



# The Center Post



Volume 32

APRIL 2023

**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**

***For over 30 years  
The Enrichment  
Center has been  
connecting people  
who are ages 50 and  
better, family  
caregivers and  
veterans with  
meaningful  
educational and  
volunteer  
opportunities; which  
increases their  
access to services,  
benefits and  
resources and offers  
them tools  
to manage their  
health and finances.***

**Senior Centers:  
Masters of Aging**



**Enrichment Center  
Volunteer Statistics:**

March 1, 2022 through  
March 31, 2023

6,312 Hours

Value \$125,651

2,053 Instances 249 Days

Unduplicated Volunteer  
Count 111

**Thank you for your time and commitment over the past year to vital programs and services for Lee County's older adults. Delivering meals, assisting AARP tax clients, checking in Diners Club participants, working as Board Members, keeping up the grounds, teaching cooking classes, facilitating group meetings, and building wheel chair ramps are several of the service and program areas that without YOUR HELP AND TIME would not be as successful or possibly, not take place at all.**

The mission of Lee County Senior Services is to fashion an achievable vision of successful aging in Lee County. With that mission in mind, we desire to provide quality programs and services so that Lee County citizens ages 50 and better, family caregivers, veterans, and volunteers can remain in their homes, healthy and independent for as long as possible.

***Thanks to each one of you, we are able to continue our mission.  
Turn the page and find the names of our volunteers over the past year. If  
we've missed someone, please alert Jourdan Huskey, (919)776-0501 ext. 2206.***

## Powerful Tools FOR Caregivers

**Priorities for Caregiver Wellness**

- 1. Make time for yourself**
- 2. Do not skip your own doctor's appointments**
- 3. Find a support network**

**Tuesdays, April 18 - May 23, 2023  
10 a.m. - 11:30 a.m. No Charge**

This course is for family caregivers and will provide tools to help reduce stress, improve self-confidence, manage time, make tough decisions, locate helpful resources and more.

**Classes led by instructors who are staff and  
volunteers of The Enrichment Center.  
Registration is required.  
Call (919)776-0501 ext. 2230.**

## Thank you again, Enrichment Center Volunteers!

### 2022 - 2023

Elaine Adams, Charles Alexander, Ed Angel, \*Mark Arey, Diana Atkins, Gloria Bailey, Eddie Barkwell, Bettie Battle, Karen Beaton, Kjoie Bertone, Joyce Billings, Susan Blackwell, Mickey Bowman, Cleo Bryant, Reggie Carde, Robin Carpenter, Carol Chandler, Jeff Cochran, Donna Corbett, John Corbett, Pepe Corello, Tammy Davidson, Rosemary DiBartolomeo, Laurie Draughn, Erica Duval, Estella Egerton, Linda Ellerbe, James Emerson, Jim Foster, \*Dianne Foushee, \*Ken Foushee, Ferguson, Bob Garrett, Mary Ann Gaster, Cathy Gutierrez, Emilie Harber, Mary Ann Hird, Gael Hogan, Howenstein, Larry Howenstein, Betsy James, Al Johnson, Tom Joyner, Gary Kephart, Ellie Matthews, Bobbi Matthews, Susan Mills, Thomas Monti, Linda Moore, Murphy, Mike Neal, Billy O'Brian, Laurence Poindexter, Paul Porterfield, Mildred Ridley, Louise Ross, Amanda Satterfield, Janice Scoins, Nettie Scotton, Vinnie Sekhri, Lee Setzer, Gloria Simon-Tart, Sue Sloan, Joyce "Nonnie" Smith, Diana Smith, Bob Smith, Joyce Smith, Eileen Soebing, Claire Tannenbaum, Billy Tannenbaum, Billy Tew, Shirley Thomas, Rachel Toler, Jim Turner, Dale Walters, Judy Warf, Betsy Wells, David Whitaker, Martha Wicker, Marshall Wilensky, Pat Wilkins, Bob Will, John Wilson, Donna Workman.



