



The Center Post



Volume 32

AUGUST 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

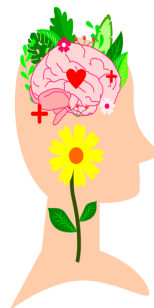
*For over 30 years
The Enrichment
Center has been
connecting people
who are ages 50 and
better, family
caregivers and
veterans with
meaningful
educational and
volunteer
opportunities; which
increases their
access to services,
benefits and
resources and offers
them tools
to manage their
health and finances.*

Senior Centers:
Masters of Aging



HEALTH & WELLNESS DAY

FRIDAY, AUGUST 25, 2023
9AM - 12PM



FREE Screenings and Assessments

*Note: Screenings and assessments are on
a first come, first served basis.*

Dermatology Screenings
(Central Dermatology)

Dental Health & Hygiene
(CCCC Dental Students)

Fall Risk Assessments
(Liberty Healthcare)

Blood Pressure Screenings
(Sanford Health & Rehabilitation)

Diabetic Awareness
(Lee County Health Dept.)

Fall Prevention
(Central Carolina Hospital)

Health & Fitness Information
(Enrichment Center)

*These screenings and health
assessments are not meant to take the
place of your medical care. Results
should be reported to your primary
medical physician.*

BEE HEARD

August
Advocacy Event
Monday, August 7, 2023
11:00 a.m. – 11:45 a.m.

Let your local legislators know what all
the buzz is about! Join us for our annual
August Advocacy event. This is your time
to advocate for new policies and
legislation you'd like to see enacted.

You can make a difference!
No prior registration required.

MUSIC IN THE PAVILION SUMMER SERIES

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

Wednesday
August 16, 2023
Brick City KO
*With Brandon Allred
& David Watson*

Call to RSVP!
(919) 776-0501 Ext. 2203

The Enrichment Center
of Lee County, NC
is on Facebook.

Like our page
and follow us!

We post new activities as
they are scheduled.

Facebook.com/LCGenrichment





**Sanford Farmers'
Market Presents
TUESDAY MARKETS
At The Enrichment Center of
Lee County
1615 S. Third Street, Sanford**

**8:30 a.m. - 12 p.m.
Now through
September 26, 2023**

Stock up on produce, eggs, meats, honey,
crafts and more!

Senior Farmers' Market
Nutrition Program
vouchers accepted at
Tuesday and Saturday



markets



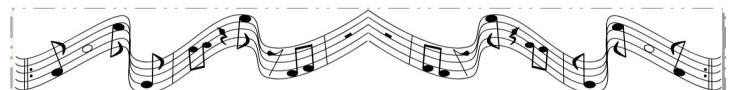
Questions about Medicare? SHIIP can help.

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

**Call 855-408-1212 or
visit www.ncshiip.com
to find out how SHIIP can help you.**

Lee County residents may call
(919) 776-0501 ext. 2206 for more information
and an appointment.

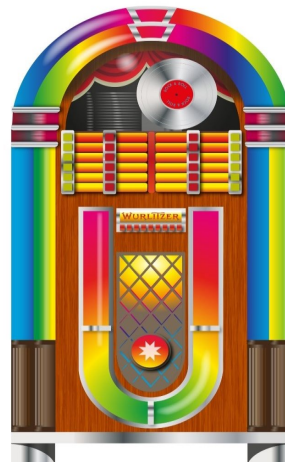
If you are turning 65, or on disability and qualify
for Medicare, a SHIIP counselor can help explain
your Medicare options. By appointment only.



Jukebox Jams



Come *jump* and *jive* to
all the *grooviest* tunes
our "DJ" has to offer!
Requests accepted!



**Wednesday, August 16, 2023
11:00 a.m. - 11:30 a.m.
The Grand Hall**

The Enrichment Center of Lee County
Certified Senior Center of Excellence
1615 S. Third Street, Sanford, NC 27330
(919) 776-0501

JOIN OUR

MUSIC & MOCKTAILS

LIVE MUSIC, MOCKTAILS,
AND A WHOLE LOT OF FUN!

