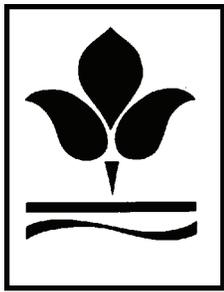


# ◆ The Center Post ◆

Volume 18 Issue 10

OCTOBER 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...*

► *Veterans  
Appreciation,  
p. 3*

► *Living  
Healthy, p. 4*

► *Medicare  
Updates, p. 6*

► *Arthritis  
Support  
Group, p. 7*

alzheimer's association  
**memory walk '09®**

**Sanford/Lee County Memory Walk**

**Saturday, October 3, 2009**

Registration 9 a.m. Walk 10 a.m.

**Depot Park- Downtown Sanford**

See page 8 for further details or contact The Enrichment Center  
at 919-776-0501 ext. 230.

## Fall Festival

**Saturday**

**October 24, 2009**

**8 a.m.—2 p.m.**

**Shop for holiday gifts and for yourself.**

**See page 5 for details.**



**Make A  
Difference Day  
Saturday, October 24, 2009**

**Cell Phones for Soldiers**

**Donate your old cell phones TODAY!**

**See page 5 for complete details.**

# 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 OCTOBER are open to the general public:**

- 2nd—10th Myths of Breast Cancer, Gwyn Sandlin
- 7th—Laurence Poindexter singing and playing guitar
- 8th—Rex Mobile Unit Mammograms. To register call Sharon Lucas 718-4640 ext. 5317.
- 9th—Bright Audiology Hearing Screening
- 9th—Bingo
- 14th—Miller Boles Program
- 16th—All About Africa with Arnie Kreisberg
- 20th—Sassy Red Hatters
- 21st—Matthews Family Home Care with Tonya Headen-Lee
- 23rd—Dana Smith singing
- 28th at 10:30 a.m.— Alzheimer's & Recognize the Signs of Dementia with Peggy Smith, Alzheimer's Assoc.—Eastern NC Chapter
- 29th—Flu Shot Clinic
- 30th—Decorate your tables and trick or treat

**A Novel Approach Book Club**—The group will meet Tuesday, October 13, 12:00 noon, to discuss **Mrs. Dalloway** by Virginia Woolf. Registration is not necessary and the meeting 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.**

**Legal Aid Intake Day**—1st Friday in October and November, 10 a.m.—2 p.m. at The Enrichment Center. Types of cases accepted: wills, powers of attorney, housing evictions, foreclosures, domestic violence, unemployment & benefits denials. **Walk-ins welcome, call 1-800-672-5834 for an appointment.**

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



Tuesday, October 6, 5:30 p.m.  
meet at Crossroads Grill of  
Sanford. 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.

**Pot Luck Covered Dish**—Thursday, October 29, 5:30 p.m. Bring your favorite covered dish for fall. Registration requested, call 776-0501 ext. 201.

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

**Choice Mixed Group**—Teams are formed by drawing cards. 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 of Lee County!*

## **Living with Vision Loss Support**

**Group**—Wednesday, October 14, 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.

## **Veteran's Remembrance Group**—

Wednesday, October 14, 2:00 p.m. with facilitator **Lewis Riddle**. **Special guest speaker Al Boyle, Retired US Air Force.** All adults invited. Registration encouraged, 776-0501 ext. 201.

## **Thursday Night Dance**— “Octoberfest”

Thursday, October 15th, 6 p.m.—9 p.m. with music by Bill Pollard. Sponsored by Sheriff Tracy Carter. Admission \$5 per person which includes a complimentary soft drink at intermission and a free 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, October 8, 10 a.m.*

**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 October: 3rd—South Roads, 10th—Bill Pollard Back Porch Country, 17th—Southern Exposure, 24th—Bill Pollard Back Porch Country, 31st—NO DANCE.

**Basic Cake Decorating Classes**—Tuesdays October 6—November 10, 6 p.m. Cost: \$25. Instructor: **Cris Elliott**, Certified Wilton Instructor for 27 years. Registration required, call 776-0501 ext. 201.

