



The Center Post



Volume 29

MARCH 2020

LCG Enrichment Center

Hours of Operation:

Monday - Thursday

8 AM - 8 PM and

Friday 8 AM - 5 PM

(919) 776-0501

Connecting people who are age 50 and better, family caregivers and veterans with meaningful educational and volunteer opportunities; increasing their access to services, benefits and resources and offering them tools to manage their health and finances.

By 2035,

15 years away,

Americans age 65 and older are forecast to outnumber kids for the first time.

The U.S. Census Bureau projects that the population of older adults will surpass children by almost two million.

Senior Centers:
Masters of Aging



What Does Medicaid Cover For Qualifying Older Adults?

FREE SEMINAR

Thursday, March 5, 2020

1:00 P.M. – 2:00 P.M.

Join Billy Henderson and Laura Fumage from The Lee County Department of Social Services Medicaid Unit as they discuss what Medicaid can cover for qualifying older adults.

Topics Will Include:

- Who qualifies for Medicaid
- How to apply for Medicaid
- Special Assistance for In-Home Aide
- Long-Term Care
- And More!

Open To Ages 50 & Better. To register call (919) 776-0501 ext. 2201.

Elder Law

Free Seminar

With Attorney Chris Wilms of



Hopler, Wilms, & Hanna, PLLC

Thursday, March 19, 2020

1:00 P.M. – 2:00 P.M.

Elder law is a specialized area of legal practice covering estate planning, wills, trusts, arrangements for care, social security and retirement benefits, protection against elder abuse and other forms of law involving older adults. Come join an experienced attorney discussing topics that matter to you. There will be time for limited questions and answers.

*Class size is limited.
Please call ahead to register
(919) 776-0501 ext. 2201.*

Unexpected Beginnings

When one of us is gone and one of us is left to carry on.

Tuesdays

March 24 & 31, 2020

6:00 P.M. - 8:00 P.M.

A two-part series offered with information you must know about when your spouse passes and you are left to figure things out. Knowing what to do ahead of time will greatly help you during this overwhelming time in your life.

Tuesday, March 24, 2020

5:45 P.M. Refreshments

6:00 P.M. Welcome

Robert Gilleland, Sanford Law Group
Don Borrillo, Social Security Adm.
Erica Vazquez, Branch Manager, BB&T
Tim Wilson, BB&T Investments

Tuesday, March 31, 2020

5:45 P.M. Refreshments

6:00 P.M. Welcome

Susie Thomas - Clerk of Court, Lee. Co.
Linda Ward, CPA - Ward & Foust
CPA's PA

Miller-Boles Funeral Home

"Grief & Depression," Kenneth Stewart,
First Health of the Carolinas

Open to All Adults

Registration is required.

Call (919) 776-0501 Ext. 2201.

Senior Games & Silver Arts of Lee County

Registration March 2020

Events April & May 2020

See Pages 2 & 3

Registration fee waived for first time participants!

Register Today!

SENIOR GAMES



SILVER ARTS Of Lee County

United in the Spirit of Competition

Started in 1983, NC Senior Games is a year-round health promotion & education program for North Carolinians aged 50 years & better. It is a holistic approach to body, mind, & spirit staying fit, while enjoying the company of friends, family, spectators & volunteers.

**Open to Residents Age 50 & Better
in Lee & Neighboring Counties**

Registration: March 2020 | Events: April- May 2020

Register online at jsolomon@leecountync.gov or pick up a registration form at
LCG Enrichment Center | 1615 S. Third Street | Sanford | (919) 776-0501

The registration fee entitles each participant to opening reception, and entry into athletic events and/or SilverArts. Participants may enter as many events/categories as desired. Fee is waived for first-time participants.

Tuesday, April 14, 2020

5:30 PM - Opening Ceremonies | 6:15 PM - Performing Arts

Wednesday, May 27, 2020

**SilverArts - Visual, Literary, and Heritage Arts Awards Reception
LCG Enrichment Center | 1615 S Third Street | Sanford**



Sponsored by:



This program is sanctioned by NC Senior Games. NCSG is sponsored state wide by the NC Division of Aging.

