



The Center Post



Volume 32

FEBRUARY 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**



American Heart Association®



**National Wear
Red Day®
and American
Heart Month
National**

**Friday, February 3, 2023
11:00 a.m.**

**Krystal Cook, RN &
Will Carter, Exercise
Physiologist from First Health
Registration not required.**

National Wear Red Day is a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. Join the national awareness movement by wearing red Friday, Feb. 3, 2023 and encourage your family, friends and coworkers to do the same!

The Ticket

**By
Virginia "Ginny" Johnson**

Come to the Enrichment Player's performance of an original and truly inspirational skit by Virginia Johnson.
**Tuesday, February 7, 2023
11:00 a.m. Registration not needed.**

Hospice vs. Palliative Care

***With Becky O'Dell, Hospice Liaison
First Health of the Carolinas
Thursday, February 16, 2023
1:00 p.m.***

Becky will explain the difference between hospice and palliative care. Learn how you or your loved one could benefit from these services.
To RSVP call 919-776-0501 ext. 2230.

Essential Oils With Roberta Byram

**Monday, February 6, 2023
1:30 p.m. – 2:30 p.m.**

Over 175 hospitals nationwide, including Duke, Johns Hopkins, and Vanderbilt, are using doTERRA essential oils for mood boosting, stress relief, pain management and so much more. When diffused, essential oils can help boost the immune system, help balance emotions, uplift the mood, set a relaxing tone, and even energize!



**Registration Requested
Please Call (919) 776-0501 Ext. 2203**



Governor's Volunteer Service Award

The awards honor the true spirit of volunteerism by recognizing individuals, groups and businesses that make a significant contribution to their community through volunteer service. Any person, group or business from the public, non-profit and private sector may be nominated for an award.

Nomination forms are available at The Enrichment Center. Forms may also be submitted online at

<https://www.nc.gov/working/volunteer-opportunities/governors-volunteer-awards>

Forms are due no later than Friday, February 10, 2023. If you need further information contact Jourdan Huskey at 919-776-0501 ext. 2206 or jhuskey@leecountync.gov

Cooking Classes

With Chef
Joseph "Pepe" Corello

Friday, Feb. 17, 2023 &
Friday, March 17, 2023
2:00 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!

February Demonstration & Tasting: Pizza
March Demonstration & Tasting: Seafood
Scampi with Linguini

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

Special Valentine's Day Performance

LOVE LETTERS

Come listen to the Enrichment Center Players as they read some of history's greatest love letters from historical figures. Learn the language of love through this artistic array of spoken word.

Tuesday, February 14, 2023
11:00 a.m. Registration not needed.

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.

February 14 - Finding Me by Davis
March 14 - Lincoln Highway by Towles
If you have questions, you can contact
Ellie Mathews at elliegolf@gmail.com

Black History Celebration

Friday, February 24, 2023
10:30 a.m. in the Grand Hall
With Special Guest Gwenette Jones



Celebrating Black History

AARP TAX-AIDE

AARP Tax-Aide is a group of volunteers who provide free tax filing services to Seniors (age 50+) and low to middle income individuals during tax season.

To have your 2022 taxes filed, come to The Enrichment Center for an appointment and information packet.

You must complete the information packet before coming to your tax filing appointment.

HOMEOWNERS!

Join us for an important seminar from Central Electric Membership Corporation on home weatherization and energy saving tips. Learn how to improve your home and save money.

Tuesday, February 28, 2023
2:00 p.m. – 3:00 p.m.

Please Call To Register:
(919) 776-0501 ext. 2203



Learn more about
WEATHERIZATION
and how it can improve your home
and **SAVE YOU MONEY!**

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.

February 3, 2023—Secondhand Lions - A shy adolescent boy, Walter, is taken by his greedy mother to spend the summer with his two hard-boiled great-uncles, Hub and Garth, who are rumored to possess a great fortune.

