



The Center Post



Volume 29

SEPTEMBER 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



NATIONAL SENIOR CENTER MONTH

Senior Centers: Delivering Vital Connections

Mind | Body | Spirit | Community

Hello from the Staff Members at the LCG Enrichment Center!

All of us have been experiencing some unusual and different ways we must function due to COVID-19. ***Delivering Vital Connections*** has been our mission through these difficult times for our participants, staff and collaborating agencies. We have greatly missed the in person talks, visits and working together. Our work for older adults, caregivers and veterans is essential, especially during the COVID-19 pandemic.

During this time The Enrichment Center has continued to provide meals to our homebound, regular congregate meal participants brought to the senior center by COLTS and our drive-in participants. We have kept the ***vital connection*** providing weekly hand-outs. They include puzzles, coloring, Sudoku, word search, health and wellness topics, safety, nutritional information and much more.

Some of our support groups have been able to meet in our outside pavilion. We have offered virtual programs via the Internet for caregivers. Fitness programs have continued through exercise videos on Lee County Government's YouTube channel.

The key words used in this year's Senior Center Month theme are ***mind, body, spirit and community***. Under normal circumstances during Senior Center Month, we strive to touch on all of these topics through programs and activities. We are disappointed that we cannot interact with you in the Senior Center, but please know we still have programs and services available during this time. We celebrate the senior center and you each day. We offer a variety of fitness programs, educational and inspirational programs that will inspire you to live a full life.

The Enrichment Center staff members will continue to work even harder at ***Delivering Vital Connections***. We welcome you to find out more about the Lee County Government Enrichment Center at www.leecountync.gov/ec. We are here for you, the patrons of Lee County. Celebrate with us this month of September 2020 as we are so grateful to have a caring and dedicated staff to assist you with your concerns of aging and living well! When our doors are able to open again, we invite you for a tour and visit.

Please know that you can still talk with a staff member by phone. Call 919-776-0501, Ext. 2201 for assistance. We have missed seeing our regular participants and can't wait to share our special moments again. Until then, let's keep working hard at sharing and staying connected with each other.

Debbie Williams
Senior Center Program Director

FALLS PREVENTION AWARENESS WEEK September 21 - 25, 2020

FACTS ABOUT FALLS

Each year, millions of older people age 65 and older fall. In fact, more than one out of four older people fall each year, less than half tell their doctor. Falling once doubles your chances of falling again.

THE GOOD NEWS...YOU CAN PREVENT FALLS

These are some things you can do.

- **Have Your Eyes Checked**

Have your eyes checked by an eye doctor at least once a year, and be sure to update your eye glasses if needed.

If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking.

- **Strength and Balance Exercises**

Do exercises that make your legs stronger and improve your balance. *Tai Chi* is a good example of this kind of exercise. Participate in an evidence-based falls prevention program like *A Matter of Balance*.

- **Talk to Your Doctor**

Ask your doctor or healthcare provider to evaluate your risk of falling and talk with them about specific things you can do. Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy.

Ask your doctor or healthcare provider about taking vitamin D supplements.

- **Make Your Home Safer**

Get rid of things you could trip over. Add grab bars inside and outside your tub or shower and next to the toilet. Put railings on both sides of stairs. Make sure your home has lots of light by adding more or brighter light bulbs. Leave a lamp or two on at night in the hallway or other room to light your path.

Content adapted from Disease Control and Prevention, <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

Hello from the LCG Enrichment Center and COLTS!
Our facility is closed to the public, but we are available to speak with you by phone or email. Call 919-776-0501 and leave a voicemail if we do not answer the phone when you call. Someone will return your call as soon as possible.

Here's a list of staff member extensions and services:

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

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

Vote

**Election Day is
Tuesday, November 3**
IMPORTANT DATES:

Friday, October 9, 2020, 5:00 p.m.

October 15, 2020

October 31, 2020

Lee County Elections Office
Telephone: 919-718-4646

-Last day to register to vote for the Nov. 3, 2020 General Election

-One-stop absentee voting (early voting) begins for the November 3, 2020 General Election.

-One-stop absentee voting (early voting) ends for the November 3, 2020 General Election.



Join the Lee County Government Enrichment Center in partnership with N.C. Cooperative Extension for a free virtual cooking school!

The Cook Smart, Eat Smart Virtual Cooking School will teach you and your family how to prepare healthy and delicious food. This program keeps it simple - simple preparation techniques, simple ingredients, and simple equipment.

Households that attend all four sessions and send us a photo of each meal they prepare will receive a skill building bundle of their choice. Options include a slow cooker kit or meal prep kit.