**FREE Hearing Screenings by Bright Audiology**—Friday, October 9, 9 a.m.—11:30 a.m. Registration required, call 776-0501 ext. 201.

**Let's Talk" with Mayor Cornelia Olive**, Thursday, October 15th, 10:30 a.m. Drop by and share your concerns and views in this informal setting with Mayor Olive.

**S.A.P. Sanford Amateur Photographers Club**—Thursday, October 15, 6 p.m. with facilitator **Bob Smith**. If you love photography come and share ideas and methods with fellow amateur photographers. Contact Bob at 498-0621 or The Enrichment Center at 776-0501 ext. 201 if you have questions. Open to the general public.

**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.

**Seasonal Flu & Pneumonia Vaccinations** — Thursday, October 29, 9 a.m.—11:30 a.m. and 1 p.m.—4 p.m. In partnership with **Brick City Primary Care**. Vaccinations will be offered free of charge to those 65 and older with Medicare Part B. Registration is a must! Call 776-0501 ext. 201. *Be sure to bring your Medicare card!*

# Satisfaction Survey

The Enrichment Center is a NC Certified Senior Center of Excellence. We strive to provide you with educational programs, quality services and the latest information pertaining to boomers, seniors and caregivers. In October we are offering a customer satisfaction survey. We appreciate your time in completing the survey. Your input on the survey as well as your support and participation of The Enrichment Center are greatly appreciated!

**Up & Coming!** *Mark Your Calendars!*

**The Sharpening Man—Bill Newbound**, Monday, November 9, 2009, 10 a.m.—12 noon. Cost: \$.50 per knife sharpened. Call 919-776-0501 ext. 201 to register.

**Lunch with the Sheriff**—Thursday, November 19, 11 a.m. The Sheriff is fishin' for questions! This is a time for you to share your concerns and comments with the Sheriff. Submit your questions before Nov. 19th to Carole Nicely. The Sheriff will then go fishin' in our bowl and address our questions.



## Veterans Appreciation

**Tuesday, November 10, 2009**  
8 a.m.—10 a.m.

**Full Breakfast—Space Limited**

Reservations required. Call 919-776-0501 ext. 201 by Tuesday, October 27, 2009.  
*Co-sponsored by Elks Lodge 1679*

To show our appreciation for your service and dedication to our country, we invite you to breakfast. Active service and retired 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*



**It's MY Health.  
It's MY life.  
*Living  
Healthy***

**Tuesday, October 6, 2009  
9:30 a.m.—12 Noon  
FREE  
Held at  
The Enrichment Center**

Living Healthy is a workshop that will help you take control of your ongoing health condition rather than letting it control you!

If you have **diabetes, arthritis, heart disease, COPD, fibromyalgia**, or any other chronic disease, Living Healthy is for you. By attending this **FREE** workshop one time per week for 6 weeks, you will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue
- Build your confidence
- Make daily tasks easier
- AND...Get more out of life!

**For more information about Living Healthy, or to register for a workshop please call 919-776-0501 ext. 201 or 1-866-876-4921.**

**FREE Energy Saving Home  
Improvements**

**Call Johnston-Lee-Harnett Community Action!  
Are your heating and cooling bills too high?  
To find out more about our weatherization  
program, call 919-934-2145 or 919-776-0746.  
Sanford location:  
225 S. Steele Street**

**DEALING  
HANDS TO  
LEND A  
HAND**



*We need you—and so does  
The Helping Fund!*

**Tuesday, October 6, 2009  
2 p.m.—5 p.m. and/or 6 p.m.—7:30 p.m.  
\$3.00 per person, per session.  
All adults welcome to attend!**

Join us at this party where all games are welcome: Poker, Bridge, Gin Rummy, Canasta, Pinochle, dominoes, and much more!

All proceeds benefit our **Helping Fund**, a non-profit fund used to assist low income Lee County older adults who are in a crisis situation with the basic necessities of life.