2020 Senior Games and Silver Arts of Lee County Schedule of Events
Open to residents turning ages 50 and better in 2020
in Lee and neighboring counties.

EC = Enrichment Center, LCHS = Lee County High School

FBC = First Baptist Church

Thursday, April 16

5:30 p.m. Opening Ceremonies EC

6:15 p.m. Silver Arts Follies EC

Friday, April 17

4:00 p.m. Table Tennis, Singles EC

4:30 p.m. Table Tennis, Doubles EC

5:00 p.m. Table Tennis, Mixed Doubles EC

Saturday, April 18

9:00 a.m. Track Events LCHS

11:00 a.m. Field Events LCHS

Monday, April 20

7:00 p.m. Pickleball, Singles FBC

Thursday, April 23

9 a.m. Cycling, 5K CCCC ETC

9:30 a.m. Cycling, 10K CCCC ETC

10:00 a.m. Cycling, 1 Mile CCCC ETC

Monday, April 27

7:00 p.m. Pickleball, Doubles/Mixed Doubles FBC

Wednesday, April 29

10:00 a.m. Golf Sanford Golf Course

Thursday, April 30

9:30 a.m. Cornhole, Women 70+ EC

Friday, May 1

9:30 a.m. Cornhole, Men 70+ EC

Monday, May 4

9:30 a.m. SilverStrider Fun Walk EC

10:00 a.m. Wii Sports Bowling* EC

4:00 p.m. Basketball Shooting FBC

Tuesday, May 5

2:00 p.m. Bowling, Doubles Kendale Lanes

Wednesday, May 6

2:00 p.m. Bowling, Mixed Doubles Kendale Lanes

Thursday, May 7

2:00 p.m. Bowling, Singles Kendale Lanes

Friday, May 8

10:00 a.m. Badminton First Baptist Church

4:00 p.m. Tennis, Singles Lee Co. Tennis Ctr

4:30 p.m. Tennis, Doubles Lee Co. Tennis Ctr

5:00 p.m. Tennis, Mixed Doubles Lee Co. Tennis Ctr

Saturday, May 9

9:00 a.m. Chess* EC

Continued...

Monday, May 11

9:00 a.m. Shuffleboard, Men 70+ EC

4:00 p.m. Horseshoes, Men EC

Tuesday, May 12

9:00 a.m. Shuffleboard, Women 70+ EC

4:00 p.m. Horseshoes, Women EC

Thursday, May 14

9:00 a.m. Bocce, Men 70+ EC

1:00 p.m. Bocce, Women 70+ EC

5:00 p.m. Bocce, Men 50 – 69 EC

6:00 p.m. Bocce, Women 50 – 69 EC

Friday, May 15

1:00 p.m. Swimming Ingram Family YMCA

Saturday, May 16

10:00 a.m. Croquet Tramway Rd Park

10:30 a.m. Softball Throw Tramway Rd Park

11:00 a.m. Football Throw Tramway Rd Park

Monday, May 18

5:00 p.m. Shuffleboard, Men 50 – 69 EC

6:00 p.m. Shuffleboard, Women 50 – 69 EC

Wednesday, May 20

5:00 p.m. Cornhole, Men 50 – 69 EC

6:00 p.m. Cornhole, Women 50 – 69 EC

Wednesday, May 27

**3:00 p.m. Closing Ceremonies and
 Heritage, Visual and
 Literary Arts Awards Reception**

TBA 3 on 3 Basketball

***Denotes a non-qualifying event
 for State Finals**



LCG Enrichment Center
Hot Topics
9:00 AM
First Wednesday

Saturday Night Dance Group Live bands and fellowship at LCG Enrichment Center, 7 P.M. - 10 P.M., \$10.00 per person. Open to all adults. Bands for March 2020, 7th—Southern Exposure, 14th—Crossfire (wear green St Patty's Day), 21st—Skyrider, 28th—Colours (Birthday dinner 6 P.M.).

Bible Study, Mondays at 10:15 AM - 11:30 AM. Join others as the Bible is studied and friendly group discussions are held amongst peers. Open to ages 50 and better. Registration not needed.