**Classes will meet via Zoom
11 am - 1 pm on Tuesdays from October 6 - 27, 2020**

**Registration Deadline: September 29, 2020
Register at: [cooksmartleecounty.eventbrite.com](https://www.cooksmartleecounty.eventbrite.com)**

Questions? Contact

Alyssa Anderson, FCS Agent, Lee County at Alyssa_Anderson@ncsu.edu

NC State University and NC A&T State University commit themselves to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, genetic information, national origin, political beliefs, race, religion, sexual identity, (including pregnancy) and veteran status. NC State, NC A&T, U.S. Department of Agriculture, and local governments cooperating.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Bill Stone at 919-775-5624 or bill_stone@ncsu.edu at least 10 days prior to the event.

If you have special needs or are a person with a disability or desire any assistive devices, services or other accommodations to participate in any of the above activities, please call 919-775-5624 at least three weeks before the event to request accommodations.

Rex UNC Healthcare Mobile Mammography is coming to the Lee County Government Enrichment Center

Friday, October 16, 2020
10:00 a.m. until 3:00 p.m.

For eligibility requirements and to register, contact LCG Health Department 919-718-4640 ext. 5355. Registration must take place no later than Wed., September 30, 2020.

La Unidad Movil de Mamograma Rex UNC Healthcare viene al Centro de Enriquecimiento!

October 16, 2020
10:00 a.m. - 3:00 p.m.

Para mas informacion y para pre-registrarse por favor llame al Departamento de Salud del Condado de Lee 919-718-4640. Los formularios de inscripcion se reciben hasta el 30 de Septiembre de 2020.



November 7 - 14, 2020

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

Disponible sin costo con o sin seguro

Departamento de Salud del Condado de Lee COVID-19 Prueba comunitaria

Solo para residentes del condado de Lee



**15, 22, 29
de
Septiembre**

9-11 AM

**106 Hillcrest Drive
Sanford, NC 27330**

*Reciba resultados
de pruebas en
hasta 3-5 días
hábiles*

Criterio para la prueba:

- Cualquiera que tenga síntomas de COVID 19 (*fiebre, tos, dificultad para respirar, escalofríos, dolores musculares, pérdida nueva del gusto o el olfato, vómitos o diarrea, dolor de garganta*)
- Personas que hayan tenido contacto directo con casos positivos conocidos, aunque no tengan síntomas
- Personas con algo riesgo de exposición o alto riesgo de gravedad en caso de enfermedad, aunque no tengan síntomas. Estos pacientes son:
 - Personas que viven o tienen un contacto habitual con entornos de alto riesgo (centros residenciales de atención, albergues para indigentes, centros penitenciarios, campamentos para trabajadores del campo)
 - Pacientes de más de 65 años
 - Personas con otras afecciones subyacentes
 - Personas de poblaciones históricamente marginalizadas
 - Profesionales de la salud o primeros intervinientes como EMS, policía, bomberos, militares
 - Trabajadores de primera línea y esenciales, como son los dependientes de tiendas de alimentación, los empleados de gasolineras, etc., en lugares en los que sea difícil mantener el distanciamiento social.

**LLAME M-F 9-11:30AM y 1:30-4:30PM
PARA REGISTRARSE Y RECIBIR UNA
CITA:
(984)-368-2112**



**LEE COUNTY
NORTH CAROLINA**

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 September 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.



**YOU
ARE NOT
ALONE!**

Introducing... **EC Chat**

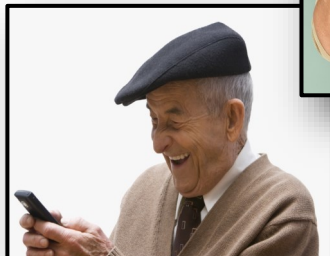
*Are you feeling isolated, alone
or depressed during this
pandemic?*

*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.**

Testing available with/without insurance at no cost!

**Lee County Health Department
COVID-19
Community Testing
*Lee County Residents Only***



CRITERIA FOR TESTING:

- Anyone with COVID 19 symptoms (fever, cough, shortness of breath, chills, muscle pain, new loss of taste or smell, vomiting or diarrhea, and/or sore throat)
- Close contacts of known positive cases, regardless of symptoms
- Regardless of symptoms, anyone at higher risk of exposure or at a higher risk for severe disease. Such patient populations are:
 - Persons who live in or have regular contact with high-risk settings (e.g., long-term care facility, homeless shelter, correctional facility, farmworker camp)
 - Patients 65 years of age and older
 - Persons with underlying health conditions
 - Persons who come from historically marginalized populations
 - Health care workers or first responders such as EMS, law enforcement, fire department, military
 - Front-line and essential workers such as grocery store clerks, gas station attendants, etc. in settings where social distancing is difficult to maintain.

**September
15, 22, 29**

9-11 AM

**106 Hillcrest Drive
Sanford, NC 27330**

*Receive test
results in up
to 3-5
business days*

**Call M-F 9-11:30AM and
1:30-4:30PM to Register and
Receive an Appointment Time:
(984)- 368-2112**



**LEE COUNTY
NORTH CAROLINA**

**Time is Running Out. Let's Do This!
Have you completed your 2020 Census?
If not, do so today.**

You can complete your questionnaire:

Online at www.2020census.gov

by phone - 844-330-2020

by mail - mail back the paper questionnaire sent to your home

We need your help to remind your friends, family members, co-workers and neighbors to respond to the 2020 Census.

