



The Center Post



Volume 31

JULY 2022

The Enrichment Center (919) 776-0501

1615 S. Third Street
Sanford, NC 27330
Monday, Wednesday,
Friday
8 AM - 5 PM
Tuesday and Thursday
8 AM - 7 PM



*Connecting people who
are ages 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.*

Senior Centers:
Masters of Aging



Family Dynamics in Caregiving



*With
Kelvin Clark, LMFT, LPC*

**Thursday, July 7, 2022
1:00 p.m. – 2:00 p.m.**

Join us for a seminar on navigating challenging family dynamics, while caring for a loved one. Learn tips for effective communication, understanding new family roles, learning to create boundaries and how to improve your relationships.

**Call (919) 776-0501 ext. 2230
To RSVP**



**Crafters can begin calling July 1
to participate in our
Fall Festival
to be held Saturday,
October 29, 2022
8:00 AM - 2:00 PM**

**Cost: Age 54 & younger
\$40 per table
Age 55 & better \$20 per table
Call Debbie Williams
(919) 776-0501, ext. 2203.**

NIGHTS OF ENRICHMENT

2022 Pavilion Summer Series

July 20, 2022

**Wednesday
July 20, 2022**

**5:30 p.m. Ice Cream
Social
6:00 p.m. Music**

*Join us for fresh air,
refreshments and free
entertainment! Enjoy relaxing
under our beautiful outdoor
pavilion and unwind to the
sounds of Sanford's most
talented musicians!*

See page 2

**Upcoming
Health & Wellness Days**

**Free Health Screenings
Provided by Local Health
Service Providers**

Tech 9-1-1

These thirty minute 1-on-1 technology sessions are designed around you and your technology needs.

Please bring your questions, device (tablet, laptop, phone) and any passwords you anticipate needing to the session.

Friday, July 15, 2022

*Call Or Email To Sign Up For
Your 30 Minute Time Spot:*

Email - hight@leecountync.gov

Call - (919) 776-0501 ext. 2230

"Technology is best when it brings people together." Matt Mullenweg

Upcoming Health & Wellness Days

For ages 50 and Better

**Fridays at The Enrichment Center
August 19, September 16
And October 21, 2022
9 AM - 12 PM**

A variety of health screenings will be offered by local health service providers. Registration not needed.

Health screenings are an important part of maintaining good health, especially as we get older. They can detect problems early, when chances for successful treatment are greatest. Share your health screening results with your primary care physician and other health care providers who you are seeing.

Smartphones Lecture

Date: Friday, July 8, 2022

Time: 2:00 P.M.

Location: The Enrichment Center

This lecture will focus on what smartphones are, the advantages/disadvantages, the difference in operating systems, price considerations between devices and plans and iPhones versus Galaxy phones.

Space Limited! Sign Up Today! Call: (919) 776-0501 ext. 2230

Email: hight@leecountync.gov



SENIOR PLANET
FROM AARP

OATS | OLDER ADULTS
TECHNOLOGY
SERVICES
FROM AARP

Intro To Digital Culture

Date: Every Monday, July 25 –

Monday, August 22, 2022 (5 Weeks)

Time: 2:00 P.M.

Location: The Enrichment Center

This course is best suited for participants who have already taken a basic computer course or who are already somewhat familiar with navigating the internet. Introduction to Digital Culture provides participants a chance to meaningfully apply basic skills by exploring online tools and resources.

Space Limited! Sign Up Today! Call: (919) 776-0501 Ext. 2230

Email: hight@leecountync.gov



Congratulations!

Brush & Palette Club
Artist of the Year

**Carolyn
Rotter**

Some of Carolyn's Paintings
will be on display at
The Enrichment Center
July 2022

You're Invited! Friday Movie Club at 1:00 PM

Must sign up for movies. Call (919) 776-0501 ext. 2230.

July 1: On Golden Pond: Norman is a curmudgeon with an estranged relationship with his daughter Chelsea. At Golden Pond, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms.

**Movie selections based on suggestions and may or may not be to your preference as far as language or subject matter. Please research before attending. Thank you!*

VET CONNECT

**For Veterans
and Active Duty Service Members**

Sponsored by :
Lee County Veterans Services
RSVP by Calling
919-776-0501 Ext. 2210

We will not meet in July.

Save the date for Wednesday, August 3, 2022
3 PM - 5 PM.