Tech 9-1-1, These FREE 1-on-1 hour long technology sessions are designed around you and your technology needs. Bring your questions and device (tablet, phone, laptop) to the session. Open to ages 50 and better. **Monday, March 9, 2020.** Call (919) 776-0501 ext. 2201 to register for a session.

Nifty Noggins are handmade head coverings for cancer patients. **The group of volunteers meets the 2nd Thursday of the month at 10:00 AM to drop off head coverings and pick up new materials.** If you'd like to volunteer with the group, we'd love to see you at the next meeting **March 12, 2020.** If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.

A Novel Approach Book Group meets at LCG Enrichment Center 2nd Tuesday, 12:00 PM. At the March 10 meeting the group will discuss **Just Mercy** by Bryan Stevenson. At the April 14 meeting the group will discuss **Where the Crawdads Sing** by Delia Owens. Registration not required. Open to all adults.

Caregiver Time Out Program

Tuesdays from 1:00 PM to 3:00 PM

You are invited to bring your loved one to The Enrichment Center on Tuesdays 1 PM - 3 PM for Caregiver Time Out.

This program is designed for participants who have Alzheimer's or other forms of dementia. We offer fellowship, games, puzzles, crafts and refreshments. There is NO CHARGE. Contributions are accepted. Contact **Holly Hight, Senior Center Caregiver Specialist, 919-776-0501 Ext. 2230** to find out if your loved one can join us. Made possible by **National Family Caregiver Grant.**

D A daily celebration



A nutritious lunch
 is available in the Diners Club
 Monday through Friday
 12:00 p.m. for Lee County
 residents who are 60 and better.

D i n e r s
C l u b
b
 If you are interested
 in having lunch with us call
Carole Nicely 919-776-0501 Ext. 2205
 for information and to register.
11:00 AM programs in the Diners Club
are open to the general public.

March 2020 programs:

2nd—Census Information, Shalondra Greenlee
 4th—Laurence Poindexter Singing in Spring
 6th—Tax Rellief, Michael Brown
 9th—What's New in Senior Games & Silver Arts, Jimmy Solomon
 11th—Refreshments with Miller Boles
 13th—Agent Joe Medlin and His K-9 Dex, Lee County Sheriff's Office
 16th—Census 2020 Day
 17th—St Patrick's Day Program
 18th—Census 2020 Day
 20th—Diabetes Talk, Pinehurst Medical Endocrinologist, Nichole Cox
 25th—Scams & Theft, Amy Cameron, Sr. Financial Services & Stephen Avant
 27th—How Much \$ Does it Take? With Melanie Rodgers

MONDAYS
Crafts 'n Coloring

WEDNESDAYS
Silver Striders
Let's Walk! 10 AM

Diners' Club Sassy Red Hatters

Third Tuesday, 10 AM. Wear your red hat and purple attire and be a part of this group of women 50 and older who enjoy life to the fullest!

Free blood pressure screenings, 2nd Tuesday
10:30 AM - 11:30 AM. For ages 50 and better.

LCG Enrichment Center
& The Good News Crew
First Thursday 10 AM

WDSG
107.9

E. C. TRAVELERS

For travel policy and further information stop by
or call the LCG Enrichment Center (919) 776-0501.

May 2 - 9, 2020, Western Caribbean Cruise

Aboard Carnival Cruise Line's "Breeze"

Departs from **Port Canaveral, Florida** & stops in **Cozumel, Mexico, Belize, Mahogany Bay, Isla Roatan and Costa Maya, Mexico.** Payment in full due at registration. **Open to all adults in Lee and neighboring counties.**

September 3 - 12, 2020, Canada & New

England Cruise Aboard Royal Caribbean's

Grandeur of the Seas Ports include Boston, Massachusetts; Portland, Maine; Bar Harbor, Maine; Saint John, New Brunswick (Bay of Fundy); and Halifax, Nova Scotia. **Included in Your Price:** Cruise, Cabin, Shipboard Meals, Port Charges and Taxes. Motor Coach to and from Baltimore Pier. **Open to all adults in Lee and neighboring counties.**

NEW 2020 Overnight Trips!

Open to Lee County residents ages 50 and better.