March 3, 2023—Westside Story 2021 - Love at first sight when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks, two rival gangs vying for control of the streets.

**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!*

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, please call Debbie Williams at 919-776-0501 ext. 2203.

FREE Powerful Tools for Caregivers Class

Tuesdays, April 18 - May 23, 2023
10 a.m. - 11:30 a.m.

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 from The Enrichment Center. Registration is required.

Call 919-776-0501 ext. 2230.

EC Travelers 2023

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

***Residents outside of Lee County can register and make payments after Jan. 15, 2023.**

Ark Encounter, Louisville & Lexington

April 17 - 20, 2023

\$599 Per Person - Double Occupancy

Travel Protection \$79 Per Person - Double Occupancy

Separate check for insurance payable to PML Travel & Tours

Insurance premiums are non-refundable.

Includes: 3 nights hotel accommodations, 3 breakfasts at hotel, 2 dinners (including 1 dinner at Emzara's Kitchen at the Ark Encounter. Experience the Ark Encounter.

One (1) fabulous dinner cruise aboard the Belle of Louisville with entertainment all while cruising the Ohio River on board a beautiful paddle steamer.

Guided tour of Louisville, KY. Visit the Kentucky Horse Park & International Museum of the horse.

Standard taxes, baggage handling & meal gratuities, deluxe motor coach transportation.

Detailed itinerary distributed closer to departure date.

Important!

NO telephone reservations.

Reservations and payments for this trip 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 your matinee show ticket and transportation aboard a chartered bus. Dinner is not included, but we will stop to eat.

We will depart from Riverbirch parking lot at 11 AM and return at approximately 9 PM.

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.

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.



Lancaster & Hershey, PA

September 11 - 14, 2023

\$599 Per Person - Double Occupancy

Travel Protection \$79 Per Person - Double Occupancy

Separate check for insurance payable to

PML Travel & Tours

Insurance premiums are non-refundable.

Includes: 3 nights hotel accommodations, 3 breakfasts at your hotel, 2 dinners including an **Amish Style Dinner Feast** and 1 dinner at **Shady Maple Smorgasbord**. Discover the experience of dining at Lancaster County's largest smorgasbord featuring 200 feet of deliciously authentic **Pennsylvania Dutch** cooking. While there visit the **Shady Maple Farmers Market** and the **Gift Shop**. Visit to **Hershey's Chocolate World**. See, feel and hear the processes that deliciously transform the beans into milk chocolate! Enjoy **Sight & Sound Theater's Production of "Moses."** Guided tour of **Hershey, PA**. Guided tour of **Amish Farmlands in Lancaster County**. Enjoy a visit to **Kitchen Kettle Village**, a world famous canning kitchen.

Standard taxes, meal gratuities, baggage handling and deluxe motor coach transportation

Detailed itinerary distributed closer to departure date.

Important!

NO telephone reservations.

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

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. We will depart from Riverbirch Corner parking lot (Belk/behind pond) at 8 AM and return at 4 PM.

Important!

NO telephone reservations.

Payment is required to reserve your spot.

\$20 cash, money order or cashier's check payable to Senior Services.

MYRTLE BEACH, SC

December 11 - 13, 2023

\$499 Per Person - Double Occupancy

Travel Protection \$51 Per Person - Double Occupancy

Separate check for insurance payable to

PML Travel & Tours

Insurance premiums are non-refundable.

Includes: 2 nights ocean front hotel accommodations, 2 breakfasts at your hotel and 2 dinners. The Alabama Theater—"The South's Grandest Christmas Show." The Carolina Opry Christmas Special—"The Christmas Show of the South." Enjoy Broadway at the Beach shops, restaurants, attractions, nightclubs, light displays, toy trains and more. The Great Christmas Light Show—Drive through light show features over 2 million lights festively displayed along a 2-mile drive. Holiday shopping in Myrtle Beach.

Standard taxes, meal gratuities, baggage handling and deluxe motor coach transportation

Detailed itinerary distributed closer to departure date.