**THURSDAY
SEPTEMBER 7, 2023
5:30 PM - 7:00 PM**

Call to RSVP (919) 776-0501 Ext. 2203



Tune in for
Up & Coming
with Margaret
& Melanie



*"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%."

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
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).

Personal Training Services

Do you have chronic pain, recovering from surgery, or want to exercise but don't know where to start?
The Enrichment Center offers Personal Training Services 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. 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 for appointment options.

National Senior Center Month FREE Powerful Tools For Caregivers Class

**Thursdays, September 21, 2023
October 26, 2023
(Must Attend All Six Weeks)
9:30 a.m. – 11:00 a.m.**

Six sessions held once a week; led by experienced class leaders. Class participants are given The Caregiver Help book to accompany the class and provide additional caregiver resources at no charge to the caregiver.

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**

**Registration is required.
Call Ellen at 919-776-0501 ext. 2230.**

FREE FLU SHOTS September 2023

Flu shots will be provided by Sanford Pharmacy in September. We will not know the exact date until approximately two weeks out. **Please call (919) 776-0501 ext. 2203 to reserve a shot.** Please bring your photo ID, newest Medicare card and Medicare Part D card the day of the appointment. Appointments are limited. Call asap!

Have you met Ellen?

Ellen Dunlap has joined our staff full time as a Social Worker I. She is the primary contact for our Family Caregiver Program and is the smiling face you see frequently at the front reception desk.

Ellen manages the EC Connect phone service that checks in on several of our home bound clients each week. She assists with Options Counseling and Case Assistance. Ellen can be reached by calling (919) 776-0501 ext. 2230.

Ellen has a desire to assist older adults by connecting them with services and programs, which promotes their independence and helps them to remain in their own home for as long as possible. Her desire pairs well with our mission statement: *to fashion an achievable vision of successful aging in Lee County.*

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.

Tuesday, September 12, 2023

The Other Wes Moore Wes Moore

If you have questions, you can contact Ellie Mathews, eliegolf@gmail.com or Holly Hight (919) 776-0501 ext. 2203.

Free Health Promotion Tai Chi For Arthritis for Fall Prevention For Beginners

Mondays & Wednesdays September 6 – November 13, 2023
2:00 p.m. – 3:00 p.m.

Classes will be held at The Ingram Building
at Dalrymple Park. (300 W. Globe St).

*Provided by a Health
Promotion Grant.
Contributions
accepted.*



10 weeks – 20 sessions

Class will begin promptly
at 2 p.m.

Please wear comfortable attire.
Try to attend every class.

This class is aimed at helping to
improve both lower and upper
body strength, as well as improve
balance and reduce falls.

Priority given to those aged 60 &
better. Registration and
Confirmation to Attend Required.

Call Cathy at (919) 776-0501 Ext. 2208.

VET CENTER

EST. 1979

Service Member Counseling Individual and Group Sessions

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.

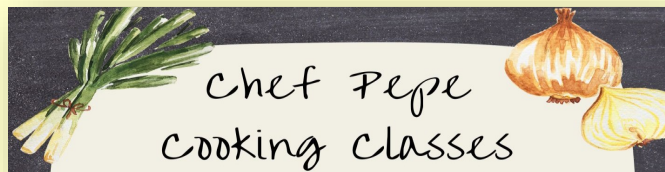
Any interested parties should reach out to Lee County Veterans Services to receive more information.

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

2023 SENIOR PROM

WEDNESDAY, SEPTEMBER 27
10:30 A.M. - 11:30 A.M.
THE GRAND HALL

Get our your best party dresses, tuxes, top hats, and be prepared to dance the morning away at our Enrichment Center prom! Will you be crowned king or queen? Who knows?



Learn how to prepare exciting new recipes with Chef Joseph "Pepe" Corello. These fun classes will teach you how to elevate your meals with ease. Fall in love with cooking all over again!

Friday, August 18, 2023

1 p.m. - 2 p.m.

Space is limited to 15.

