



The Center Post



Volume 30

APRIL, MAY, JUNE 2021

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



OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

contribution makes our lives and communities a better place.

The theme selected for this year is ideal since we've had to draw **strength** from our fellow man during this past year due to the COVID-19 pandemic. We have needed each other and our communities to get through this challenging time.

Many older adults are volunteering their time at the COVID vaccination clinics, call centers, non-profit agencies, food banks and wherever they are needed. Every person makes a difference. We gain **strength** while facing adversity together.

The Enrichment Center is vital to the lives of older adults in Lee County. We are committed to help you find a new normal and stay connected with our communities. Our goal is to keep you motivated, socialized and independent. Many of our programs are open to ages 50 and better. Our support groups are open to all adults. Our services, such as the noon time hot lunch, medical and general transportation, home repair and Health Promotion/Disease Prevention have an age guideline of 60 and better. Our fitness room and exercise classes are open to ages 50 and better.

The programs we provide at the senior center relies on collaborations within the community so that we can provide the very best for our participants. We recognize how fortunate we are to have such a caring and willing community support our mission so that there's opportunities to live a happier and healthier life.

When we are able to reopen many more programs and activities at The Enrichment Center, I welcome you to come by for a tour and visit. You will be amazed at what all is available to you. We are anxiously awaiting to see our friends that we have missed so much, meet new friends and continue building **communities of strength**.

Sincerely,
Debbie Williams
Senior Center Program Director
(919) 776-0501 ext. 2203

This year's Older Americans Month theme is *Communities of Strength*. We want to recognize older adults, their strength and resilience. Their

MES DE LOS ESTADOUNIDENSES DE EDAD AVANZADA



FORTALEZA EN COMUNIDAD: MAYO DE 2021

The Enrichment Center is vital to the lives of older adults in Lee County. We are committed to help you find a new normal and stay connected with our communities. Our goal is to keep you motivated, socialized and independent.

FREE VIRTUAL WEBINAR “Common Caregiver Concerns”

Are you a caregiver that's tired of fighting with your loved one about every day tasks such as bathing, behavior, nutrition, or other health issues? Then this free virtual seminar is for you!

Join other caregivers for a live discussion of common

caregiver concerns and ways to prevent conflict before it starts.



Learn what works, and what doesn't, from others in the same situation!

**Wednesday, June 9, 2021
2:00 pm – 3:00 pm**

**To register call
(919) 776-0501 ext. 2230
A link to the zoom
webinar will be E-mailed
to you after registration.**

GIVE YOURSELF A BREAK! ***Virtual* Powerful Tools For Caregivers**

Wednesdays, April 21 – May 26, 2021

2:00 pm – 3:30 pm

Six class sessions held once a week **on Zoom;
led by experienced class leaders.**

Class participants receive The Caregiver Helpbook to accompany the class and provide additional caregiver resources at no charge to the caregiver.

Once you have registered for the class you will be sent a Zoom link with further instructions to log on and to pick up your materials.

Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

**The class will give you
tools to help:**

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
- Better Communicate Their Feelings
- Make Tough Decisions
- Locate Helpful Resource

“I had no idea there were so many free resources to help me with caring for my wife...”

*-Caregiver to wife with
Alzheimer's Disease*

“The Enrichment Center's family caregiver programs and this class helped me tremendously. I'm now better at communicating with dad and managing my time...”

*-Caregiver to dad with
Parkinson's Disease.*

***Registration is required.
Call (919) 776-0501 ext.
2230.***

LCG Enrichment Center Support Groups

Open to All Adults (Holidays may affect dates. Call before coming.)

Parkinson Support:

3rd Wednesday of each month at 10:30 a.m.

Grief Support:

1st & 3rd Thursday of each month at 1:00 p.m.

Stroke Support:

2nd Thursday of each month at 1:00 p.m.

Grancare Support:

4th Friday of each month at 10:30 a.m.

Low Vision Support:

2nd Tuesday of each month at 1:00 p.m.

Caregiver/Dementia Support:

*Virtual and In-Person at 1:00 p.m.