Join us for refreshments and prizes, but most of all to know you have helped an older adult in need.  
*Call 776-0501 ext. 201 to register your tables.*

**Mary “Kat” Douglas  
Winner of the \$500 Grand Prize  
at the 7th Annual Boomer, Senior  
and Caregiver Expo**

“When we pulled her card from the tumbler, we were shocked by what she told us,” said Judi Womack, Expo Coordinator and Caregiver Advisor at The Enrichment Center. Kat said, “I want to donate it to The Center.” WOW, what generosity! Kat is a native of Lee County, has a daughter, a son, and 5 grandchildren. She has been the primary caregiver for her mom, Mary Parrish, for the past 5 years. She shares the care with her two sisters. Kat states that one of the challenges she faces with her mom is communication. Kat misses those mom and daughter talks. Kat states Caregiving is full of wonderful blessings and difficult challenges. Kat attends our Caregiver Time Out often with her mom and is always willing to offer a helping hand to others in this group. When Kat was asked why she returned the \$500 gift card she stated, “It was a honor to give back to The Enrichment Center for all that is done for family caregivers as well as all the other wonderful programs, events and activities offered by the Enrichment Center.”

# Fall Festival

Saturday

October 24, 2009

8 a.m.—2 p.m.

Browse and purchase from more than 40 tables filled with woodcarving, jewelry, paintings, baked & canned goods, homemade soaps and lotions, Christmas decorations, hand-sewn items and much more!

**New this year!**

**Miller-Boles  
Funeral Home  
& Crematory  
will sell hot dogs  
& drinks.**

**All proceeds benefit  
The Enrichment  
Center, Inc.  
Helping Fund.**



## Cell Phones for Soldiers



**WE NEED YOUR OLD  
CELL PHONES!!!  
Please donate TODAY!**



**Make A  
Difference Day  
Saturday, October 24, 2009**

Cell Phones for Soldiers is Lee County's  
2009 Make A Difference Day project.

Make A Difference Day is a national day of doing good in our communities. Contact Janice Holmes, Volunteer Services Coordinator, if you have questions regarding this project  
919-776-0501 ext. 206.

Bring used cell phones to our drop-off box to be recycled. Calling cards will be purchased from the sale of these phones and given to our military personnel serving our country overseas. You can help these servicemen and women stay in touch with their families.

**Drop off phones or donations at  
The Enrichment Center,  
1615 S. Third Street, Sanford, NC 27330  
or call 919-776-0501.**

**Note:** Cell Phones for Soldiers hopes to turn old cell phones into more than 12 million minutes of prepaid calling cards for U.S. troops stationed overseas. The phones are sent to ReCellular, which pays Cell Phones for Soldiers for each donated phone – enough to provide an hour of talk time to soldiers abroad.

The goal of this project is  
for **EVERY SOLDIER** to be able to call **HOME!**

**<http://www.cellphonesforsoldiers.com/>**

# 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, October 20, 2009**

NC State Fair Senior Day. The day devoted to YOU. \$15 per person for transportation aboard a chartered bus.

## **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.”

## **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!

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## ***Tai Chi Class***

### ***Basic Moves for Belly Dancing***

**Plans are in process for new classes...  
Are you interested? Call Debbie Williams at 776-0501 ext. 203.**

## ***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 in Lee County. You decide how often you can deliver meals: once a week, twice a month, etc. Contact Janice Holmes at 919-776-0501 ext. 206.

**The Artists' Loft**, above the Shoppes of Steele Street, is in need of volunteers to assist in the loft. Contact Debby Biegun at 919-775-5547.

**Medicare & You 2010– Confused about Medicare and all of your choices?** Trained SHIP Counselors will host an educational presentation on **Tuesday, November 10, 2009 at 2 p.m. and again at 6 p.m.** Make plans to attend if you have Medicare; are about to get Medicare; or just want to learn more about Medicare.

