



The Center Post



Volume 29

OCTOBER - DECEMBER 2020

LCG Enrichment Center
(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



2020 Candlelight Reflections

"To honor, hope and remember."

Thursday,
November 5, 2020
7:00 p.m. The Lighting
of the Candles

Turn to page 2 for a message from
Holly Hight, Senior Center
Caregiver Specialist

ANGEL TREE 2020

See page 4 for details



Veterans... Thank You

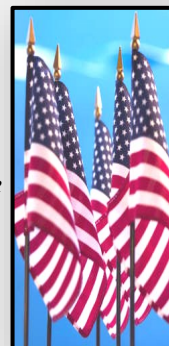
We all know that times are difficult right now due to COVID-19. We cannot get together as we normally do to celebrate veterans on Veterans Day. However, we want to say **"Thank you"** to all the Lee County Veterans for their service and contribution to our country that allows us to have the freedoms that we adore each day. Just know that the Veteran Services Office is here to assist you and your family members if needed.

Respectfully,
Marvin Tawney
Veteran Services Officer
(919) 776-0501 Ext. 2210

Veterans Day is celebrated on November 11. Originally called Armistice Day, this federal holiday was established to honor Americans who had served in World War I, but it now honors veterans of all wars in which the U.S. has fought.

"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 down for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."

—Ronald Wilson Reagan,
40th President of the
United States of America



A Word From The Enrichment Center Caregiver Support Program

“When you can’t control what’s happening, challenge yourself to control the way you respond. That’s where your power is.” Kaitlyn Moorhead

The year 2020 will be recorded in history books as a trying time for not only The United States, but for the world. It has been a year full of unexpected changes and challenges. We are living unfamiliar settings with “new normals” that are sometimes hard to comprehend. It reminds me of how our loved ones who are living with, or have lived with Dementia, may feel - lost. Instead of fearing 2020, I’d like us all to think of this time as a growing period; a brief respite that has gifted us with time to reflect on our busy lives and appreciate the blessings we have been given. Let us remember 2020 as the year we grew stronger and better.

Although we are unable to come together on this special day to acknowledge National Alzheimer’s Awareness Month, as well as, National Caregiver Month, please know that we are all still together in spirit. We continue to honor each of you, and celebrate the lives of your loved ones.

Please use this page as a guide on Thursday, November 5th, 2020 to help you continue the Candlelight Reflections legacy in a safe environment. Know that the Enrichment Center will continue to be your support network for any resources you may need. We hear you, we see you and we appreciate you all. Stay strong, stay positive and we will get through this together.

Holly C. Hight
(919) 776-0501 Ext. 2230

Online Video Presentation

<https://www.youtube.com/watch?v=JZX9Voeh48U>



7:00 p.m. The Lighting of the Candles

At 7:00 p.m., across the state, candles will light up the night sky in honor and memory of our loved ones. If you are able, go outside and look upwards. Repeat the Alzheimer’s Prayer (located below), then speak your loved one’s names out loud and let the wind carry them forward, along with the thousands of others being said on this special night.

Alzheimer’s Prayer

Great Creator, we pray -

For those who have died of Alzheimer’s disease -
Peace.

For those who now struggle with Alzheimer’s disease -
Dignity and Comfort.

For Families, Caregivers, Friends and Supporters -
Compassion and Courage.

And for those who seek the cause, cure, prevention, and treatment of Alzheimer’s disease - *Our Sincerest Thanks.*

Please accept our earnest and humble prayer.
Amen.

“We remember their love when they can no longer remember.”