*\*Indicates these volunteers won the Governor's Award for Volunteer Service. Congratulations!*

### PROGRAMS AND SERVICES

#### IN WHICH VOLUNTEERS PROVIDED THEIR TIME

AARP Tax-Aide, Home Delivered Meals, Diners Club General/Desk/Grounds Keeper, Wheel Chair Ramps, Support Groups, Senior Games & Silver Arts, Senior Services Advisory Board, The Enrichment Center, Inc. Board, WRAG (Wicker Renegade Art Group), Bible Study, Guitar, Wood Carving, Cooking, Friday Friends & Cards, Exercise, Nifty Noggins, Wood Carving, Luscious Ladies Red Hat, Book Club, Kim Kam Mens Heart Group, Sassy Red Hatters, Blood Pressure Checks, Knitting & Crocheting, Trips, Line Dancing Class, Saturday Night Dance.



Tune in for  
Up & Coming  
with Margaret  
& Melanie



### 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.

**April 11 - Thursday Murder Club by Osman**

If you have questions, you can contact  
Ellie Mathews at [elliegolf@gmail.com](mailto:elliegolf@gmail.com).

## Cooking Class

With Chef  
Joseph "Pepe" Corello

Friday, April 21, 2023 &  
Friday, May 19, 2023

1:00 p.m.

*Join in person or virtual!*

Cooking can sometimes seem like a lot of time and effort. Let Chef Pepe help you find the joy in cooking! Learn new yummy recipes and see how, with very little effort, cooking can become a fun hobby!

Call (919) 776-0501 ext. 2230  
to register.

## Understanding Anxiety & Depression in Older Adults

with  
Vicki Rhodes, RN, CDP, CCFP  
Sandhills Geriatric Adult Mental  
Health Special Team Leader

Wednesday, April 26, 2023  
2:00 p.m. – 3:00 p.m.

One in four adults over the age of 65 have reported feeling anxiety and/or depression. Would you recognize the signs and symptoms? Join professional Vicki Rhodes as she guides us through understanding these changes as we age. Learn how to overcome these new challenges and erase the taboo of these common emotions.

Please call to reserve your spot!  
(919) 776-0501 ext. 2203

## Let's Have A Card Party!

Co-Sponsored by  
Miller Boles Funeral Home



Tuesday, May 2, 2023  
2:00 p.m. - 7:00 p.m.

\$4.00 per person, paid at event.

Refreshments, fellowship and door prizes! Register now by calling (919) 776-0501 ext. 2203.

## Virtual Coffee Talk

1<sup>st</sup> Tuesday of Each Month

9:00 a.m. – 10:00 a.m. Online Only

Grab a donut (or two) and let's gab! Join us as we discuss the topics that matter the most to you. Want a new program at The Enrichment Center? This is your chance to advocate. Current events, local happenings, new restaurants and Enrichment Center news – let's discuss!

We'll have coffee, we'll talk!

Email Holly Hight at [hhight@leecountync.gov](mailto:hhight@leecountync.gov)  
for a Zoom link to join.

## Family Caregiver Lunch & Learn

Thursday, April 20, 2023

*Life After Loss*

1:00 p.m. - 3:00 p.m.



Join us for food and fellowship as we learn about topics that are pertinent to your caregiver life.

Lunch will be provided.

Registration required. Call or email Holly  
919-776-0501 ext. 2230  
[hhight@leecountync.gov](mailto:hhight@leecountync.gov)

*"Caregiving often calls us to lean into love we didn't know possible."~ Tia Walker*

*"My caregiver mantra is to remember: the only control you have is over the changes you choose to make."  
~ Nancy L. Kriseman*

## Dividing Perennials: How to & Why

Thursday, April 20, 2023

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

With Amanda Wilkins, Horticulture Agent, NC Cooperative Extension.

Amanda will delve into the propagating process, good flowers to plant in spring and much more.

