



The Center Post



Volume 32

JULY 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



MUSIC IN THE PAVILION SUMMER SERIES

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

Wednesday
July 19, 2023

Upper Room
Brian Caldwell & Others

Wednesday
August 16, 2023

Brick City KO
**With Brandon Allred
& David Watson**

**The Enrichment Center 1615
S. 3rd St., Sanford**
Call to RSVP!
(919) 776-0501 Ext. 2203

BEE HEARD



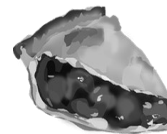
**August Advocacy
Event**

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

Grand Hall

**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.**

**Drama
& Dessert**
Where



**There's A Will...
There's A
Way Out!**

An original play by Bob Smith Per-
formed by The EC Players

Thursday, July 27, 2023

5:30 p.m. – 6:30 p.m.

\$10 Per Person

Payment Due At Time

Of Registration

**Checks payable to
the Enrichment Center, Inc.**

You are cordially invited to the reading
of the last Will & Testament of Mr. Wal-
do Mason. Can the family put aside their
differences and move on from their
memories? Will the past come back to
haunt the present? Who knows, but
where there's a Will ...
there's a way out! Join us
for dessert with a side of
drama!



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





We are excited to announce that Holly Hight, Senior Center Caregiver Specialist, has been promoted to Senior Center Program Director. This position was formerly held by Debbie Williams, who retired June 30, 2023, after 25 years of service with Lee County Senior Services, The Enrichment Center.

Holly joined our team May 10, 2016 as Senior Center Caregiver Specialist. She has brought many new programs, especially technology and virtual, to our offerings. Holly's creativity and desire to provide innovative programs for Lee County's older adults and family caregivers is incredible. Her teamwork approach is one for each of us to mirror. She is willing to assist with staff coverage outside of her particular duties and offers before being asked. Holly will be in charge of the NC Senior Center Certification of Excellence for The Enrichment Center. Although we know we are excellent, certification is a voluntary process that senior centers can use to be recognized in their communities and across the state. Holly's knowledge, energy and smile are key to her success as well as ours.

Please join us in welcoming Holly into her new role!
~The Enrichment Center

Walkie Talkie Walking Club

If you are interested in joining the club,
call Holly Hight, (919) 776-0501 Ext. 2203.

Benefits of walking: Maintaining a healthy weight; reducing body fat; preventing or managing various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes; improving cardiovascular fitness; strengthening your bones and muscles; increasing energy levels.



Tune in for
Up & Coming
with Margaret
& Melanie



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.



NC DEPARTMENT OF INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

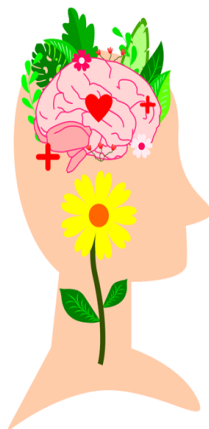
Remnant Speaks - Share Your Experiences and Stories

Cora McIver meets at The Enrichment Center every third Wednesday at 9 a.m. and hosts a program called Remnant Speaks. Cora is the former Host and Producer of the community presentation, "Stay Connected," on WXKL Radio in Sanford.

Cora is looking for those who would be willing to share stories of their past and present life experiences, family history and who was a inspiration in your life. She believes that there is power in words and sharing our life story with others can make a difference. Cora would like to meet and interview those who would be interested in participating in this meaningful program. Call The Enrichment Center to set up a time for an interview with Ms. Cora. (919) 776-0501, ext. 2203.

HEALTH & WELLNESS DAY

FRIDAY, AUGUST 25, 2023
9AM - 12PM



Dermatology Screenings
(Central Dermatology)

Dental Health & Hygiene
(CCCC Dental Students)

Fall Risk Assessments
(Liberty Healthcare)

Blood Pressure Screenings
(Sanford Health & Rehab)

Diabetic Awareness
(Lee County Health Department)

Fall Prevention
(Central Carolina Hospital)

Health & Fitness Information (Enrichment Center)

**screenings & assessments are on a first come first served basis.*

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.

Calling All Vendors

Crafters can begin calling July 1st to participate in our 2023 Fall Festival on
Saturday, October 28, 2023
8:00 AM - 2:00 PM

Cost:

Age 54 & Younger = \$40 Per Table
Age 55 & Better = \$20 Per Table

Call Holly Hight
(919) 776-0501 ext. 2203



CRAFTS FOOD FUN Fall Festival

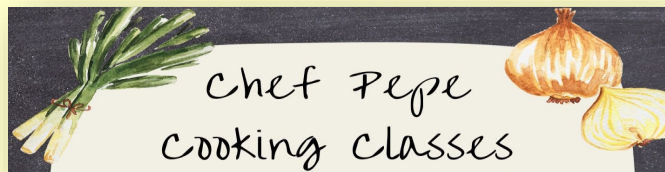
Saturday, October 28, 2023
8:00 a.m. - 2:00 p.m.