Important!

NO telephone reservations.

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



Tune in for
Up & Coming
with Margaret
& Melanie



You're Invited to Scam Jam!

Sponsored by a Grant from
S.H.I.I.P. (Seniors' Health Insurance Information Program),
N.C. Dept. of Insurance

Monday, March 13, 2023 10 a.m. - 11:30 a.m.

Topics & Speakers

10 a.m. - Banking Scams & Frauds

Whitney Clarida / State Employees Credit Union

10:30 a.m. - Scams Targeting Seniors

Amalia M. Restucha-Klem / N.C. Dept. of Justice

11 a.m. - Medicare Fraud & The Importance of Shredding

Stephanie Bias / N.C. Dept. of Insurance

Registration not needed. Make sure you attend!

SHRED-A-THON

Drive - Thru Style at The Enrichment Center

Sponsored by a Grant from
S.H.I.I.P. (Seniors' Health Insurance Information
Program), N.C. Dept. of Insurance

Thursday, March 23, 2023

12:00 p.m. - 3:00 p.m. Registration Not Needed

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

****Remain in Your Car****

****Limit 5 Boxes Per Vehicle** **No Plastic****

MED instead of
MEDS
medinsteadofmeds.com

Simple | Delicious | Satisfying

Interested in eating the Mediterranean way, but not sure where to start?



The Med Instead of Meds class series will help you Go Med by exploring
7 simple steps to eating the Med Way. Learn Med tips, life hacks,
and recipes that will help you eat the Med Way every day.

Great tasting and good for you! The simple, delicious,
and satisfying Med Way of eating will keep you coming back for more.

The Med Way is coming to The Enrichment Center!

Tuesdays, March 7th- April 11th, 2023

2 PM- 3 PM

Cost: \$10

Sign-up through The Enrichment Center!

1615 S. Third Street Sanford, NC 27330

919-776-0501

For more questions about the class,
contact Ashley Szilvay, at
919.775.5624

Find delicious Med Way recipes and resources @ medinsteadofmeds.com

NC STATE
EXTENSION

Community & Clinical
CONNECTIONS
for Prevention & Health
Branch
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH



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: hight@leecountync.gov

Using Job Search Engines

Tuesday, February 14, 2023 2:00 p.m.

Learn skills to improve how you search for jobs on the internet.

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.

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.

Refreshments, fellowship
and door prizes!

To register
call 919-776-0501 ext. 2203.

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 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 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.

"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%

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

The group meeting is transitioning to a semi-annual event over Memorial Day and Veterans Day holidays. Read The Center Post monthly for more updates.



Happy 65th Birthday!

Medicare is next.... now what???

Not sure what Medicare is, what Medicare costs and what Medicare pays? Why am I getting so much mail? What are my choices?

Answers are available!

An informational presentation is planned for

Tuesday

March 28th, 2023

5:00 p.m.

If you need more information contact Jourdan at 919-776-0501 ext. 2206.



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



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.**

Saturday Night Dance

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

**Bands for February:
4th—Southern Star,
11th—Back Alley Katts,
18th—JS and the Footlights,
25th—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.**

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.**

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.**

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.

Cancer Support Group

Are you looking for cancer resources and a strong network to lean on? Do you feel you would benefit from a cancer support group? Call Holly (919) 776-0501 Ext. 2230.

Blood Pressure Checks

By Amedisys Hospice
First Wednesday of the Month
10:00 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.

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:

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. 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:

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

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 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

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.

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.

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!

2023 Pavilion Summer Series

Fresh air, refreshments and free entertainment!

Add to your calendar!

Wednesdays, June 21, July 19 and August 16

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

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.

SAVE THE DATE!

2023 Caregiver Conference

For family caregivers, professionals and anyone wanting to learn more about caregiving and dementia.

Thursday, November 2, 2023

For more information call Holly Hight
919-776-0501 ext. 2230.