October 19 - 22, 2020, West Virginia Train

Adventure Onboard the New Tygart Flyer! Dinner and Show at the Gandy Dancer Dinner Theater. Performance of "The Greatest Show on Rails". The Cass Scenic Railway - Scenic Whittaker Station Excursion.

Also Included in Your Price: Deluxe Motor Coach Transportation, Standard Taxes, Meal Gratuities & Baggage Handling, 3 Nights Hotel Accommodations, 3 Breakfasts at Your Hotel, 2 Lunches Served Onboard the Trains and 2 Wonderful Dinners. **Price: \$699 Per Person - Double Occupancy.**

December 9 - 11, 2020, Myrtle Beach, SC

The Alabama Theatre - "The South's Grandest Christmas Show" and Backstage Tour, The Carolina Opry Christmas Special, Christmas at Broadway at the Beach, Holiday Shopping and More! **Also Included in Your Price:** Deluxe Motor Coach Transportation, Standard Taxes, Meal Gratuities & Baggage Handling. 2 Nights Ocean Front Hotel Accommodations, 2 Breakfasts at Your Hotel, 2 Wonderful Dinners. **Price: \$399 Per Person - Double Occupancy.**

NEW 2021 Overnight Trip!

8 Day/7 Night Alaskan Cruise

Aboard Norwegian's "Bliss"

September 17 - 25, 2021

Imagine awe over discovering fantastic vistas in The Last Frontier. Imagine exhilaration while exploring the wilds of Alaska. Imagine Bliss. That's what you'll experience when you vacation on our newest and most incredible ship, Norwegian Bliss.

Price: \$2599 per person, inside cabin, Cat. IB

Includes: \$100 onboard credit & \$50 Shore Excursion Credit per Cabin!

\$3299 per person, Balcony Cabin Cat. BB

Includes: \$100 Onboard Credit, \$50 Shore Excursion Credit, Internet Package 100 Minutes and 10 Photo Package per Cabin!

Outside cabins are available but are priced at the time of berthing. Price Based on Double Occupancy. Cabin Selection Subject to Availability

Passports are Required for This Trip

Included in Your Trip:

Round-trip Airfare, 1 night hotel accommodations in Seattle, Guided Tour of Seattle, 8 day/7 night Cruise, Cabin, Shipboard Meals, Port Charges, Taxes and Transfers in Seattle. Bus transportation to and from Airport.

Travel Protection: Cancellation Policy is Severe. Travel Protection can be purchased for \$318 per person for Cat IB and \$380 per person for Cat BB - double occupancy. Travel Protection should be purchased at the time of initial deposit. Insurance Premium non-refundable. Group cancellation policy applies.

Payment Schedule: \$250 per person deposit is due with names upon registration; cabin selection will go to the earliest bookings. Second deposit \$500 per person due by January 29, 2021. Final payment is due by April 23, 2021. **Itinerary and more details available at the LCG Enrichment Center.**

ALASKA CRUISE RESERVATIONS

**Will be accepted March 2, - April 1, 2020
on Mondays and Wednesdays 8:00 A.M. - 8:45 A.M.
and 3:00 P.M. - 4:00 P.M.**

On Fridays, 8:00 A.M. - 12:00 P.M.

**Ask for Janice
at the LCG Enrichment Center front desk.**

Tuesday, October 20, 2020, NC State Fair

Cost is \$20, payable by cash, money order or cashier's check. Come along as we go on our annual fall trip to the NC State Fair for Senior Day! This is the day devoted to you. Special events and activities all day long. We depart from Riverbirch Corner parking lot (Belk's/ behind the pond) at 8:00 A.M. and return at 4:00 P.M. **Payment in full due at the time of registration. Note: a portion of your reservation has been paid by Senior Center General Purpose Grant Funds. This is a grant allocated to NC Senior Centers of Excellence! Open to Lee County residents ages 50 and better.**



If you have to choose between buying groceries or pay your Medicare bills... SHIIP may be able to help. Extra Help and Medicare Savings Programs are available for those who qualify, but you have to apply. Extra Help provides assistance with Medicare Prescription Drug Plan premiums, deductibles and copayments. Medicare Savings Programs provide assistance with Medicare medical coverage premiums, deductibles and copayments.

