



The Center Post



Volume 32

JUNE 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



BACK BY POPULAR DEMAND

MUSIC IN THE PAVILION SUMMER SERIES

3RD WEDNESDAY IN
JUNE, JULY & AUGUST
2023

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

**Wednesday
June 21, 2023
Brick City KO**

**Wednesday
July 19, 2023
Upper Room**

**Wednesday
August 16, 2023
Brick City KO**

**The Enrichment Center
1615 S. 3rd St., Sanford**

**Call to RSVP!
(919) 776-0501 Ext. 2230**



**Service Member Counseling
Individual and Group Sessions**

**1st and 3rd Monday
9:00 a.m. - 3:00 p.m.**

**at The Enrichment Center
1615 S. Third Street, Sanford**

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

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

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

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

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



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

Please Call Holly Hight at
(919) 776-0501 ext. 2230



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, former owner of WXXL Radio in Sanford, meets at The Enrichment Center every third Wednesday at 9 a.m. and hosts a program called Remnant Speaks. 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. You can call The Enrichment Center to set up a time for an interview with Ms. Cora. 919-775-0501, ext. 2203.



Tune in for
Up & Coming
with Margaret
& Melanie



Walkie Talkie Walking Club

If you are interested in joining the club, please call
Holly Hight, (919) 776-0501 Ext. 2230.

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.

Congratulations

SGSA Lee County Participants!

The 2023 Senior Games & Silver Arts of Lee County had 139 participants in athletic and artistic competitions. Those of you who qualified for North Carolina Senior Games State Finals will be receiving your packets in the mail. In order to participate in the NC State Finals, you must complete a North Carolina Senior Games registration form.

If you need assistance in registering or need more information, contact Jimmy Solomon (919) 776-0501 ext. 2207.

Note! Be working on the challenge given to you! Participate in 2024 and bring a few friends! You will be entered in a drawing for each new friend who registers and participates. Stay tuned!

H A P P Y
retirement

Debbie Williams!

Senior Center Program Director

Please join us in wishing Debbie a happy retirement and thanking her for her 25 1/2 years of dedicated service at The Enrichment Center, Lee County Senior Services.

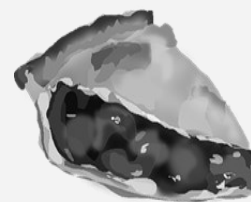
Over the years as Senior Center Program Director, Debbie has created and sustained programs, activities, health & wellness series, special events and much more. She has overseen the nutrition program as well as the senior center during a large portion of her years of service. During the pandemic shutdown she answered the switchboard from home. She stayed in touch with participants and clients, which continued their connection with the senior center and people they know. Debbie's warm, kind nature and desire for preserving the Enrichment Center's mission has truly been a blessing for Lee County older adults.