Caregiver & Dementia Resources:

Alzheimer’s Association
www.alz.org

Alzheimer’s Helpline
1(844)440-6600

The Dementia Alliance
www.dementianc.org

The Enrichment Center
www.leecountync.gov/ec

National Caregiving Alliance
www.caregiving.org



Below information from the Lee County Board of Elections Website, www.leecountync.gov/Departments/Elections

LEE COUNTY BOARD OF ELECTIONS 2020 GENERAL ELECTION

One-Stop Early Voting Locations

Bob E. Hales Center, 147 McIver St, Sanford, NC 27330

McSwain Center, 2420 Tramway Rd, Sanford, NC 27332

Hours for One-Stop Voting Locations

Weekdays, Oct. 15 - 30 8:00 am - 7:30 pm

Saturdays, Oct. 17, 24 and 31 8:00 am - 3:00 pm

Sundays, Oct. 18 and 25 1:00 pm - 4:00 pm

Reminder: last day to vote early is Saturday, October 31

VOTER REMINDERS

- Check voter status and sample ballots at:
<https://vt.ncsbe.gov/RegLkup/>
- Deadline to register for Election Day, change party or update registration is October 9, 2020
- Curbside voting is available at all sites for voters that cannot enter the polling place due to age or physical disability
- Same-Day Registration is available at all early voting sites
- Contact us if you would like to become an election worker
- Online voter registration is now available

Check our website for more voter information and resources.

225 S. Steele St., Sanford, NC 27330

PO Box 1443, Sanford, NC 27331

919-718-4646 | elections@leecountync.gov

www.leecountync.gov/Departments/Elections

ELECTION DAY

TUESDAY

Nov. 3, 2020

**On Election Day, voters must go to their assigned precinct polling sites. Sites will be open:
6:30 a.m. - 7:30 p.m.**

**Early Voting
Oct. 15 - Oct. 31**

Hours not convenient?

You can vote by mail!

Requests are due by 5:00 p.m. on Tuesday, October 27, 2020. Forms are available on our website and in the office.



**YOU
ARE NOT
ALONE!**

EC Chat

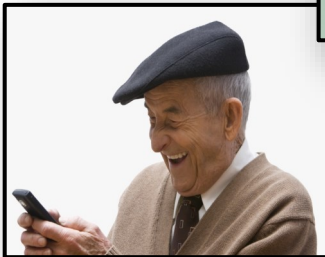
*Are you feeling isolated, alone
or depressed during this
pandemic?*

*Would you like someone to talk
to, but don't know
who to turn to?*

**The Enrichment
Center is here to
listen!**

We will soon be
offering free
weekly phone
calls from trained
Enrichment
Center volunteers.

These friendly
check-ins will



provide
you with
the
comfort
of

knowing
that you are not alone. All calls
are confidential.

**To learn more about the
EC Chat program or to
register call Holly
(919) 776-0501 ext. 2230.**

ANGEL TREE

The *Angel Tree Project* will continue this year, just in a different way. Due to the pandemic and safety protocols, we will be accepting monetary donations to support our *Angels* in order to limit the number of people and items coming in and out of our building. Our staff will order items and have them delivered to the Enrichment Center. We will package items into gift bags and deliver to the homes of our clientele that we have served during this season of change. Our assistance in the community will be based upon the donations received through this project. If you would like more information about the *Angel Tree Project* or how you can be involved, please call Tami Carter (919)776-0501, ext. 2212.

**Please make checks payable to:
(reference *Angel Tree* on memo line of check)**

The Enrichment Center of Lee County

1615 S. Third St.

Sanford, NC 27330

2020

NORTH CAROLINA GHOSTS AND LEGENDS

Join us for an hour of spooky talks of ghosts, legends, murders, mischief and mayhem from around North Carolina. Turn off the lights, grab a snack and listen as we dive into the creepy, the scary, the horrifying!



Listener beware - the Halloween spirit may not be the only spirit you'll come in contact with! BOO

This is an over-the-phone experience. Please call the number listed below at 2:00 p.m. and wait to be connected.

Friday, October 30, 2020

2:00 p.m. - 3:00 p.m.

(919) 726-6549

If you have questions, call Holly at (919) 776-0501.

Spam Phone Calls?

Your phone call from the Enrichment Center might come up as spam on your smart phone.

Add the Enrichment Center to your phone contacts, 919-776-0501.