For more information about these money saving programs or for help completing an application, contact **SHIIP, 855-408-1212 or www.ncshiip.com.**

Lee County residents may call (919) 776-0501 ext. 2206. This free and reliable information is provided by SHIIP, Seniors' Health Insurance Information Program, NC Department of Insurance.

AARP Tax-Aide is a group of volunteers who provide free tax filing services to seniors age 50+, low and middle income individuals during tax season. The AARP Tax-Aide program at The Enrichment Center is available for appointments through April 15.

Call (919) 776-0501 Ext. 2201 for an appointment. You must bring the following documents to your appointment:

- Last year's tax return
- Social Security Card
- Photo ID
- All supporting income and tax documents



**LCG Enrichment Center
The *Gem* of Lee County
Up & Coming
with Margaret
9:30 AM First Friday**

Friday Afternoon Movie Club **FREE!** **1:00 PM March 13, 2020**

Nurse Nellie of the U.S. Navy falls for middle-aged French plantation owner Emile De Becque, but recoils upon discovering that he's fathered two children. When Nellie leaves him, the heartbroken Emile agrees to take on a dangerous espionage mission. In his absence, Nellie struggles to reconcile her love for him — and after she spends time with his children and comes to care for them, fears that Emile may not return alive. *Due to our Motion Picture License Agreement we are unable to print the movie title. Call us for the title and to reserve your spot (919) 776-0501 ext. 2201. Open to ages 50+. Seating limited and sign up required.*

All EC movies are chosen based off suggestions and/or movie accolades and awards. Please use viewer discretion in regards to content.



Up & Coming in June 2020 At the LCG Enrichment Center!

Trivia Night, Thursday, June 11, 2020 from 6:00 P.M. until 8:00 P.M. Prize for the winning team! Open to all adults. **Stop by the LCG Enrichment Center for Trivia Night Rules.**
Call (919) 776-0501 ext. 2201 to register.

Brush & Palette Reception

Carolyn Chipman, Artist of the Year
Sunday, June 14, 2020
2:00 P.M. - 4:00 P.M.

Brush & Palette Show

LCG Enrichment Center Art Gallery
June - August 2020

Census Day: Be Counted!

Monday, March 16, 2020
Wednesday, March 18, 2020
9:00 P.M. – 12:00 P.M.



Why Is The Census Important?

Every 10 years, the federal government conducts a population count of everyone in the United States. Data from the census provides the basis for distributing more than \$675 billion in federal funds annually to communities across the country to support vital programs – impacting housing, education, transportation, employment, health care & public policy. **This includes the Lee County Government Enrichment Center!**

The Enrichment Center will have computers available onsite and staff available March 16 and 18, 2020 to assist with the online census. Let us help you be counted! Registration is Required (919) 776-0501 ext. 2201. Open To All Adults.

VA Town Hall

Meet, Greet and Ask Questions
Thursday, March 19, 2020
4:30 P.M.

Lee County Government
Enrichment Center
1615 S. Third St., Sanford, NC
(919) 776-0501
Open to the general public.

Mr. Daniel Dücker
Medical Center Director at Fayetteville, NC
VA Medical Center

Andrew Lucas, Administrative Officer
& **Rebekah Parsons**, Nurse Manager
Sanford Community Based
Outpatient Clinic - CBOC
Tramway Road/Highway 78

"The end-of-life deserves as much beauty, care, and respect as the beginning."

**Hospice & Palliative Care
Informational Seminar**
Thursday, April 2, 2020
1:00 P.M. – 2:00 P.M.

Common misconceptions about what hospice and palliative care are often scares caregivers away from services that can benefit both the patient and caregiver. Come learn what these terms really mean, how they are different, and what they can offer. Open to all adults. To RSVP call (919) 776-0501 ext. 2201.



"One person caring about another represents life's greatest value." –Jim Rohn



**New Free Fitness Programs
Open to Ages 50 and Better
Now through April 8, 2020
With Massiah Goines,
CCCC Fitness Science Intern
To Register Call (919) 776-0501 ext. 2201.**

Weight & Strength Training, Tuesdays, 5:30 P.M.
Weight lifting techniques for men, by Instructor/Fitness Intern Massiah Goines.