1st & 3rd Thursday of each month at 1:00 p.m. are in person at the Enrichment Center. Call (919) 776-0501 ext. 2230 for virtual log-in information.

Let's Stay Connected!

We hope you, your family and friends are staying well. Our schedule at the Enrichment Center remains scaled down due to the COVID-19 pandemic.

However, we continue providing vital services and programs to the citizens of Lee County. As the COVID-19 numbers and metrics continue to move in a better direction, we will add a little more to our schedule.

Our last newsletter was a combined issue, October, November and December 2020. We have found additional ways to keep in touch and would like for you to share your E-mail address with us.

E-mail Holly to be added to our list, hhight@leecountync.gov. We will send out emails from time to time with program updates and information.

We truly miss seeing our participants, clients and volunteers. Stay safe and well!

The Lee County Government Enrichment Center uses a telephone one-call system to alert participants about important information.

We will call you with news and updates about meetings, weather, COVID-19 pandemic, meals and important announcements.

Be sure to answer the call and listen carefully. The system will leave a voicemail if your phone permits.

LCG Enrichment Center and COLTS Directory (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, Options Counseling, 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

Kyla Love, Veteran Services Officer, ext. 2209

Ken Wells, Veterans Services Asst., ext. 2210

John Sandrock, Veteran Services Officer, ext. 2210

Grupos de apoyo de la CE de primavera de 2021

- Asistencia para el Parkinson

3er miércoles de cada mes a las 10:30 a.m.

- Apoyo para el duelo

1er y 3er jueves de cada mes a la 1:00 p.m.

- Soporte para accidentes cerebrovasculares

2do jueves de cada mes a la 1:00 p.m.

- Soporte de Grancare

4to viernes de cada mes a las 10:30 a.m.

- Soporte para baja visión

2do martes de cada mes a la 1:00 p.m.

- Apoyo al cuidador

* Virtual y Presencial a la 1:00 p.m.

1er y 3er jueves de cada mes a la 1:00 p.m. están en persona en el Centro de Enriquecimiento. Llame al (919) 776-0501 ext. 2230 para el enlace al grupo de apoyo virtual.

"A gracious word may smooth the way; A joyous word may light the day, A timely word may lessen stress; A loving word may heal and bless."

Author Unknown

EC Chat

Do you know of an older adult who could use a weekly call from a friendly volunteer?

Are you, yourself, feeling isolated, alone sad or depressed?

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

**The
Enrichment
Center is
here for you.**



The EC Chat program is a free weekly phone call from trained, caring 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 contact Holly
(919) 776-0501 ext. 2230 or E-mail
hhight@leecountync.gov.

We Provide Hot Lunches

Lee County citizens ages 60 and better can participate in our lunch time nutrition program. You can pick up a hot lunch at The Enrichment Center, Monday through Friday. For those who are unable to drive, we will verify if delivery is an option. For those who are homebound and live outside of the Sanford city limits, we offer **home delivered meals**.

Our spring and summer menus begin soon and will include: tuna salad, cucumber, onion and tomato salad, pasta salad, BBQ chicken, baked beans, oven browned potatoes, spaghetti, chicken salad, marinated pork loin and spiced peach cobbler.

Each week we prepare a packet that includes the next week's menu, health & wellness information, important alerts, games and puzzles.

If you would like to participate in our lunch time program call Carole, (919) 776-0501 ext. 2205.

If you or your loved one is in need of a home delivered meal call Laurie, (919) 776-0501 ext. 2213.



Virtual Tech 9-1-1 Class

Wednesday, April 21 and Wednesday, May 19, 2021 2:00 PM

We will provide assistance with your cellphone, tablet or laptop. This will be a group meeting. Some questions may be difficult to answer through Zoom. Please be patient and respectful of other participants' time.

For instructions and to register call (919) 776-0501 ext. 2230.

Enrichment Center Fitness Programs

Open to ages 50 and better!

Call Cathy at (919) 776-0501 ext. 2208 to register.