**You do not want to miss phone calls from the LCG Enrichment Center!
We never send you spam!**

Hello from the LCG Enrichment Center and COLTS! (919) 776-0501

Debbie Davidson, Director, ext. 2216

Melanie Rodgers, Administrative, Finance, Marketing, ext. 2214

Tonya Surratt, Transportation Coordinator, COLTS – County of Lee Transit System, ext. 2228

Cynthia Wiley, COLTS scheduling information, ext. 5418

Robin Neal, COLTS, ride scheduling, ext. 2219

Tami Carter, Social Work, Information & Assistance, Wheel Chair Loan Program, ext. 2212

Debbie Williams, Senior Center Programming, Nutrition, Fitness, Health Promotion, ext. 2203

Janice Holmes, Medicare and SHIP (Seniors' Health Insurance Information Program), Volunteer, Trips, ext. 2206

Jimmy Solomon, Safety, Senior Games & Silver Arts, General & Medical Transportation Age 60+, ext. 2207

Holly Hight, Family Caregiver Specialist, Support Groups, Senior Center Programs, ext. 2230

Cathy Andrew, Fitness & Wellness Coordinator, Fitness and wellness classes, ext. 2208

Carole Nicely, Diners Club Lunch Program, Nifty Noggins Head Coverings for cancer patients, ext. 2205

Laurie Draughn, Social Work, Home Delivered Meals, Ensure Program, ext. 2213

Marvin Tawney, Veteran Services Officer, ext. 2210

Kyla Love, Veterans Services Asst., ext. 2209

November is National Eye Disease Month and National Diabetes Month

Be sure to have your annual eye exam. Diabetic eye disease, a leading cause of blindness, often has no early warning signs.

Diabetes is one of the most common chronic conditions in school-age youth in the United States, affecting about 193,000 youth under 20 years old. You are more likely to develop type 2 diabetes if you are age 45 or older, have a family history of diabetes, are overweight, or are a woman who had gestational diabetes during pregnancy. Ask your health care professional what steps you can take to prevent or delay diabetes. Find this and more information about Diabetes and other digestive diseases at National Institute of Diabetes and Digestive & Kidney Diseases, www.niddk.nih.gov.



November 7 - 14, 2020

What moves you? We invite you to move, walk, and fundraise alongside your neighbors, united in a state of caring. Discover your nearest sidewalk, track or trail, and get ready to move to defeat dementia!

Join us in a week-long marathon of interactive experiences perfect for the whole family! A complete schedule can be found on the Lee County Walk website: www.DementiaNC.org/Lee2020

The week will include the following:

- Online Photobooth
- Online Raffle (open now!) Explore the items and buy tickets at www.one.bidpal.net/move
- Silent Auction (Bidding opens Nov. 7 and closes Nov. 14th) at www.one.bidpal.net/move
- Candlelight Service to Stream Live on Facebook
- Lunchtime Laughter Yoga Session with Lisa Levine through Zoom

Contact Holly Hight for more details 919-776-0501 ext. 2230.

EC Support Group Schedule

Parkinson: 3rd Wednesday of each month at 10:30 am

Grief: 1st & 3rd Thursday of each month at 1:00 pm

Stroke: 2nd Thursday of each month at 1:00 pm

Grancare: 4th Friday of each month at 1:00 pm

Low Vision: 2nd Tuesday of each month at 1:00 pm

Caregiver:

11/5: In-Person at the Enrichment Center

11/12: Zoom Support

11/19: In-Person at the Enrichment Center

12/3: In-Person at the Enrichment Center

12/10: Zoom Support

12/17: In-Person at the Enrichment Center

12/31: Zoom Support

For further details call or email Holly Hight, Senior Center Caregiver Specialist, (919) 776-0501 Ext. 2230, hhight@leecountync.gov.

FITNESS CLASSES ARE BACK

At the LCG Enrichment Center

Morning Yoga, Advanced Tai Chi, Virtual Yoga and Fit & Toned. Classes meet twice a week.