Debbie, we wish you well in retirement, and please, come back to see us often. Maybe even volunteer?

~~~Staff of the Enrichment Center

Drama & Dessert

# Where There's A Will...There's A Way Out!



An original play by Bob Smith  
Performed 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. Waldo 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!



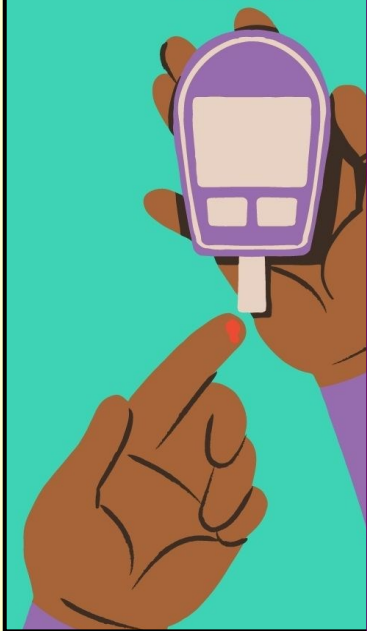
The Enrichment Center of Lee County  
N.C. Certified Senior Center of Excellence  
1615 S. Third Street / Sanford, NC 27330  
(919) 776-0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)



# Diabetes Awareness Series

Dr. Sara S. Morrison, PT, DPT,  
Owner  
CDT, Cert DN, PCES, CFT, FMT

Total Body Therapy &  
Wellness



**Monday  
June 19  
And  
Monday  
June 26, 2023**

**Learn how to manage your diabetes with healthy eating and how to care for your well-being.  
Call to Register  
(919) 776-0501  
Ext. 2230**

## 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.**

**June 2, 2023—The Artist** - In the 1920s, actor George Valentin is a bona fide matinee idol with many adoring fans. While working on his latest film, George finds himself falling in love...

**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.

*\*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!*

## 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 for appointment options.**

## 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. 2230**

## 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

\$599 Per Person - Double Occupancy

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

### Myrtle Beach, SC

December 11 - 13, 2023

\$499 Per Person - Double Occupancy

### 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](mailto: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](http://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](mailto:volunteer@habitatsanfordnc.org)

### Lee County Health Dept. Open House

Thursday, July 27, 2023  
12:00 p.m. - 4:00 p.m.

106 Hillcrest Drive, Sanford

Take a tour. Learn about services. Enjoy fun activities. Enter in a raffle.



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

*~Jhumpa Lahiri*

## *For The Love Of Books*

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

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

## Water Aerobics

Held at OT Sloan Pool



**Payment due by 1<sup>st</sup> class.**

**No payments at the pool, please.**

**Open to all adults over age 18. NO REFUNDS.**  
**Priority given to those 50 and better. Arrive swim ready.**  
**First class is free if it's your first time trying our water aerobics classes.**

**Monday/Wednesday/Friday**

**June through Wednesday, August 30**

**11:00 a.m.—12:00 p.m. \$20 per month**

**Tuesday/Thursday**

**June 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](http://www.leecountync.gov)

2. Click on the You Tube button, top right of the screen

3. Click on VIDEOS. Scroll through the options

And, voila, make stuffed mushrooms or zucchini fritters with Pepe. Craft a lemon tea towel, door hanger or t-shirt canvas with Jourdan. Exercise with Erica, Jourdan or Cathy (aerobics, yoga and fitness equipment).

### **NC Senior Tar Heel Legislature Update**

Mr. Charles Alexander, Alternate STHL Delegate for Lee County and member of the Lee County Senior Services Advisory Board, will be attending the General Session, June 7, 2023. Did you know that 24% of North Carolinians are age 60+? The STHL's 2023-24 Legislative Priorities have been recommended to the NC General Assembly. The 5 priorities, totaling \$18.75M will provide supportive services and protection for the state's 2.4 million older adults. To view the 5 priorities go to the website, [www.ncseniortarheellegislature.org](http://www.ncseniortarheellegislature.org) or call (919) 776-0501 ext. 2214.

## *Virtual Coffee Talk*

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

**9:00 a.m. – 10:00 a.m. Online Only**

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

**Email Holly Hight at [hhigh@leecountync.gov](mailto: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. 2230 or [hhigh@leecountync.gov](mailto: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:*

**SENIOR PLANET**

FROM AARP

**OATS**

OLDER ADULTS  
TECHNOLOGY  
SERVICES

FROM AARP



**Space Limited! Sign Up Today!**

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

**Email: hhight@leecountync.gov**

## Streaming & Smart TVs

### Lecture

**Monday, June 5, 2023**

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

### Tech 9-1-1

One hour, 1-on-1 technology sessions designed around you and your technology needs.

**Friday, June 23, 2023**

### 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.**

## 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.

### 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.**

**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, [elliiegolf@gmail.com](mailto:elliiegolf@gmail.com) or Debbie Williams (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. 2230.**

## Hot Lunches

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

For those who are unable to drive, COLTS can provide a ride to the Enrichment Center for you to have lunch.