RSVP to (919) 776-0501  
ext. 2203.



## Ongoing Activities You Are Welcome to Drop In

Bible Study, 1st and 3rd Mondays  
10:30 am - 11:30 am

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

Guitar Class, Wednesdays, 12:00 pm

Line Dancing Class  
Beginners Welcome! Mondays, 2 p.m.

### The Enrichment Center Personal Training Services

Do you have chronic pain, recovering from surgery, or want to work out but don't know where to start?

The Enrichment Center is now offering Personal Training Services. We are offering sessions with Certified Personal Trainer Erica Davidson. Erica will offer a consultation and design a plan personalized for your specific workout goals.

Cost: \$30 per session. On-going sessions will be available per request.

Open to age 50 and over, Lee County Government Employees and other Lee County residents, as space is available. Call (919) 776-0501 Ext. 2203.

### 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.*

## Chapter & Verse

*Creative Writing Club*

2nd & 4th Thursday of each month.  
2:00 p.m. - 4:00 p.m.  
New Members Welcome!

If you have questions  
call Holly at 919-776-0501 ext. 2230.

## Friday Movie Club at 1:00 PM

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

April 14, 2023—Platoon - Chris Taylor leaves his university studies to enlist in combat duty in Vietnam in 1967. Once he's on the ground in the middle of battle his idealism fades.

May 5, 2023—Fences - Troy Maxson makes his living as a sanitation worker in 1950s Pittsburgh. Maxson once dreamed of becoming a professional baseball player but was deemed too old when the major leagues began admitting black athletes. Bitter over his missed opportunity, Troy creates further tension in his family when he squashes his son's chance to meet a college football recruiter.

*\*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!*

## NEW 2023 FITNESS PROGRAM!

**L.I.F.T.**

*Lifelong Improvements through  
Fitness Together*

**Functional Fitness Program**

Tuesdays & Thursdays

May 25 – July 20 (no class July 4)

2:00 p.m. – 3:00 p.m. \$10 per person.

\*Pre & Post functional fitness test day required.

LIFT is an in-person, group-based strength training program that lasts 8 weeks. Participants meet 2x/week for 1-hour sessions. The classes help improve your strength and mobility, learn healthy food options, and most importantly help form a community. In

collaboration with:

Interested in joining? To register  
call (919) 776-0501 ext. 2230.



# EC Travelers 2023

**\*Ark, Lancaster and Myrtle Beach reservations payments must be paid during designated times with Jourdan.\***

**Trips are Open to Residents Outside of Lee County**

## Lancaster & Hershey, PA

September 11 - 14, 2023

\$599 Per Person - Double Occupancy

This trip is full. However, you can put your name on the waiting list at no charge.

## Myrtle Beach, SC

December 11 - 13, 2023

\$499 Per Person - Double Occupancy

Come by The Enrichment Center for a flyer with complete details.

**Important!**  
**NO telephone reservations.**

Reservations and payments for these trips are accepted by Jourdan Huskey, Mondays and Wednesdays, 8 AM - 9 AM and 3 PM - 4 PM and Fridays, 8 AM - 12 PM.

## Summer Jubilee

*At the Rudy Theatre*

Thursday, July 20, 2023 \$105 Per Person

The music of Summer! Musical memories that bring back your favorite days on the beach with many sing along songs. Cost of \$105 includes matinee show ticket and transportation aboard a chartered bus. Dinner is not included, but we will stop to eat. Departs from Riverbirch parking lot at 11:00 a.m., return approximately 9:00 p.m.

**Important! NO telephone reservations.**

\$25 deposit DUE at time of in-person registration payable to Holiday Tours. Balance due no later than Wed., May 31, 2023.

## NC State Fair

Tuesday, October 17, 2023

\$20 for Motor Coach Transportation

*Fair admission is free for ages 65+ and \$13 for under age 65 paid at the gate.*

It's our annual trip to the fair on Senior Day!