**Fitness Room - \$1 per visit, Silver Sneakers accepted
Appointment Required**

Morning Yoga - \$10 per month

Monday & Friday, 8:30 am

Advanced Tai Chi - \$10 per month

Monday & Friday, 10:30 am

Fit & Toned - \$10 per month

Tuesday & Thursday, 9:00 am

Virtual Yoga - \$10 per month

Tuesday & Thursday, 11:00 am

Water Aerobics - \$20 per month

June - August



Veteran Services Office

The Lee County Veteran Services Officer (VSO) assists eligible

veterans and their families, deceased veteran's dependents and survivors in applying for benefits from the U.S. Department of Veterans Affairs (VA) and the N.C. Department of Military and Veterans Affairs (NCDMVA).

Members of the Reserves, National Guard and active duty service members are also welcomed to call the county VSO for assistance with any matters involving the VA.

While Lee County is not the authorizing organization for these benefits, the County Veterans Service Officer can assist the veteran greatly in the following areas:

- Assessing and confirming eligibility
- Completing the documentation required by the VA and NCDMVA
- Explaining complex issues and forms
- Referring veterans and service members to other agencies that may be of assistance

The mission of Lee County Veterans Services is to pursue a high quality of life for local veterans, their families and their survivors.

It is our goal to increase public awareness of the services available to veterans and their families. We advocate for Lee County veterans and their families by assisting them in obtaining the benefits to which they are entitled.

**Get Expert Assistance
With Your VA Claim
Call (919) 776-0501 ext. 2209.**

SENIOR GAMES & SILVER ARTS Of Lee County

**Registration through May 15
Events and Competitions
June 2021**

Open to ages 50 and better in Lee and surrounding counties.

No Entry Fees

*Hybrid Games
Virtual SilverArts*

*Sports Event
Participants
Automatically
go to State Finals*

*Qualifications for State
Finals in
Artistic Events Remain
the Same*

To register and for more information contact Jimmy Solomon, Senior Games & Silver Arts of Lee Co. Coordinator
(919) 776-0501 ext. 2207 or
jsolomon@leecountync.gov

Silver Arts: Heritage Arts, Visual Arts, Literary Arts, Performing Arts
Sports events: 50 m dash, 800 m run, shot put, discus, pickleball, basketball shoot, 3 on 3 basketball, bowling, tennis, table tennis, golf, croquet, cornhole, silver striker fun walk and much more!

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

Cooking With Carole *Free Virtual Cooking Class*

Wednesday, April 14, 2021 2:00 PM – 2:30 PM

Join us on Zoom for a live cooking class each month with The Enrichment Center's own culinary master Carole Nicely. Follow along in real time as we prepare delicious recipes together.



**April's delectable recipe is
"Cowboy Caviar".**

**For a full list of ingredients,
Zoom instructions
and to register
call (919)776-0501 ext. 2205.**

Prescription Drug Assistance Available for Low-Income Medicare Beneficiaries

From the NC Department of Insurance, Raleigh Seniors' Health Insurance Information Program

Medicare beneficiaries who have limited incomes and assets may be eligible for **Extra Help** to pay for their prescription drugs. The federal Low-Income Subsidy (LIS) program, also known as Extra Help, assists qualified Medicare beneficiaries with out-of-pocket expenses associated with Medicare Part D prescription drugs.

There are more than 80,000 Medicare beneficiaries in North Carolina who may be eligible for help but have yet to apply. SHIIP, the Seniors' Health Insurance Information Program and a division of the N.C. Department of Insurance, is joining with partners around the state to help beneficiaries understand and apply for Extra Help. "Many who are eligible for this assistance are not aware that it is available to them," said Insurance Commissioner Mike Causey. "It is our goal to get the message of Extra Help out to Medicare beneficiaries statewide and get them enrolled so they can begin receiving help with their Medicare prescription drug costs."

SHIIP (Seniors Health Insurance Information Program) can help Medicare beneficiaries in Lee County with the enrollment process for Extra Help. Please contact Janice Holmes, Lee County SHIIP Coordinator at 919-776-0501 ext. 2206 to schedule an appointment.

To qualify for Extra Help, a Medicare beneficiary must meet certain income, resource and asset level requirements. The income and asset limits for Extra Help are \$1,508 per month with assets up to \$13,820 if you are single, and \$2,030 per month with assets up to \$27,600 if you are married.