**Snacks and drinks served and
we will be playing dominoes!**

*Lee County Veterans Services Officer available
to answer general questions
about your VA claim.*

Free Health Promotion Classes Offered Throughout the Year

Health Promotion Tai Chi
For Arthritis for Fall Prevention



CLASS SIZE LIMITED. Priority given to Lee County residents ages 60 & better. Registration and Confirmation to Attend Required. Call (919) 776-0501 Ext. 2208.
*Classes are provided by a Health Promotion Grant
Contributions are accepted.*

Creative Writing Journaling Group

Next Meeting: Guest Speaker (Local Author Steve Doc Underwood)
Thursday, July 28, 2022

The EC Creative Writing Club meets the 4th Thursday from 2 PM - 3 PM.
If interested in joining please call Holly at (919) 776-0501 ext. 2230.



**Tune in for
LCG Enrichment
Center Updates!**

Questions about Medicare?

SHIP can help.

SHIP, the Seniors' Health Insurance Information Program, provides free counseling about Medicare in all 100 counties of North Carolina. SHIP can also help you apply for Medicare cost savings programs.

Call 855-408-1212 or visit www.ncship.com to find out how SHIP can help you.



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



**YOU'RE
INVITED!**

**Caregiver Summer
Social**

***Thursday, August 4th, 2022
1:00 PM - 2:30 PM***

Join your fellow caregivers for support and sweets! Let's grub while we gab! We will have ice cream sandwiches, other snacks, and drinks.

Contact Holly, (919)
776-0501 Ext. 2230



Shirlyn Sims is a representative with ADS, Alcohol & Drug Services. She has access to medication lock boxes. She is reaching out to community members, groups, and organizations to find if anyone would like to have a medication lock box to secure their medications. Please

feel welcome to reach out to her.



Alcohol & Drug Services

Shirlyn Morrison-Sims, MS
Prevention and Early
Intervention Consultant
1015 Fayetteville Road
Suite A
Rockingham, NC 28379
Phone:
(910)-997-7105 Ext. 3
(910) 817-7501
Fax: (910) 817-7502
ssims@adsyes.org

Join WakeMed Mobile Wellness & The Enrichment Center

***Free Vascular Screenings
For Age 55+ and Risk Factors***

Thursday, September 22, 2022

**Registration Required
(919)776-0501 ext. 2203**

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.

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



A Novel Approach

Book Group

The group meets at 12:00 noon
September through May at The
Enrichment Center for a discussion of
the month's selection.

Open to all adults.

September 13, 2022

Bridge Across the Ocean by Meisner

October 11, 2022

The 100 Year Old Man Who Climbed Out the
Window and Disappeared
by Jonasson

If you have questions, you can contact Ellie
Mathews, elliegolf@gmail.com or Debbie
Williams (919) 776-0501 ext. 2203.

The EC Drama Club

(The Enrichment Players)
Presents ...

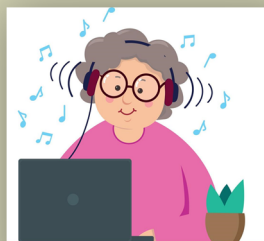
"Granny DJ"

A comedy with music by local award-
winning author Karen Matthews

Thursday, September 29, 2022

6:00 P.M. – 8:00 P.M.

\$15 (Includes Dinner)



Call To Reserve
Your Tickets
(919) 776-0501
Ext. 2201

Reservations &
payment required
prior to event.

SAVE THE DATE

Dementia & Caregiver Symposium

Thursday, November 3, 2022
8:00 a.m. – 4:00 p.m.

Dennis A. Wicker Civic Center
1801 Nash Street
Sanford, NC 27330

Blood Pressure Checks

By Amedisys Hospice

First Wednesday of the Month at 10 AM
Registration Not Needed

Measure your blood pressure regularly to help your
health care team diagnose any health problems early.
You and your health care team can take steps to control
your blood pressure if it is too high.

Measuring your blood pressure is the only way to know
whether you have high blood pressure.

High blood pressure usually has no warning signs or
symptoms, and many people do not know they have it.

Ongoing Programs You Are Welcome to Attend!

Bible Study, Mondays, 10:30 am - 11:30 am

Friday Friends and Cards, Fridays, 12:30 pm - 4:00 pm
Play Cards of Your Choice

Guitar Class - Call Debbie Williams for Day/Time
(919) 776-0501 Ext. 2203

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

~Jhumpa Lahiri

For The Love Of Books

Lee County Library's Delisa Williams will join us the 2nd and 4th Wednesday of each month to bring new books for your reading pleasure. These books will be available to check out at no charge and without having to go to the Library to return them. You will be provided a bookmark with your return date.