Due to high demand, names are drawn by a lottery system. Call (919) 776-0501 ext. 2203 to have your name added to the "hat."

Names will be drawn on Monday, the week of the class.

*NOTE: All classes are recorded and can be viewed on the Enrichment Center Facebook page.

"The goal of meditation isn't to control your thoughts, it's to stop letting them control you," The Age of Enlightenment

VIRTUAL GUIDED MEDITATION

Tuesdays, 2 p.m. - 3 p.m.

Starting August 1, 2023

The Enrichment Center Game Room

Join others in a peaceful, quiet setting as you emerge yourself into the art and practice of meditation, led by professionals on YouTube.

Benefits of meditation include: reduced stress and anxiety, better quality sleep, more focus in daily life, boosts mood, increases self-awareness and many more.

Call to register (919) 776-0501 ext. 2203.

2023 Card Making Class

Instructor: CJ Hart (Hart Studios)

Tuesdays, 2 p.m. - 3 p.m.

\$15, paid at class.

All materials and instructions provided.

How To Stay Safe From HUMAN TRAFFICKING

William Sturkie, Lee County Sheriff's Office, will provide this free training.

What is it? Who is vulnerable?

What can you do?

Monday, August 21, 2023

11:00 a.m. - 12:00 p.m.

Registration not needed.

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. 2203.

Friday Movie Club at 1:00 PM

Must sign up for movies. Call (919) 776-0501 ext. 2203.

August 4, 2023—Terms of Endearment: Widow Aurora Greenway and her daughter, Emma, have a strong bond, but Emma marries teacher Flap Horton against her mother's wishes. When the marriage grows sour due to Flap's cheating, Emma eventually splits from him, returning to her mother, who is involved with a former astronaut. Soon, Emma learns that she has terminal cancer. In the hospital, supported by Aurora, she tries to make peace with Flap and her children.

SAVE THE DATE! DRIVE-THRU SHRED-A-THON

Wednesday, October 4, 2023

12:00 p.m. - 3:00 p.m.

NOTE - DO NOT ARRIVE BEFORE 12 P.M.

Defend yourself against fraud and identity theft. Shred check stubs, credit card offers, receipts, outdated tax documents.

Remain in your car. Limit 5 boxes/bags per vehicle.
No plastic.

EC Travelers 2023

Trips are Open to Residents Outside of Lee County

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

Important!

NO telephone reservations.

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

Lancaster & Hershey, PA

September 11 - 14, 2023

\$634 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

\$519 Per Person - Double Occupancy

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.

Volunteer in Lee County

Gain new skills, make new friends, give something back.

Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction.

Jourdan Huskey is available to assist you in searching for volunteer opportunities in Lee County.

You can contact her by calling

(919) 776-0501 Ext. 2206

or emailing jhuskey@leecountync.gov.

Opportunities available at The Enrichment Center (Lee County Senior Services) include: Home Delivered Meals, instructors for activities and games, SHIIP (Seniors Health Insurance Information Program), Tax Aide and other needs related to older adults.

Opportunities are available in other Lee County Government Departments, such as the Library.

Contact Jourdan for a Lee County Volunteer Application. Or you may access it on the website, www.leecountync.gov, click **How Do I**, click **Volunteer**.

Virtual Coffee Talk

1st 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 for a Zoom link to join.

POTLUCK & BINGO NIGHT

Bring a dish to share!
Thursday, Sept. 28, 2023
5:30 p.m. - 7:00 p.m.

WXKL 1290-AM
SANFORD, NC
"We eXalt Kingdom Living"
www.wxkl1290.com
(919) 774-1290 / 1080
Tune in for
LCG Enrichment
Center Updates!

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. 2203

Email: hight@leecountync.gov

MyChart Lecture

Has your doctor or healthcare provider ever mentioned MyChart? It's an electronic health-record portal that works both in a web browser and app. We will review the portal's privacy and security features and how MyChart can help you keep all of your health information in one place, communicate with your providers, and have a virtual visit.