SHIIP, a division of the North Carolina Department of Insurance, has volunteers in all 100 counties in North Carolina who offer one-on-one counseling and provide free, unbiased information about Medicare, Medicare supplements, Medicare Part D, Medicare Advantage and health plan options and long-term care insurance. To contact SHIIP, call 1-855-408-1212 or visit www.ncshiip.com.

Drug costs hard to swallow?

If you're on Medicare, call **855-408-1212** or visit **ncshiip.com**



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

PIG411A

STOP PRESCRIPTION DRUG SCAMS

Protect Your Personal Information and Report Complaints

Con artists and fake companies are taking advantage of the new Medicare prescription drug benefit to steal your information and money or worse...

Report ANYONE attempting to steal your money or personal information or selling fake prescription plans.







Contact:

- Your local police department
- 1-877-7SAFERX (1-877-772-3379)
OR 1-800-HHS-TIPS (1-800-447-8477)
- North Carolina SMP (Senior Medicare Patrol) Program at SHIIP
1-855-408-1212 or www.ncshiip.com or email NCSMP@ncdoi.gov

Protect...Detect...Report

PUBLIC TRANSPORTATION



-  Public Transportation to Work, Shopping, General, Medical
-  Raleigh Executive Jetport Shuttle
-  Purchase Ride Vouchers
-  Accessibility for Physically Challenged
-  Free Transportation to COVID-19 Vaccination Location
-  Call COLTS for More Public Access Transit Options, Schedule & Pricing



1807 Douglas Drive, Sanford

(919) 776-7201

www.leecountync.gov/colts.aspx

Title VI Policy Participant

Our mission is to provide safe & reliable transportation to the citizens of Lee County.



Opciones Con COLTS

- Chapel Hill, Raleigh, Durham y Pinehurst
- Programadas en Dreamland, Thornwood y Pine Village parques móvil
- Planea su viaje con convención
- Opciones para citas al último momento

No se Requite Identificación
Transportación Pública
Llegué a Su Destino Seguro

COLTS es un sistema de tránsito coordinado que provee servicios de transporte a muchas de las agencias que proveen servicios humanos en el Condado de Lee.

COMO SE USA COLTS

Pasajeros que usan COLTS bajo el auspicio de una agencia que provee servicios humanos pueden viajar gratis pero primero deben de ser referidos por la agencia patronizadora. Los requisitos varían dependiendo de las agencias del Condado de Lee. Si usted o alguien que usted conoce tiene necesidades especiales, llame a la agencia de servicios humanos que usted piensa apropiada o simplemente llame a la oficina de COLTS. Nosotros le ayudaremos en determinar su elegibilidad a través de las agencias que están contratadas con COLTS.

HORARIO

6:00 a.m. a 5:00 p.m. lunes a viernes. Mensajes para cancelar servicios se pueden dejar en la grabadora después de las horas de trabajo.

(919) 776-7201

Dirección Física:

1807 Douglas Drive, Sanford

Correo:

1615 S. Third Street, Sanford

COLTS esta patrocinado por el Condado de Lee de Carolina del Norte, por el Departamento de Transporte por el Gobierno Federal y el público en general.

COLTS es participante de la empresa de negocios para los desventajados.

Sistema de transito Condado de Lee Declaración política del Título VI

Es la política de brindar igualdad de oportunidades a toda personas, que reciban servíos del Sistema de Transito Condado de Lee. "COLTS"

(919) 776-0501 Ext. 2216.



LCG Enrichment Center
The *Gem* of Lee County
Tune in for Up & Coming
with Margaret & Melanie
9:30 AM First Friday
AM1050



LEE COUNTY COVID-19 VACCINE REGISTRATION REGISTRO DE VACUNAS COVID-19 DEL CONDADO DE LEE

*** Updated March 29th ***

Lee County COVID-19 Vaccine
Registration Call Center
(919)-842-5744
To register in Spanish
(919) 718-4640 opt. 8
Monday - Friday
8 AM - 4:30 PM

Pre-register online at
leecountync.gov/covid19

*** Actualizado el 29 de marzo ***

Centro de llamadas de registro
de vacunas COVID-19 del condado
de Lee
(919) -842-5744
Registrarse en español
(919) 718-4640 opc. 8
Lunes Viernes
8 a. M. - 4:30 p. M.