Fact: Reading reduces stress by 68%

NAMI Support Group

(National Alliance on Mental Illness)

Meets the 4th Thursday each month at 5:30 P.M.

These are monthly meetings of caregivers of individuals with mental illness. Family members can talk frankly about their challenges and help one another through learned wisdom.

Participants are encouraged to share actively in the group. Facilitated by a professional in the field of mental illness.

Open to all adults.

Registration not needed.

**WDSG
107.9**

Tune in for
Enrichment
Center Updates!

Enrichment Center Fitness Programs

Open to Lee County residents ages 50 and better.

Keep fit and stay in shape for physical and mental health!
The Enrichment Center is currently offering these programs to help you maintain a healthy lifestyle in a clean, safe environment.
Call Cathy Andrew if you have questions (919) 776-0501 Ext. 2208.

Fitness Room - Monday-Friday

Available to participants who have completed orientation.
Call (919) 776-0501 ext. 2208 to make an appointment. Five participants are allowed per appointment slot. Cleaning takes place between appointments. \$1 (Free to Silver Sneakers Participants)

Morning Yoga - Monday & Friday, 8:30 a.m. – 9:30 a.m.

Great for beginners or those who find it difficult getting to the floor.
*Participants should bring their own equipment, mats, blocks, straps & kneeling pads. \$10 Per Month.

On The Move - Tuesday & Thursday, 10:00 a.m. – 10:30 a.m.

A free exercise class that will help to keep you fit while having fun!

Advanced Tai Chi - Monday & Friday, 10:30 a.m. – 11:30 a.m.

This is Tai Chi for Arthritis and Fall Prevention. The focus of this class is to reduce fall risk. \$10 Per Month.

Fit & Toned - Tuesday & Thursday, 8:30 a.m. – 9:30 a.m.

Suitable for beginners or those that already have an exercise program.
*Chair will be used for stability. \$10 Per Month.

Evening Yoga - Tuesday & Thursday, 5:30 p.m. – 6:30 p.m.

Better suited to participants with prior yoga experience.
\$10 Per Month.

Virtual Yoga - Tuesday & Thursday, 11:00 a.m. – 12:00 p.m.

Designed for those who are familiar with yoga. \$10 Per Month.

EC Fitness Room

The EC fitness room is open to Lee County older adults ages 50 and better and Lee County Government employees ages 18+.

Appointments are no longer required to use the EC Fitness Room.

Participants are expected to clean their equipment after each use.

Please limit time on the machines if others are waiting.

An orientation is required before using the equipment.

Contact Cathy at 919-776-0501 ext. 2208

for an orientation appointment.

Fitness Room Hours:

M/W/F 8:00 a.m. – 12:30 p.m. & 1:00 p.m. – 5:00 p.m.

T/TH 8:00 a.m. – 12:30 p.m. & 1:00 p.m. – 7:00 p.m.

The fitness room will be closed daily

12:30 p.m. - 1:00 p.m. for deep cleaning.

Lee County Veterans Services

*Get expert assistance
with your VA claim.*

(919) 776-0501 Ext. 2209

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 welcome 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.

Vet Connect

These get-togethers provide local veterans and active duty service members the opportunity to meet and socialize with other veterans.

DID YOU KNOW?

You can watch free recorded cooking and craft classes from The Enrichment Center, on YouTube, in the comfort of your own home!

Type this address into
your search bar:

www.youtube.com/user/leelinked



and voila! You're on your way to finding exciting craft classes, cooking lessons, exercise demonstrations and more! If you have questions or trouble with the link, call Holly at 919-776-0501 ext. 2230.

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.



**The
Enrichment
Center's
Home
Delivered
Meals**

Program is in need of Volunteers to deliver a hot, nutritious meal to a homebound older adult in Lee County Monday - Friday.

Regular and fill-in positions available. Routes take a little over an hour. Meals are picked up at the Enrichment Center and then placed in a cooler at the client's door.

**Contact Janice Holmes
919-776-0501, Ext. 2213
for more information and to
volunteer.**

Saturday Night Dance

**At The Enrichment Center
Doors Open at 5:45 PM
Dance 7:00 PM - 10:00 PM
Admission: \$10**

NO food items served.
Individually wrapped snacks
and drinks only.