Special events and activities all day long. Departs from Riverbirch parking lot (Belk/behind pond) at 8:00 a.m. and return at 4:00 p.m.

**Important! NO telephone reservations.**

Payment is required to reserve your spot.  
\$20 cash, money order or cashier's check payable to Senior Services.

**All trips are subject to The Enrichment Center Trip Policy.**

Priority is given to Lee County residents ages 50 or better. Adults who are younger than 50 or non-Lee County residents may be placed on the waiting list and will be allowed to register after a 45-day waiting period, space permitting. The complete EC Trip Policy is available at the EC front desk.



*"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 receive a bookmark indicating the return date.

*"Reading can even relax your body by lowering your heart rate and easing the tension in your muscles. A study at the University of Sussex found that reading can reduce stress by up to 68%."*

## Water Aerobics

Held at OT Sloan Pool



**Registration opens Monday, April 3<sup>rd</sup> at The Enrichment Center. Payment due by 1<sup>st</sup> class.**

**No payments at the pool, please. Open to all adults over age 18. NO REFUNDS. Priority given to those 50 and better. Arrive swim ready.**

**Monday/Wednesday/Friday  
Wednesday, May 31 – Wednesday, August 30  
11:00 a.m.—12:00 p.m. \$20 per month**

**Tuesday/Thursday  
Tuesday, May 30 – Thursday, August 31  
5:30 p.m. – 6:30 p.m. \$15 per month**

## Cook, Exercise and Craft with The Enrichment Center via Lee County Government's

# You Tube

**Here's how:** 1. Go to Lee County Government's Home Page, [www.leecountync.gov](http://www.leecountync.gov)  
2. Click on the You Tube button, top right of the screen  
3. Click on VIDEOS. Scroll through the options  
And, voila, make stuffed mushrooms or zucchini fritters with Pepe. Craft a lemon tea towel, door hanger or t-shirt canvas with Jourdan. Exercise with Erica, Jourdan or Cathy (aerobics, yoga and fitness equipment).

## Celebrating the 60th Anniversary of Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

**We all benefit when older adults remain engaged, independent, and included in their communities.**

## Mid-Week Moves Aerobics Class

With Instructor Erica Davidson  
Wednesdays, through May 3, 2023  
5:30 p.m. \$10.00

## Moving into May Aerobics Class

With Instructor Erica Davidson  
Tuesday and Thursday,  
May 9 - 25, 2023  
\$10.00

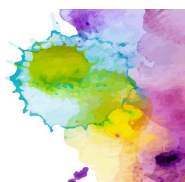


## Celebration Reception

*In honor of Older Americans Month*

**Wednesday, May 10, 2023 at 2:00 p.m.**

**Celebrating Lee County's residents who are 90 and better. If you or someone you know is age 90 or better and would like to attend, call Debbie Williams (919) 776-0501 ext. 2203.**



## Technology Courses

*Brought to you by:*

SENIOR PLANET

FROM AARP

OATS

OLDER ADULTS  
TECHNOLOGY  
SERVICES

FROM AARP



**Space Limited! Sign Up Today!**

**Call: (919) 776-0501 ext. 2230**

**Email: [hhight@leecountync.gov](mailto:hhight@leecountync.gov)**

### Android Essentials

Mondays, April 17, 2023 - May 15, 2023  
2:00 p.m. - 3:00 p.m. Must register.

### Streaming & Smart TVs Lecture

Monday, June 5, 2023

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

Introduces streaming: what it is, how to use it, and the variety of content available. Must register!

### Device Advice

2nd Tuesday of Each Month

10:45 AM - 11:45 a.m. Diner's Club

Bring your device, questions and any passwords you might need for a free one on one session with Holly. **Due to time constraints this will be first come first served. Ten-minute time limit per person.**

## 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 orientation appointment.

\$1 per daily visit. (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 fun, basic exercise class. Free to Diners Club participants. Space available to guests, \$1.00 or Silver Sneakers.