FREE Walking Club, Wednesdays, 3:00 P.M.
Join others that enjoy getting their exercise in by walking and find encouragement in the company of fellow striders.

Individual Wellness Coach 1-On-1 Sessions, Tuesday, Wednesday and Thursday, 3:00 P.M. - 7:00 P.M.
Individual sessions are 30 minutes. Learn techniques and tips that can help you attain full body wellness. Please call to reserve a time slot.

Black History Research Project

Carole Deese, Project Coordinator for Black History Research for Sanford/Lee County, is accepting appointments for interviews.

Interviews and sharing stories about Black History will take place Monday, March 23, 8:00 A.M. - 11:00 A.M., Tuesday, April 7, 8:00 A.M. 1:00 P.M. Tuesday, April 21, 8:00 A.M. - 1:00 P.M.

If you have a story or family history to share, please contact Carole Deese at (919) 280-9504 to schedule a date and time for sharing your story.



We need you and so does
the Enrichment Center, Inc. Helping Fund!
Co-sponsored by Miller-Boles Funeral Home

Tuesday, April 7, 2020
2 p.m. – 7 p.m.
(Note Time Change)

\$4.00 per person, per session
Refreshments, Fellowship and Door Prizes!

Bring a friend (newcomer to the Card Party) and
enter our Grand Prize Drawing!

100% of all dollars raised at the party goes to the
Enrichment Center, Inc. Helping Fund. The Helping
Fund assists Lee County older adults who are in a crisis
situation with electricity and other necessities of life.

***Register and pay in advance
at the LCG Enrichment Center
front desk.***

All Adults Welcome!

**American made Rada Cutlery on display for
purchase and ordering. Proceeds from Rada
also benefit the EC, Inc. Helping Fund.**

Relax~Refresh~Renew 2020 Women's Program



Thursday, April 23, 2020
6:00 p.m. – 8:00 p.m.
(5:45 p.m. Light Meal)

The Fabulous You:

Makeup Tips –

Charlette Bowling

Hair Tips –

Samantha Phillips &

Darleen Ignacio,

The Cabana Day

Spa

Fashion –

Betsy Jungkind &

Charlette Bowling,

Closet Remix

Chicks

Self Defense –

Jynn Bridges, Lee

County Sheriff's

Dept. Special

Operations

Community Police

Keep It Simple –

Cathy Andrew,

Fitness Instructor,

the LCG EC

Inspirational Talk –

Crystal McIver,

Crystal Solutions

LLC

Protect Yourself:

Exercise:

Hold On To Happiness:



Open To All Women

Light meal sponsored by

Miller-Boles Funeral Home

Registration is required.

Call (919) 776-0501 ext. 2201.

17th Annual Dementia & Caregiver Symposium

Presented by



The symposium is for family and professional caregivers as well as community members wanting to learn more. Discover current trends in dementia care, practical self-care suggestions, and information about legal issues and maintaining brain health. Informational seminars, guest speakers, vendors, health screenings, door prizes and more!

Tuesday, April 28, 2020

**Dennis A. Wicker Civic
& Conference Center**

1801 Nash Street, Sanford, NC

8:00 a.m. - 4:00 p.m.

Registration & Visit Exhibitors 8:00 a.m.

Welcome 9:00 a.m. ▪ Lunch Provided

*Respite Care for Families Available
& Arranged in Advance*

Registration Required

**Family Caregivers, General Public, Clergy,
Students & Volunteers: \$10**

Professionals: \$40 Includes CEU's

Information/Registration

www.DementiaNC.org/Sanford2020

LISA LEVINE

(919) 832-3732

Email: llevine@dementianc.org

For Questions or to Schedule Respite:

**Holly Hight, Senior Center Caregiver
Specialist at the LCG Enrichment Center.
(919)776-0501 ext. 2230**

**Presented by: The Dementia Alliance of NC
& The LCG Enrichment Center**

Join our interactive exhibits to learn more about the resources in your area! During the symposium you will have the opportunity to participate in the Virtual Dementia Tour® (VDT) – a dementia simulation where you can experience the challenges someone with dementia might face. The VDT is a powerful sensitivity and awareness experience created for anyone seeking to understand the physical & mental challenges of those with dementia. It can be very emotionally moving. **Thank you to Spring Arbor for providing the VDT experience!**

Agenda

**8:00 am Check-In, Sign Up for Virtual Dementia Tour
and Visit Exhibitors**

9:00 am Welcome

**9:15 Dementia: Where are we headed
with research and care?**

**Melanie Bunn, MS, RN, Dementia
Training Specialist, Dementia Alliance
of North Carolina**

10:30 Break and Visit Exhibitors

10:45 Legal Issues for Dementia Caregivers

**Rupe S. Gill, Attorney at Law,
Walker Lambe, PLLC**

12:00 pm Lunch - provided

**1:00 Choose Your Attitude
for the Journey: The 5 P's**

**Pat Snyder, Family Caregiver, Author,
and Advocate**

2:00 Break and Visit Exhibitors

2:15 Redefining Technology for Caregivers

**January Brown, Human Services
Planner, Family Caregiver Support
Program, Eastern Carolina Council
Area Agency on Aging**

3:15 Plan Ahead! Long-Term Care Q & A

**Amy Natt, President & CEO,
Aging Life Care™ Professional,
Aging Outreach Services,
Natalie Leary, MSW, LCSW-A, Social
Worker, Duke Dementia Family
Support Program, Family Consultant,
Central NC Project C.A.R.E.,
Holly Hight, Senior Center Caregiver
Specialist, Lee County Gov. Enrichment Center**

4:15 pm Closing, Evaluations, and Raffle Prizes

Codependency & Addiction

Codependency:
Tuesday, May 5, 2020

Addiction:
Tuesday, May 19, 2020
5:45 p.m. Refreshments
6:00 p.m. Welcome

"...to help the family and friends of those who are struggling to make the right decisions."

This special two-part series will be led by **Steve Horn** author of, "7 Things Christians Need to Know About Addiction" and "The Third Option – In a World of Codependency With Only Two Choices".

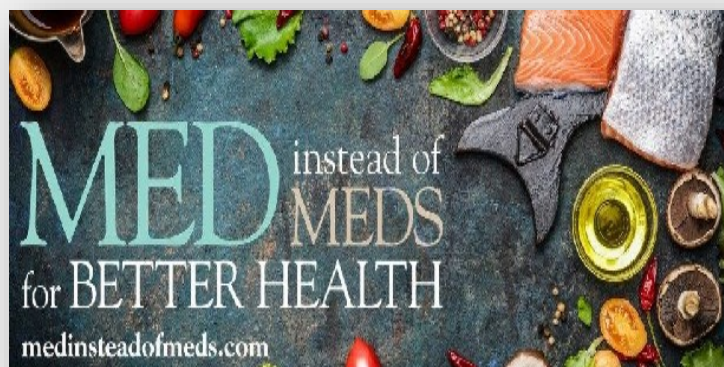
Mr. Horn is a resident of Sanford, NC who speaks and lectures locally, nationally and internationally. He has over three decades worth of experience working with people who have addiction and codependency issues. His books will be available on-site to purchase.

Open to all adults.
To register call (919) 776-0501 ext. 2201.

MAKE YOUR MARK ADVOCACY DAY

Friday, May 15, 2020
The Grand Hall
9:00 a.m. – 11:00 a.m.

Join The Enrichment Center on Friday, May 15, 2020 and make your mark on this community, this senior center, and this state! We will be writing letters to our congressmen to continue funding for senior centers across North Carolina. We will also be signing & decorating paper tiles to decorate the bulletin board. **Let your voice be heard.**



**Interested in eating the Mediterranean way,
but not sure where to start?**

The **Med Instead of Meds** class series will help you **Go Med** by exploring 7 simple steps to eating the **Med Way**. Learn Med tips, life hacks and recipes that will help you eat the Med way every day. Great tasting and good for you! The simple, delicious and satisfying Med Way of eating will keep you coming back for more.