**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 Reimbursement Rules...**

The seasonal influenza vaccine and administration is covered by Medicare once a year, typically in the fall. The influenza A (H1N1) virus has been identified as an additional type of influenza. The H1N1 virus vaccine and administration will be provided to Medicare Part B beneficiaries as an additional preventative immunization service.

## Corner

caregiver



**Happy Fall to all our Family Caregivers!**

It is one of my favorite seasons of the year. The fall of the year puts me in a good mood; it's amazing how many others feel as grateful and happy as me. When I'm in a foul mood, it's disturbing how many feel as crappy and mean as me. Coincidence? I don't think so. Consider your caregiving relationship. Your care recipient takes a long time for what was once a simple task, like putting on shoes or brushing teeth. The longer it takes the more you feel frustrated. You find yourself thinking "We have to go!!" Then you watch as your care recipient becomes frustrated with the shoe lace or the toothpaste, slowing the process even more. Then, before you know it, your thoughts become words, which become hurt feelings.

A family caregiver once voiced her frustration at how long it took her mom to get ready. The slow pace became a thorn in her side. Until one day she decided to sit and relax as her mom readied. Those moments when she relaxed became moments she looked forward to because it wasn't often that she could do just that, sit and relax. When she once mirrored frustration, she now mirrored relaxation. Both she and mother benefited. So, how can you change your mirror's reflection?

- Find the trigger, then focus on the solution.
- Pay attention to your thoughts. What do you tell yourself? Are you using positive self talk or negative self talk?
- Consider your environment. Surround yourself with a positive support system.
- Be gentle with yourself. Floundering? Ask for help.
- Focus on your positives. You have so many gifts and talents, but caregiving can hide them. You are a kind and loving person, it's just that caregiving can cover it.

When you find yourself in another tug-of-war with your care recipient or, even worse, with yourself, take a moment to consider what's in your mirror. Leave the bad in the back; follow the good to the front.

*Sincerely,  
Judi, Caregiver Advisor*

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

**Tuesday, October 13, 2009 1 p.m.**

**Judi Womack, Facilitator**

**Topic: Compassion Fatigue with guest speaker Tiffany Abbey, Community Home Care & Hospice**

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. Don't forget, you are welcome to bring your loved one to our Caregiver Time Out program while you attend this group. If you have questions call Judi at 919-776-0501 ext. 230.

## **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.

## **Arthritis Support Group**

**Thursday, October 8, 11 a.m.**

Guest Speaker: **Dr. Butler, Comm. Family Practice** answering questions regarding different types of arthritis and the effect on your life.

Open to the general public. Facilitator: **Peggy Rowles**  
An educational and mutual support group that focuses on helping people with any form of arthritis lead a healthier life.



## **Grancare Luncheon** *Life's a Journey*

**A support group for grandparents or other relatives raising grandchildren.**

**Thursday, October 8, 2009**

**12:00 Noon**

**Topic: Setting Limits**

**With guest speaker Linda Moore, MSN**  
Lunch provided.

**Call 919-776-0501 ext. 230 for reservations.**



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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 Sanford, NC  
 27330  
 Permit No. 198

Save the Date: November 17<sup>th</sup>  
 Caregiver Luncheon honoring  
 Caregiver of the Year

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

alzheimer's association  
**memory walk '09**<sup>®</sup>

Wyeth Pharmaceuticals Local Lead Sponsor

**Sanford/Lee County Memory Walk**  
**Saturday, October 3, 2009**

**Depot Park- Downtown Sanford**  
 Registration 9 a.m. Walk 10 a.m.

We're on the move to end Alzheimer's Disease as we walk around Depot Park and downtown Sanford! Together we will raise awareness and dollars toward the fight against Alzheimer's disease and related disorders.

Call Judi or stop by The Enrichment Center to register a team, sponsor or make a general contribution toward this cause at 919-776-0501 ext. 230. Make checks payable to the Alzheimer's Assoc.—Eastern NC Chapter.

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

*Candlelight Reflections*



alzheimer's association<sup>®</sup>  
 nc family caregiver support program

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.