Tuesday, August 8, 2023

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

Computer Basics Class

5-Week Course

Thursdays, October 5 - Nov. 2, 2023

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

In this PC-based course you'll learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. We will cover Email, searching for information, entertainment, connecting with people.

Call to register!

919-776-0501 ext. 2203.

Device Advice

2nd Tuesday of Each Month

10:45 AM - 11:45 a.m.

In the 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.

5-Minute Legacy Love Letter Workshop

With Licensed Willow EOL Educator

Louanne Casper

Wed., September 13, 2023

2:00 p.m. - 3:30 p.m.

\$25 cash, paid that day

This is an introduction to the Willow End of Life Education and Planning Workshops. In this session you will

discover how writing a Legacy Love Letter can transform your relationships here and now. To register call (919) 776-0501 ext. 2203.

**WDSG
107.9**

**Tune in for
Enrichment
Center Updates!**

**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.

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.

Diabetes Awareness Series

Dr. Sara S. Morrison, PT, DPT, Owner
CDT, Cert DN, PCES, CFT, FMT
Total Body Therapy & Wellness



**Wednesday, September 13, 2023 &
Wednesday, September 20, 2023
10:00 a.m. – 11:00 a.m.**

Learn how to manage your diabetes with healthy eating and how to care for your well-being. All are welcome to attend.
Please call to register: (919) 776-0501 ext. 2203

BALANCE FOR LIFE

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.**

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.*



SAVE THE DATE!

**Card Party
Thurs., Oct. 12, 2023
2:00 p.m. - 6:00 p.m.**

**Refreshments, fellowship, prizes.
\$4 per person, paid at event. All
proceeds benefit The EC Helping
Fund. Register now by calling
919-776-0501 ext. 2203.**

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

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.

Saturday Night Dance

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

Bands for August:

**5th—Crimson Rose Band, 12th—
Ole Skool, 19th—Jimmy Shirley
Jr. & the Footlight Band, 26th—
Silver Hawk**

**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.**

NEW WALKING CLUB

Join our new club - The Walkie Talkies!

Do you enjoy getting fit while you gab?
Then this group is for you! Enjoy the beautiful
outdoors in a relaxed setting with a great group
of people who enjoy the same thing.

If interested, please call for more information:
(919) 776-0501 ext. 2203



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. 2203*

Alzheimer's/Dementia Caregiver Support:

1st & 3rd 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. **There is a virtual caregiver support group that is offered weekly, Thursdays, at 1 p.m. on Zoom. Call (919) 776-0501 ext. 2211 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.

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.

Grandparents Raising Grandchildren Support:

4th 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. In collaboration with the Lee County Partnership for Children.

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 - 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, Family Caregiver Information, Alzheimer's Support Group	Ext. 2230
Holly Hight	Senior Center Programming & Scheduling, Senior Center Programs, Fitness, Health Promotion	Ext. 2203
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**

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.

Nifty Noggins are handmade head coverings for cancer patients. If you or someone you know could use head coverings, pick up times are Monday - Friday, 2 p.m. - 4 p.m. Or by appointment, (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 Lee County FY 2022 Annual Financial Report is available for viewing online, www.leecountync.gov. Contact Melanie Rodgers, 919-776-0501 ext. 2214, if you have questions or need further information.



THE ENRICHMENT CENTER

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

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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.

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, 9:00 a.m. - 11:00 a.m., 1:00 p.m. - 3 p.m., Monday - Friday.

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

DISCOVER YOURS

September is **National Senior Center Month**! We have a calendar of events ready for you to discover The Enrichment Center! In recognition of National Senior Center Month's theme, "Discover Yours", the Enrichment Center with fun and informative activities. Some programs to require pre-registration. Pick up a schedule and punch card today at the front desk.

Lee County Enrichment Center 2023 Holiday Closings

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 Holly Hight, Senior Center Program Director or call 919-776-0501 ext. 2203.

SUGGESTIONS PLEASE!

We like new ideas and want your input. Give your program, activities and class suggestions to Holly Hight, (919) 776-0501 ext. 2203, hhight@leecountync.gov.