2nd—A Nite with George
“Honoring all Law Enforcement
from Lee County”

Wear red, white and blue

9th—Carolina Dreamers

16th—Jimmy Shirley Jr.

8 Track 45 Band

23rd—Side Kix

30th—Ole Skool

**Keep in mind Lee County
Government policies while
attending the dance: No alcohol
on the property, smoking allowed
50 feet away from the facility in
designated areas, no firearms or
weapons on the property.**

We Provide Hot Lunches

Lee County citizens ages 60 and better can participate in our lunch time nutrition program. You have a hot lunch at The Enrichment Center, Monday through Friday.

For those who are unable to drive, COLTS can provide a ride to the Enrichment Center for you to have lunch. We offer a pick-up option as well at this time.

For those who are homebound and live outside of the Sanford city limits, we offer **home delivered meals**.

Our menus include: Salmon Patties, BBQ chicken, baked beans, salad, oven browned potatoes, spaghetti, marinated pork loin, spiced peach cobbler, glazed apples and breakfast bake.

Each week you will receive 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 Janice, (919) 776-0501 ext. 2213.**



WATER AEROBICS

**At OT Sloan Pool
Payment accepted at The Enrichment Center**

**Registration paperwork at the pool.
NO REFUNDS.**

****Please come swim ready. There will be limited access to
changing facilities and restrooms.***

Day Class:

Mondays/Wednesdays/Fridays through August 31
10:45 a.m.—11:45 a.m. \$20 per month

Night Class:

Tuesdays/Thursdays through August 30
5:45 p.m. – 6:45 p.m. \$15 per month
Open to all adults, priority given to those age 50 and better and
Lee County Government employees (ages 18+).
Wait list available.

- Water exercise is one of the best non-impact fitness activities around and just about anybody can participate.
- The resistance of water is perfect for a strength-training workout; instead of weights, the water itself provides the resistance.



Have you heard about Scrip Talk?

Free Talking Labels Take the Guesswork Out of Prescriptions

If you or a loved one has a challenge reading their prescription labels, you are not alone. There is a solution available for FREE at a local pharmacy near you to help you take the guesswork out of managing your medications — **ScripTalk Talking Prescription Labels**. Your pharmacist places a small, circular tag on the bottom of your prescription bottles that is programmed with all the

information on your label, including drug name, dosage, instructions, warnings,

pharmacy information, prescription number and more! You simply use the FREE ScripTalk Mobile App or ScripTalk Station Reader to hear all the label information spoken aloud.

You no longer need to worry about that small print on your labels being an issue. Simply call 1-800-890-1180 and the wonderful team at En-Vision America will work will get you set up with these labels. You can also visit www.envisionamerica.com for more information and to find a participating pharmacy near you.



Opciones Con COLTS

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 servíós del Sistema de Transito Condado de Lee. "COLTS" (919) 776-0501 Ext. 2216.



Tune in for
Up & Coming
with Margaret
& Melanie



Boot Scootin Boogie Time...

Join Us at Line Dancing Class

Beginners Welcome!

Mondays, 2 PM at The Enrichment Center

**FREE Transportation
Available to COVID-19
Vaccine & Booster
Appointments TIENE UNA
CITA?**

Si no, visite <https://lhi.care/covidtesting> o escanee el siguiente código para registrarse y obtener una Identificación de Paciente para presentarse en el lugar. 877-562-4850 Preguntas sobre el coronavirus? health@leecountync.gov or (919) 718-4640.

Schedule a free ride with COLTS to your vaccine location. First, register for the COVID vaccine or booster and then call COLTS to schedule transportation

Trips!

Appointment required to register. Call Jourdan Huskey (919) 776-0501 ext. 2206.

Pick up a flyer with full details at the EC front desk.

**Canada & New England
Cruise**

August 11 - 19, 2022
Aboard Royal Caribbean's
"Enchantment of the Seas"

Alaska Cruise
September 15 - 23, 2022
Aboard Royal Caribbean's
"Ovation of the Seas"

The Enrichment Center Support Groups

Open to All Adults & Registration Not Required
*Masks and social distancing are not required,
but strongly encouraged.*
Holidays may affect dates. Call before attending.
(919) 776-0501 Ext. 2230

Alzheimer's/Dementia Caregiver Support:

*Virtual and In-Person
1st & 3rd Thursday of each month at 1:00 p.m. are in person at the Enrichment Center. Gain support, advice and understanding. Caregivers, family and friends of those living with Dementia. Call (919) 776-0501 ext. 2230 for virtual log-in information.