MUST CALL Cathy Andrew,
Fitness and Wellness Coordinator, to register.
(919) 776-0501 Ext. 2208

Introducing Nursing Students Rodrigo and Reuben UNC Chapel Hill School of Nursing

We are excited to have Rodrigo and Reuben with us at the LCG Enrichment Center through November. They are Seniors at UNC Chapel Hill and will graduate soon after their clinical experience at the Enrichment Center. Rodrigo and Reuben will provide meal participants with educational videos, written messages and blood pressure checks. You might receive a MySeniorCenter phone call with more information, or a phone call from Rodrigo or Reuben.

**Join WakeMed Mobile Wellness &
Lee Co. Gov. Enrichment Center
Free Vascular Screenings**

Thursday, December 3, 2020 9:00a.m. – 2:00p.m.

(arrive 10 minutes prior to appt.)

LCG Enrichment Center Parking Lot, 1615. S. Third Street (Sanford)

To register: (919)776-0501 ext. 2203

Masks are required.

What Is Vascular Screening?

Vascular screening can identify individuals who may be at risk for stroke, ruptured aneurysm and/or arterial insufficiency in the legs. Screening exams are performed by WakeMed ultrasound techs.

Why Should Vascular Screening Be Done?

Stroke Prevention- Carotid artery blockages are a major cause for TIAs (Transient Ischemic Attacks) and stroke. These blockages can restrict blood flow to the brain.

AAA (Abdominal Aortic Aneurysm) Detection- An aneurysm is a weakness or ballooning of the blood vessel walls.

Peripheral Arterial Disease (PAD) Diagnosis- PAD is a blockage in the circulation to the arms or legs due to atherosclerosis or other diseases.

How Are the Screening Tests Done?

Carotid Scan – Consists of a quick ultrasound evaluation of the arteries in the neck which provide blood to the brain. A carotid scan can determine if there are blockages in these arteries.

Aortic Scan – Consists of ultrasound imaging and measurement of the abdominal aorta, the body's main artery. The scan can determine if an aneurysm is present and measure its size.

Ankle Brachial Index (ABI) - The ankle-brachial index test is an ultrasound to check for peripheral artery disease (PAD) and compares the blood pressure measured at your ankle with the blood pressure measured at your arm. This test can indicate narrowing or blockage of the arteries in your legs.

Screening is targeted to participants who:

Age 40 or older or with risk factors: Diabetes, high blood cholesterol and/or high cholesterol, Renal Disease, history of smoking or tobacco use, family history of stroke, heart attack, aneurysm.

The results are reviewed by a WakeMed Heart & Vascular physician. Participants receive their results through the mail or phone call.



COVID-19 Testing

The LCG Health Department will hold community testing events at 106 Hillcrest Drive every Tuesday through November from 9 a.m. until 11 a.m.

by appointment only. To make an appointment, please call (984) 368-2112.

To help prevent and stop the spread of COVID-19, the public is reminded to Wear a mask, Wait six feet or more from others and Wash your hands and clean surfaces thoroughly and frequently.

A Novel Approach Book Club

**Will meet at
the Enrichment Center**

**Tuesday, November 10, 2020
2:15 p.m. —NEW TIME!**



THE ENRICHMENT CENTER

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

Making Every Day a Great Day



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

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

Handicapped Accessible Facility

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

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.

Nifty Noggins are handmade head coverings for cancer patients. If you or someone you know could use head coverings, contact Carole at The LCG Enrichment Center (919) 776-0501 ext. 2205.

Medicare Part D Open Enrollment

You can join, switch or drop a Medicare drug plan between Oct. 15 through Dec. 7 each year.

Contact the NC Department of Insurance
Seniors' Health Insurance Information
Program 855-408-1212

LCG Enrichment Center 2020 Holiday Closings

Veterans Day
Thanksgiving
Christmas

November 11
November 26, 27
December 24, 25
and 28

Like or Follow LCG
Social Media
Accounts
Department &
Program Information



Facebook



Twitter



YouTube



Instagram



Blogger