Preinscríbase en línea en
leecountync.gov/covid19

Registration Open to NCDHHS Groups 1, 2, 3, 4 & 5



Tune in for
LCG Enrichment
Center Updates!



SHIIP
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.gov

**WDSG
107.9**

Tune in for
LCG Enrichment
Center Updates!

MAY IS AMERICAN STROKE AWARENESS MONTH

Stroke is the fifth leading cause of death in the U.S. and a leading cause of adult disability.

Someone in the U.S. has a stroke about once every 40 seconds.

Major risk factors for stroke include high blood pressure, smoking, diabetes, high cholesterol, heart disease and atrial fibrillation.

You may be able to prevent stroke or reduce your risk through healthy lifestyle changes.

Medicare covers several preventive services at no cost that may improve your health.

Ask a SHIIP counselor for more information.

JUNE IS MEN'S HEALTH MONTH

June is the month that we celebrate dads. What better time is there for men to get their health screenings scheduled?

Even healthy men need to get health screenings for preventive care.

If you are a man with Medicare coverage, now is the time to talk with your doctor about getting screened for prostate cancer, colorectal cancer and cardiovascular disease.

Medicare covers prostate screenings once every 12 months for men over 50 and the colorectal screening tests every 120 months, unless at high risk.

Cardiovascular screenings can detect conditions that could lead to heart attack or stroke and are covered by

Medicare once every five years.

Ask a SHIIP counselor for more information.

For more information contact: Janice Holmes (919) 776-0501 ext. 2206.

LIFE IS BETTER IN MOTION ...

That's the truth isn't it? We will celebrate Senior Fitness Day this year on Wednesday, May 26.



Life is Better in Motion is the theme for 2021. How will you keep active?

Find a healthy, enjoyable activity and phone a friend to join you!

Exercise is crucial in maintaining our health and wellbeing, especially as we age. We benefit emotionally, physically, and cognitively whenever we move. A win all the way around!

Walking is one of the best ways to get started. Walk the trail around the Enrichment Center. One lap is 1/4 mile. Make an appointment to use the **fitness**

room. Park a little further away from the building when you go out, or make an extra lap inside of the grocery store.



Other options are gardening, swimming/water workouts, tai chi, yoga or a gentle seated stretching routine. Put on some music and move! Ten minutes at a time is a reasonable start. Set a goal, be consistent and work up to 30 minutes, 5-7 days a week.

As we continue to work with restrictions due to the pandemic, be assured that we; the staff at the Enrichment Center remain committed to the older adults in Lee County. Call (919) 776-0501 ext. 2208 to inquire about available classes or to schedule an appointment to return to the fitness room. It's NEVER too late to begin!

"That's the thing about books – they let you travel without moving your feet." Jhumpa Lahiri

For The Love Of Books

The 2nd Wednesday of each month from 11:00 am – 12:00 pm. The Enrichment Center, in collaboration with the Lee County Library, will be offering 'Book Day'! Stop by the pavilion and choose a library book! Details for return will be included on a bookmark in the book.



Lee County
Libraries

Books-To-Go

A Library Book Selection and Delivery Program for Qualifying Residents of Lee County, NC

Is it difficult to find a way to get to the library to pick up books for yourself? Are you in need of assistance finding and tracking books for a friend/family member to read? Do you know someone who loves to read but is unable to get to the library regularly? Lee County Libraries would like to help you! **Our Books-to-Go Program offers both monthly in-library pickup and homebound delivery for qualifying patrons in need of assistance. Contact the Lee County Libraries Outreach Library Assistant Delisa Williams (919) 718-4665 ext. 5484, to get started!**

2021 BRAIN WELLNESS SERIES

**With Dr. Jennifer Richards
of Carolina Brain Wellness Center**

Are you someone that is concerned with aging and the impact that it has on your brain?