### 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.



AGING UNBOUND: MAY 2023

Embrace the Opportunity to Change  
Explore the Rewards of Growing Older  
Stay Engaged in Your Community  
Form Relationships

**WDSG  
107.9**

Tune in for  
Enrichment  
Center Updates!

## Notice of Fee

**Starting Monday, April 3, 2023**

***On The Move fitness class held Tuesday and Thursday 10:00 a.m. – 10:30 a.m. will be free to Diners Club participants attending lunch. Other guests (\$1.00 per visit) are welcome to attend providing there is space available. Silver Sneakers guests sign in with Silver Sneakers eligible membership.***

**Clients, guests and participants of The Enrichment Center are required to enter through the front door.**

We strive to maintain affordability with all our programs at The Enrichment Center. The fee assists in covering operational expenses.

# Lee County Veterans Services

*Get expert assistance  
with your VA claim.*

**(919) 776-0501 Ext. 2209**

The Lee County Veterans 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 Services 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.*

## Memorial Day Ceremony

*Sponsored by Lee County  
Veterans Council*

**Broadway Memorial**

**Monday, May 29, 2023 10:00 a.m.**

**Hotdogs to follow at American Legion Post  
146 S. Main Street, Broadway**

## VETCENTER

EST. 1979

*Service Member Counseling  
Individual and Group Sessions*

**1st and 3rd Monday, 9 a.m. - 3 p.m.**

**at The Enrichment Center**

**1615 S. Third Street, Sanford**

Counseling services are for veterans, active-duty service members and their families. With Vet Center Service Member Counseling Services, you can be assured of easy access, quality services, client satisfaction, financial stewardship and confidentiality.

Vet Centers help you and your family build meaningful connections and develop tools for achieving success in both your military and civilian lives.

**Any interested parties should reach out to Lee County Veterans Services to receive more information.**

**Call 919-776-0501 Ext. 2209 or 2210.**

## BALANCE FOR LIFE CLASS

This class is designed to add life to your years and improve your health span. We address fall hazards in the home and community, practice the mental skills needed to reduce our fall risk and learn which exercises are best suited to prevent falls.

**For class dates call Cathy at (919) 776-0501 Ext. 2208.**

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

**You Will Learn To:**

- **Manage concerns about falling.**
- **Assess helpful and unhelpful beliefs about falling.**
- **Make necessary changes to reduce fall risks.**
- **Improve your balance.**

**Class Consists of:**

- **Group Discussions**
- **Individual Activities**
- **Appropriate Exercises**

*\*A healthcare professional attends during one session to provide information and answer questions.*

**No cost. Contributions accepted. Class size limited.  
For more information and to register call (919) 776-0501 Ext. 2208.**



## 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 delivered to the client's home.

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

**Diners Club Programs Open  
to General Public  
*Registration Not Required***

**Monday, April 3, 2023  
11:00 a.m. Herb Gardens  
With Master Gardner Cheryl Eagle**

**Monday, April 17, 2023  
11:00 a.m.  
Services Offered by Legal Aid  
With Heidi Young, Legal Aid of NC**

**Tuesday, May 23, 2023  
11:00 a.m.  
Self-Defense for Seniors  
With James Estes, Lee County  
Sheriff's Office**

## MAY IS OLDER AMERICANS MONTH

Each week in May Let's Celebrate The  
Older Adults in Our Community.  
**Contact Holly for more details and a flyer!**

(919) 776-0501 ext. 2230  
hhight@leecountync.gov

## Hot Lunches

Lee County citizens ages 60 and better can participate in our lunch time nutrition program. You can 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.

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

Our menus include: Spaghetti, glazed BBQ patty on bun, herb baked chicken breast, a variety of vegetables, breads and desserts.