Breast Cancer Support:

1st Tuesday of each month at 6:00 p.m. For breast cancer patients, survivors and caregivers. **Facilitated by Bobbi Matthews, CMA, Advanced Care for Women.**

Diabetic Support:

1st Wednesday of each month at 10:00 a.m. This group is for the diabetic, as well as the caregivers and loved ones of diabetics. **Facilitated by Erica Duval, Nurse Liaison, Amedisys Home Health.**

Grandparents Raising Grandchildren Support:

4th Friday of each month at 10:30 a.m. Are you a grandparent raising grandchildren/parenting the second time around? Join us to learn about community resources and to have questions answered by guest speakers.

Grief Support:

1st & 3rd Thursday of each month at 1:00 p.m. Provides an opportunity for those persons grieving to come together for support and assistance with the grieving process with a trained professional.

Low Vision Support:

2nd Tuesday of each month at 1:00 p.m. For people with vision impairments and their loved ones to discuss ways to cope with low vision and discover resources.

Parkinson Support:

3rd Wednesday of each month at 10:30 a.m. Support, problem solving and education for persons with Parkinson's, their family members, caregivers friends or anyone wanting to learn more about this disease.

Sanford/Lee County Stroke Support:

2nd Thursday of each month at 1:00 p.m. Provides educational materials, speakers and support for those who have had a stroke, their families and caregivers.

The Enrichment Center & 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
Maria Davis	COLTS Ride Scheduling - Dispatch	Ext. 2219
Tami Carter	Social Work, Information & Assistance, Options Counseling, Wheel Chair Loan Program	Ext. 2212
Debbie Williams	Senior Center Programming & Scheduling, Fitness, Health Promotion	Ext. 2203
Holly Hight	Family Caregiver Information, Support Groups, Senior Center Programs	Ext. 2230
Cathy Andrew	Fitness & Wellness Classes, Health Promotion	Ext. 2208
Janice Holmes	Nutrition Programs: Diners Club, Home Delivered Meals, Ensure	Ext. 2213
Carole Nicely	Diners Club Reservations/Programs, Nifty Noggins Head Coverings for cancer patients	Ext. 2205
Jourdan Huskey	Medicare & SHIIP (Seniors' Health Insurance Information Program), Volunteer, Trips	Ext. 2206
Jimmy Solomon	Safety, Senior Games & Silver Arts, General & Medical Transportation	Ext. 2207
Kyla Love	Veteran Services Officer II	Ext. 2209
Ellsworth Cupid	Veteran Services Officer I	Ext. 2210

The Enrichment Center plays a vital role in the lives of older adults in Lee County.



We are committed to help you stay connected with our communities; Sanford, Broadway, Lemon Springs, Deep River, Tramway, Jonesboro. Our goal is to keep you motivated, socialized, informed and independent.

Let's Stay Connected!

Share your E-mail address with us for updates and information announced after The Center Post newsletter has been published.
E-mail Holly to be added
hhight@leecountync.gov

Ring Ring - It's the Enrichment Center Calling!

The 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, programs, meals and other important announcements.

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

Reminders When Visiting The Enrichment Center

- The Enrichment Center is not open for guests who are not attending a scheduled activity or receiving a service. We are not allowing individuals to come into the center for socialization only, such as sitting, visiting, reading the newspaper, watching TV or using the computer lab.
- All guests should enter through the front door.
- It is recommended whether vaccinated or not, participants and visitors wear masks and social distance while inside and outside of the center.



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.

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.

Nifty Noggins are handmade head coverings for cancer patients. If you or someone you know could use head coverings, contact **Carole** at The 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.

Legal Aid of NC provides free assistance with health care power of attorney, living wills, property wills and other important legal documents.

Seniors should call 1-877-579-7562 for assistance and an appointment or online at www.legalaidnc.org.

Lee County Enrichment Center

2022 Holiday Closings

Independence Day	July 4
Labor Day	Sept. 5
Veterans Day	Nov. 11
Thanksgiving	Nov. 24, 25
Christmas	Dec. 23, 26, 27

Like or Follow Lee Co.
Govt. Social Media
Accounts for Dept. &
Program Information



Facebook



Twitter



YouTube



Instagram



Blogger