Purchase from more than 50 tables filled with woodcarving, jewelry, paintings, baked & canned goods, homemade soaps and lotions, candles, Christmas decor, hand-sewn items and much much more!
Grilled HOTDOGS and SAUSAGE DOGS with all the trimmings!
DRINKS and FRESH BAKED GOODS available for purchase.

The Enrichment Center of Lee County
N.C. Certified Senior Center of Excellence
1615 S. Third Street / Sanford, NC 27330

See you there!





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, July 21, 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.

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.

July 7, 2023—Slumdog Millionaire: As 18-year-old Jamal Malik answers questions on the Indian version of "Who Wants to Be a Millionaire," flashbacks show how he got there. Part of a stable of young thieves after their mother dies, Jamal and his brother, Salim, survive on the streets of Mumbai. Salim finds the life of crime agreeable, but Jamal scrapes by with small jobs until landing a spot on the game show.

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.

*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!

Caregiver Lunch & Learn

Thursday, July 6, 2023

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

Topic: Caregiver Cooking

Join us for food and fellowship as we learn about topics that are pertinent to your caregiver life! Lunch will be provided.

Please call to register:
(919) 776-0501 ext. 2211

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**.

Habitat for Humanity Volunteers Needed

Habitat for Humanity Sanford Area, NC builds strength, stability and self reliance through shelter. They offer a variety of time commitments and available positions. Join them in supporting affordable housing in Lee County!

Opportunities include: homeowner selection, outreach and faith relations, construction and maintenance, retail operations, homeowner support, budget & finance, recruitment & nominating.

Contact Information:

(919) 774-6767 ext. 105

volunteer@habitatsanfordnc.org

Farmer's Market

**Tuesdays
Starting July 11, 2023**

The Enrichment Center Pavilion

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

*"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 2023

Held at OT Sloan Pool



Payment due by 1st 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.
First class is free if it's your first time trying our water aerobics classes.

Monday/Wednesday/Friday
July through Wednesday, August 30
11:00 a.m.—12:00 p.m. \$20 per month

Tuesday/Thursday
July through 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

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.**

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 hhigh@leecountync.gov
for a Zoom link to join.**

Grandparents (& Other Relatives) Raising Grandchildren

Parenting is hard work, especially the second time around. But grandchildren can be a great source of fulfillment and happiness. Get connected to the resources you need to help your grandchildren, and you, thrive.

**Contact Holly Hight, (919) 776-0501 ext. 2203 or
hhigh@leecountync.gov, for a resource brochure filled with
website addresses, book titles, agency contact information
and personal tips.**

*"Children are the rainbow of life and grandchildren
are the pot of gold!"*

Technology Courses

Brought to you by:



Space Limited! Sign Up Today!

Call: (919) 776-0501 ext. 2203
Email: hight@leecountync.gov

Mindfulness Apps

Mindfulness is the ability to be fully present and aware. You can practice mindfulness through simple activities and there are popular apps that teach breathing techniques.
Tuesday, July 11, 2023
2:00 p.m. - 3:00 p.m.

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.

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.

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.

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

<u>Books for 2023/24</u>	<u>Author</u>	<u>Meeting Date</u>
The Other Wes Moore	Wes Moore	September 12, 2023
Find the Good	Heather Lende	October 10
Horse	Geraldine Brooks	November 14
Energy Bus	John Gordon	December 12
Speckled Beauty	Rick Bragg	January 9, 2024
Becoming	Michelle Obama	February 13
Moby Dick	Herman Melville	March 12
Personal Librarian	M. Benedict & V. Murray	April 9
Be True to You	T. Eden & L. Jones Snead	May 14

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.*

**Are you interested in dance of all
types – Jazz, Ballroom, Salsa,
Broadway?**

If you are interested in taking dance
classes or teaching dance classes
please call
Holly (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 July:

1st—Silver Hawk, 8th—Back Alley Kats, 15th—Ole Skool, 22nd—Jimmy Shirley Jr. & The Footlights, 29th—Side Kix

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.

Are You Interested In Attending a Support Group for Trigeminal Neuralgia???

Trigeminal Neuralgia (TN), also known as tic douloureux, is a type of chronic pain disorder that involves sudden, severe facial pain. It affects the trigeminal nerve, or fifth cranial nerve, which provides feeling and nerve signaling to many parts of the head and face.

**If you are interested in joining a support group for TN or would like more information, contact
Holly Hight
(919) 776-0501 ext. 2203 or
hhight@leecountync.gov.**

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. 2211
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.

RIDEABILITY - Affordable Transportation Thursday and Friday Evenings & Saturday Mornings
A Partnership between the Stevens Center and COLTS The Rideability program, \$2 per trip, provides affordable transportation for people with physical, intellectual, mental-health or age-related disabilities. To register or more information call the Stevens Center (919) 776-4048.

Lee County Enrichment Center 2023 Holiday Closings

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 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.