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.**

## 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](http://www.leecountync.gov/colts.aspx)

Title VI Policy Participant

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

**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.**

### **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 servicios del Sistema de Transito Condado de Lee.

**"COLTS" (919) 776-0501 Ext. 2216.**

## **2023 Property Tax Relief**

*If you own your own residence and are age 65 and older, or totally and permanently disabled, and your total income does not exceed \$33,800 you may qualify for a homestead exclusion or deferment—which could reduce your tax liability.*

*If you are an honorably discharged veteran or the unmarried surviving spouse and have a total and permanent service connected disability, you may qualify for a disabled veterans exclusion—which could reduce your tax liability.*

*Please contact the Lee County Tax Listing department at (919) 718-4661 for more information and details on how to apply for one of these programs in 2023.*

*The deadline to apply for 2023 is June 1, 2023.*

## ***Saturday Night Dance***

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

### **Bands for April:**

**1st—Diamond Edge, 8th—  
Carolina Dreamers, 15th—  
Jimmy Shirley & The  
Footlights with Allen  
Howington, 22nd—Silver  
Hawk, 29th—Pair-A-Dice**

**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.**

## **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:**

1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month at 1:00 p.m. Offers support, advice and understanding to caregivers, family and friends of those living with Dementia. Familiarize yourself with this overwhelming disease and learn about community resources to help yourself and others deal with the present and plan for the future. Facilitators: Holly Hight and Kay Gladden. ***\*There is a virtual caregiver support group that is offered weekly, Thursdays, at 1 p.m. on Zoom. 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:**

Last Tuesday of each month at 10:00 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:**

1<sup>st</sup> & 3<sup>rd</sup> 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:**

2<sup>nd</sup> 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:**

3<sup>rd</sup> 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:**

2<sup>nd</sup> 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 - Dispatch COLTS - Billing	Ext. 2219 Ext. 5430
Tami Carter	Social Work, Information & Assistance, Options Counseling, Wheel Chair Loan Program	Ext. 2212
Ellen Dunlap	Social Worker	Ext. 2211
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 & SHIP (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](mailto:hhight@leecountync.gov)

### **NOTICE ABOUT PHONE CALLS**

Your phone might not identify us when we are calling you from The Enrichment Center or other Lee County Government offices. We have worked with our provider and have ensured that we are sending out the caller ID name of Lee County, County of Lee. We cannot, however, control how the cellular or Internet based phone of the citizen interprets that depending on the feature (s) they may or many not have active on their cell phone (s).

**Caring-Lee** is an all-inclusive resource guide to caregiving in Lee County. Go to our website, [www.leecountync.gov/ec](http://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.

**Tele sensory magnifier** is available for use at the Enrichment Center. The machine magnifies documents to assist people with reading. Call Tami or Ellen if interested in using the machine 919-776-0501.



# THE ENRICHMENT CENTER

1615 S. Third Street, Sanford, N.C. 27330  
919.776.0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)

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## 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](http://www.leecountync.gov/ec)

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. **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](http://www.legalaidnc.org).

**Dial 988** for 24-hour, 7-days a week access to trained crisis counselors who can help people experiencing mental health-related distress.

## Back by Popular Demand!

**FREE! 2023 Pavilion Summer Series**

Refreshments 5:30 p.m. Music 6:00 p.m. - 7:00 p.m.

Fresh air, refreshments and free entertainment!

Add to your calendar! Space Limited.

June 21 - Brick City KO (Jammin' Groovy Tunes)

July 19 - Upper Room

August 16 - Brick City KO (Jammin' Groovy Tunes)

## Lee County Enrichment Center 2023 Holiday Closings

Good Friday	April 7
Memorial Day	May 29
Independence Day	July 4
Labor Day	Sept. 4
Veterans Day	Nov. 10
Thanksgiving	Nov. 23, 24
Christmas	Dec. 25, 26, 27

### Fee Based Policy

If you are interested in a fee-based service or program and unable to pay, ask for Debbie Williams, Senior Center Program Director or call 919-776-0501 ext. 2203.



**The Enrichment Center  
of Lee County, NC  
is on Facebook!  
Like our page  
and follow us!**