Would you like to learn different strategies and techniques to help your brain remain functional and vital?

This is a free *virtual* series you will view from your computer, tablet or smart phone.

There are 4 sessions that can help you understand brain health and how you can maintain it. **Sessions include: Brain Health and Aging: The Basics, Brain Health: Lifestyle Changes, Cognitive Strategies: Attention and Memory, Cognitive Strategies: Technology-Based Solutions.**

Sessions will be held September 17, October 15, November 19 and December 17, 2021

For more information and to register
call (919) 776-0501 ext. 2203.



A Special Celebration of Recognition for You

In honor of Older American's Month, each year in the month of May, the Enrichment Center of Lee County hosted a luncheon for Lee County residents who are ages 90 and better.

Due to COVID-19 concerns, we will not be able to come together for a luncheon.

In its place, we would like to recognize and honor you with *A Special Celebration of Recognition*.

If you or someone you know is age 90 and better and should be recognized, please call Debbie Williams (919) 776-0501, ext. 2203.

FREE Virtual Craft Class: Spring or Mother's Day Dessert Plate Pedestal

With Instructor Gretchen Fox Tuesday, May 4, 2021 2:00 pm - 3:00 pm

We will have a fun afternoon of crafting virtually with fellow enthusiasts! We will be making a beautiful spring or Mother's Day dessert plate pedestal.

Supplies you will need:

Industrial strength glue E6000 (in a tube found at Family Dollar store)

Plates - a favorite one from home, Dollar Tree, Walmart or thrift store

Candlesticks - Dollar Tree, thrift store

For more information and to register call (919) 776-0501 ext. 2203. A link to the Zoom webinar will be E-mailed to you after registration.



Rex UNC Healthcare Mobile Mammography is Coming to the LCG Enrichment Center

Friday, June 11, 2021 10:00 am - 3:00 pm

To be eligible for the screening, you must: have a physician or medical home, have no previous history of breast cancer, not have any present symptoms, not be pregnant or breastfeeding, be at least 35 years old for a baseline (first time) mammogram (check with insurance), be at least 40 years old for an annual mammogram, not have had a mammogram within the last 12 months, must not have breast implants or breast augmentation.

Contact the Lee County Health Department for more information and to pre-register (919) 718-4640, Ext. 5355.

La Unidad Movil de Mamograma Rex UNC Healthcare viene al Control de Enriquecimiento

Horario: 10:00 am - 3:00 pm Fecha: June 11, 2021

Para ser elegible para la deteccion, usted debe: no tener antecedentes de cancer de mama. No tener sintomas presents, como dolor, protuberancias. No estar embarazada o amamantando. Tener por lo menos 35 anos para una linea de base (primera vez) mamografia (verifique con su Seguro). Tener por lo menos 40 anos de edad para una mamografia annual. No haberse hecho una mamografia en los ultimos 12 meses. No debe tener implantes mamarios o aumento de senos. Para mas informacion y para pre-registrarse por favor llame al Departamento de Salud del Condado de Lee (919) 718-4640, Ext. 5355.



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

Making Every Day a Great Day



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Sanford, NC
27330
Permit No. 198

Handicapped Accessible Facility



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

LCG 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.

Caring-Lee is an all-inclusive resource guide to caregiving in Lee County. You can find it on our website, www.leecountync.gov/ec or call Holly for a paper copy to be mailed to you, (919) 776-0501 ext. 2230. *NOTE: some programs in the guide are operating on limited schedules due to the global pandemic. Please call the appropriate entity for updated times. For more information and resources regarding COVID-19 please go to nc.gov/COVID19 or call the Lee County Health Dept., (919) 718-4640.

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.

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 2021 Holiday Closings

Good Friday	April 2
Memorial Day	May 31
Independence Day	July 5
Labor Day	September 6
Veterans Day	November 11
Thanksgiving	November 25, 26
Christmas	December 23, 24 and 27

Like or Follow LCG Social
Media Accounts for
Department & Program
Information

Facebook

Twitter

YouTube

Instagram

Blogger