Everyone who lived in the United States on April 1, 2020, is required to be counted—whether or not they are a U.S. citizen.

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

Thursday, October 8, 2020 9:00a.m. – 3:00p.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.



Caregiver Resource Guide

Located on the
LCG Enrichment Center
Website

www.leecountync.gov/ec

Or contact Holly Hight, Senior Center
Caregiver Specialist, for a paper copy
(919) 776-0501 ext. 2230.

Flu Shots

In partnership with Walgreens

Friday, October 16

Face covering is required.

**To register call Debbie Williams,
919-776-0501 ext. 2203.**

Governor Roy Cooper announced a careful step forward, [moving North Carolina into "Safer At Home Phase 2.5" restrictions](#)

NOTE: Due to the vulnerability of the aging population, Lee County Government will not be opening the Enrichment Center Fitness Room, Classes or additional gatherings until further notice.

FAQs related to Executive Order #163.

When does this Order take effect?

This Order takes effect on September 4, 2020 at 5:00 p.m. It is effective until October 2, 2020 at 5 p.m.

What does this Order change?

Under this order:

- Mass gathering limits will be increased to 25 people indoors and 50 people outdoors.
- Playgrounds will be allowed to open.
- Museums and aquariums can open at 50% capacity.
- Fitness and competitive physical activity facilities can open at 30% capacity.
- All employers in North Carolina are strongly encouraged to provide face coverings to their employees.

What remains the same under Phase 2.5?

- Bars, nightclubs, movie theaters, amusement parks, dance halls, and other entertainment facilities will remain closed.
 - Restaurants remain subject to capacity limits and other requirements for in person dining.
 - *Personal care businesses such as hair salons, nail salons, barber shops and more remain subject to capacity limits and other requirements.
 - Large venues remain subject to the mass gathering limits.
 - Wedding receptions and other private events remain subject to the mass gathering limits.
 - *Face coverings are still required in public.
 - *Does this Order require me to wear a face covering while exercising at the gym?
- This Order requires fitness facility patrons to wear a face covering at all times when inside the establishment except for when strenuously exercising.
- What is strenuously exercising?
- Strenuous exercise will vary from person to person. Each individual must assess whether they are performing an exercise that requires such physical exertion that they cannot wear a mask.

What other requirements must gyms or fitness facilities comply with under this Order?

Gyms must follow a number of safety protocols specified in the Order, including but not limited to, spacing equipment six feet apart, ensuring individuals remain six feet apart during group fitness classes, and implementing various cleaning and sanitation protocols.

A previous executive order and NCDHHS guidance provided that an individual could present a doctor's note if he or she needed to use an indoor gym or indoor exercise or fitness facility because of a medical condition; is this still required?

No. That exception is no longer in place under this Order, and indoor gyms and indoor fitness and exercise facilities are now open to the general public, subject to the capacity limits and other requirements in the Order. These establishments may NOT serve additional patrons beyond the 30% capacity limit, even if the patron claims a medical exception or presents a doctor's note.

Are sports tournaments or entertainment events allowed at my fitness facility?

Yes. However, the number of spectators allowed at these events is subject to mass gathering limits.

What are the mass gathering limits under this Order?

This Order limits mass gatherings to 25 people indoors and 50 people outdoor in a single confined indoor or outdoor space. Social distancing and face covering requirements remain in effect.

Are movie theaters allowed to reopen? What about movie theatres that are part of museums?

No. Movie theaters remain closed, including movie theatres that are part of museums. Drive-in theaters may operate subject to the requirements in the Order, and movies can be shown in open outdoor spaces, provided they comply with mass gathering restrictions.

Why are bowling alleys and skating rinks open if entertainment venues are closed?

Bowling alleys and skating rinks are considered fitness facilities. They may open under the same capacity limits and rules as fitness facilities.

You can find more FAQ and additional information about COVID-19 on the NC Division of Health & Human Services COVID Response website:

<https://covid19.ncdhhs.gov>



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.**

Enjoy the Outdoors!

The Enrichment Center Trail is open to all adults for walking and is free. The trail is one quarter mile and goes around the perimeter of the property.

Lee County Government Parks & Recreation has reopened county playgrounds in accordance with Governor Cooper's Executive Order (EO) 163. Keeping playground equipment sanitized with public use throughout the day is not feasible; therefore, the public is advised that use of LCG playground is at the public's own risk.

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.

LCG Enrichment Center 2020 Holiday Closings

Labor Day
Veterans Day
Thanksgiving
Christmas

September 7
November 11
November 26, 27
December 24, 25, 28

Like or Follow LCG
Social Media
Accounts
Department &
Program Information



Facebook



Twitter



YouTube



Instagram



Blogger