Mondays, April 20 - June 1, 2020
4:00 P.M. - 6:00 P.M.

***Class will NOT meet on May 25**

Classes held at the LCG Enrichment Center
1615 S. Third St., Sanford
Cost: \$25 made payable to Senior Services

You will learn:

- Simple steps for mindful eating
 - Meal planning
 - Label reading
- Right-sizing your portions
- Simple steps for mindful physical activity

Registration deadline
Monday, April 13, 2020
Call (919) 776-0501 ext. 2201

Brought to you by:





A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Do YOU
HAVE**

Concerns

**About
Falling?**

**Try
Matter
Of
Balance!**

**This program
emphasizes
practical
strategies to
manage falls.**

*Matter of
Balance is
provided by a
Health
Promotion
Grant.*

*Contributions
are accepted.*



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**Classes provided by
LCG Enrichment Center**
N.C. Certified
Senior Center of Excellence
1615 S. Third St, Sanford
Participants should attend all 8
classes. Space is limited. For
class dates and to register call
(919) 776-0501 Ext. 2201.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
anyone who has restricted activities
because of falling concerns

A Matter of Balance: Managing Concerns About Falls


This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006,
American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from
the Administration on Aging (#90AM2780).

Free Health Promotion Tai Chi for Beginners *For Arthritis for Fall Prevention*



**This class is provided by a Health
Promotion Grant.
Contributions accepted.
*It's aimed at helping to
improve both lower and upper
body strength as well as improve
balance and reduce falls.***

**Priority given to
Lee County residents
aged 60 and better.
Open spaces available to adults
under age 60. For class dates
and to register call
(919) 776-0501 ext. 2201.
Space is limited.**

Tai Chi is an ancient Chinese practice that has proven to be one of the most powerful ways to improve both our physical and mental health. The key to tai chi's scientifically backed health benefits is qi. Rooted in ancient Asian traditions, qi is your vital energy. Although tai chi sounds mysterious, research is proving it works! Benefits of regular tai chi include: lowers risk of falling, lifts your mood, prevents heart disease, reduces pain, sharpens mind, builds confidence and so much more.

Seated Tai Chi Wednesdays

This class is aimed at helping to improve both lower and upper body strength, as well as improve balance and reduce falls, all while seated. For more information and to register call (919) 776-0501 Ext. 2201.



1615 S. Third Street, Sanford, N.C. 27330
919.776.0501 www.leecountync.gov/ec

Making Every Day a Great Day



Non-Profit Org.
U.S. Postage
PAID
Sanford, NC
27330
Permit No. 198

Handicapped Accessible Facility



The Enrichment Center Radio Newsletter
Monday through Saturday,
on Life 103.1 WLHC-FM.

Enrichment Center's Information & Resource
Directory and this newsletter available online:
www.leecountync.gov/ec

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

American Made Rada Cutlery on Sale Year-Round at the LCG Enrichment Center

Contact Melanie at (919) 776-0501 ext. 2214 or Email mrodgers@leecountync.gov. View the online catalog at www.radacutlery.com and contact Melanie for pricing and ordering.

Get Your Senior Tar Heel Card at the LCG Enrichment Center

Governor Roy Cooper and Dr. Mandy K. Cohen, Secretary, Dept. Health & Human Services, have provided NC Seniors ages 60 and over the Senior Tar Heel Card free of charge. Present the card to businesses for discounts. Please be advised that the acceptance of the STH Card is at the discretion of the vendor. Get your card today at the LCG Enrichment Center front desk

Legal Aid of North Carolina is a statewide nonprofit law firm that provides free legal services in civil matters to people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. Seniors should call 1-877-579-7562 for assistance and an appointment or online at www.legalaidnc.org.

LCG Enrichment Center 2020 Holiday Closings

Good Friday	April 10
Memorial Day	May 25
Independence Day	July 3
Labor Day	September 7
Veterans Day	November 11
Thanksgiving	November 26, 27
Christmas	December 24, 25, 28

Like or Follow LCG
Social Media
Accounts
Department &
Program Information



Facebook



Twitter



YouTube



Instagram



Blogger

