Advisor*

**"ANGELS"**

***Angels Now Getting Empathy, Love and Support***  
**1<sup>st</sup> and 3<sup>rd</sup> Tuesday 6:30 p.m.**

**Gail Valentine, Facilitator**

This group is growing! It 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 past month the group enjoyed hearing and gained knowledge from special guest speaker Jason B. Sutton of the Elder Care Law Firm. Open to the general public, all adults are invited. Registration not necessary.

***Parkinson's Support Group***

Facilitated by **Bob Brickhouse**, this group has about 20 participants each 3<sup>rd</sup> Wednesday of the month at 10:30 a.m. We encourage anyone with Parkinson's disease and their caregiver to join this group. Open to the general public, all adults are invited.  
Registration not necessary.

***2010 Alzheimer's Walk Update:  
\$20,000 in Donations***

We would like to thank everyone for their participation in the Alzheimer's Walk, especially our **Lead sponsor, Pfizer . Gold Sponsors:** Magnolia Living Center, WLHC-FM Life 103.1, Liberty Home Care and Hospice, Liberty Commons Nursing and Rehabilitation Center, WWGP/WFJA , Liberty Medical Specialties and The Enrichment Center of Lee County. **Silver Sponsors:** John Beverly Printing, Inc. and Martin Screen Printing. **Bronze Sponsors:** First Bank, Quality Home Healthcare, Inc., Bayberry Retirement Inn, Central Electric Membership Corp., Kerr Drug, Community Family Medicine and Mrs. Wenger's Restaurant.

We would like to thank our very special volunteers for all of their help. The top individual fund raiser was **Theresa Thompson**. The team with the most team members: **Central Electric Membership Corp.** The team raising the most money was **Central Electric Membership Corp.**

***Powerful Tools for Caregivers***

**This is an education program designed to provide you, the family caregiver, the tools needed to take care of yourself.** Ten participants completed the fall series. Some of the comments made by the participants: "...open your eyes to the many ways to avoid difficult situations and ways to take care of yourself. I would recommend this class to all caregivers and anyone who will be a caregiver," John Barrett. "It's like a support group where participants share common concerns and emotions," Anonymous. "We have learned some interesting communication styles that are helpful in all areas of your lives," Anonymous.

***UNC Hospice Programs***

**with Ann Ritter. Held at The Enrichment Center.**  
**To register call 919-542-5545.**

***Coping Through the Holidays***

Wednesday, Nov. 17, 2010 at 10:00 a.m.

***Hope Through the Holidays***

Thursdays, Nov. 18, 2010 —Jan. 13, 2011 at 10:00 a.m.  
Call 776-0501 ext. 230 to register.

***Grancare—Save the Date!***

Grancare Christmas dinner and party will be held  
Thursday, December 2, 2010 at 6:00 p.m.  
Grandparents and other relatives raising grandchildren are invited. To register call 919-776-0501 ext. 201.

## November is National Alzheimer's Disease Awareness Month and National Family Caregiver Month

You are cordially invited to attend



### *Candlelight Reflections*

Thursday  
November 4<sup>th</sup>  
6:30 p.m.—7:30 p.m.  
at The Enrichment Center

***Candlelight Reflections*** is a beautiful and moving experience. It serves many roles: heightening public awareness of Alzheimer's Disease and caregiving issues; honoring and supporting family caregivers and individuals with dementia; and strengthening advocacy efforts.

When you light your candle on November 4<sup>th</sup>, light it not only in memory and support of your loved one, but light it in hope and commitment as well. ***Candlelight***

***Reflections*** honors those with Alzheimer's Disease and related disorders, those we have lost and the many who have and are providing care for them. ***Candlelight***

***Reflections*** honors all families and friends taking on the role of caregiving and/or living with dementia.

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#### *Caregiver Time Out*

**Tuesdays: 1:00 p.m.—3:00 p.m.**

**The Enrichment Center, 1615 S. Third St.**

**Thursdays: 2:00 p.m.—4:00 p.m.**

**St. Luke United Methodist Church, 2916 Wicker St.**

Family members caring for a loved one, receive a two hour break each Tuesday and/or Thursday. The care recipient will enjoy socialization, crafts, music, armchair exercise and much more. If you would like further information call Judi at 919-776-0501 ext. 230.

*First Choice Home Care  
and The Enrichment Center  
cordially invite you to our  
8th Annual Family Caregiver  
Award Luncheon*

*In honor of National Family  
Caregiver Month*

*Tuesday, November 16, 2010  
12:00 Noon  
Chef Paul's Restaurant  
610 Main Street, Sanford, NC*

***Guest Speaker:***

*Leslie Deane, FirstHealth of the Carolinas  
"Quiet Heroes All"*

*Many thanks to additional  
luncheon sponsors:*

*FirstHealth of the Carolinas & Community  
Home Care and Hospice*

**Join us for lunch, entertainment, door prizes &  
fellowship as we recognize the 2010 Family  
Caregiver recipient. Registration requested by Fri.,  
Nov. 12th. Call 919-776-0501 ext. 230.**

National Family Caregivers Month is a time to **thank, support, educate and empower family caregivers.** Celebrating Family Caregiver Month enables all of us to:

- ◆ Raise awareness of family caregiver issues
- ◆ Celebrate the efforts of family caregivers
- ◆ Educate family caregivers about self-identification
- ◆ Increase support for family caregivers

We encourage everyone to take this opportunity to thank any family caregiver you may know for their dedication and service to their loved one.



The Enrichment Center  
1615 S. Third Street  
Sanford, North Carolina 27330  
919-776-0501  
email: enrichment.center@leecountync.gov

**[www.leecountync.gov/ec](http://www.leecountync.gov/ec)**

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**Be sure to tune in to The Enrichment Center Radio  
Newsletter Monday through Saturday,  
11:35 a.m. on Life 103.1 WLHC-FM.**

**The Enrichment Center will be CLOSED  
in observance of the following holidays:  
Thursday, November 11, 2010 Veterans Day  
Thursday, Nov. 25  
& Friday, Nov. 26, 2010 Thanksgiving**

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



# Angel Tree

This year's Angel Tree program has new guidelines. Please refer to the flyer inserted in this issue for full details. Come by The Enrichment Center or call 919-776-0501 ext. 201 to adopt an Angel or to make a contribution. Thank you for your continued support of The Enrichment Center's Angel Tree.

## ***Help Older Adults in Lee County by Making a Monetary Contribution to The Enrichment Center, Inc. Helping Fund***

**In 2010 The Enrichment Center, Inc. Helping Fund suspended assistance for a period of six months due to requests exceeding dollars donated. Your assistance is needed to replenish this fund that is used to assist older adults who are in a crisis situation with the basic necessities of life.**

***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.*