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

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

Each week you will receive next week's menu, health & wellness information, important alerts, games and puzzles.

**If you would like to participate in our lunch time program call  
Carole (919) 776-0501 ext. 2205.**

**If you or your loved one is in need of a home delivered meal call  
Janice (919) 776-0501 ext. 2213.**

## PUBLIC TRANSPORTATION



- Public Transportation to Work, Shopping, General, Medical
- Raleigh Executive Jetport Shuttle
- Purchase Ride Vouchers
- Accessibility for Physically Challenged
- Free Transportation to COVID-19 Vaccination Location
- Call COLTS for More Public Access Transit Options, Schedule & Pricing



1807 Douglas Drive, Sanford

**(919) 776-7201**

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

Title VI Policy Participant

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

**COLTS es un  
sistema de tránsito  
coordinado que  
provee servicios de  
transporte a  
muchas de las  
agencias que  
proveen servicios  
humanos en el  
Condado de Lee.**

### **HORARIO**

6:00 a.m. a 5:00  
p.m. lunes a viernes.  
Mensajes para  
cancelar servicios se  
pueden dejar en la  
grabadora después  
de las horas de  
trabajo.  
**(919) 776-7201**

**Dirección Física: 1807 Douglas Drive, Sanford**

**Correo: 1615 S. Third Street, Sanford**

COLTS esta patrocinado por el Condado de Lee de Carolina del Norte, por el Departamento de Transporte por el Gobierno Federal y el público en general.

*COLTS es participante de la empresa de negocios para los desventajados.*  
Sistema de transito Condado de Lee. Declaración política del Título VI. Es la política de brindar igualdad de oportunidades a toda personas, que reciban servicios del Sistema de Transito Condado de Lee.

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

## ***Saturday Night Dance***

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

### **Bands for June:**

**3rd—Back Alley Kats,  
10th—Silver Hawk, 17th—  
Jimmy Shirley Jr. & The  
Footlights, 24th—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.**

### **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. 2230 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. 2230*

### **Alzheimer's/Dementia Caregiver Support:**

1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month at 1:00 p.m. Offers support, advice and understanding to caregivers, family and friends of those living with Dementia. Familiarize yourself with this overwhelming disease and learn about community resources to help yourself and others deal with the present and plan for the future. Facilitators: Holly Hight and Kay Gladden. ***\*There is a virtual caregiver support group that is offered weekly, Thursdays, at 1 p.m. on Zoom. Call (919) 776-0501 ext. 2230 for virtual log-in information.***

### **Breast Cancer Support:**

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

### **Diabetic Support:**

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

### **Grandparents Raising Grandchildren Support:**

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.

### **Grief Support:**

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

### **Low Vision Support:**

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

### **Parkinson Support:**

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

### **Sanford/Lee County Stroke Support:**

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

## The Enrichment Center & COLTS Directory (919) 776-0501

|                 |                                                                                     |                        |
|-----------------|-------------------------------------------------------------------------------------|------------------------|
| Debbie Davidson | Director                                                                            | Ext. 2216              |
| Melanie Rodgers | Administrative, Finance, Marketing                                                  | Ext. 2214              |
| Tonya Surratt   | Transportation Coordinator, COLTS - County of Lee Transit System                    | Ext. 2228              |
| Cynthia Wiley   | COLTS Scheduling Information                                                        | Ext. 5418              |
| Maria Davis     | COLTS - Dispatch<br>COLTS - Billing                                                 | Ext. 2219<br>Ext. 5430 |
| Tami Carter     | Social Work, Information & Assistance, Options Counseling, Wheel Chair Loan Program | Ext. 2212              |
| Ellen Dunlap    | Social Worker                                                                       | Ext. 2211              |
| Debbie Williams | Senior Center Programming & Scheduling, Fitness, Health Promotion                   | Ext. 2203              |
| Holly Hight     | Family Caregiver Information, Support Groups, Senior Center Programs                | Ext. 2230              |
| Cathy Andrew    | Fitness & Wellness Classes, Health Promotion                                        | Ext. 2208              |
| Janice Holmes   | Nutrition Programs: Diners Club, Home Delivered Meals, Ensure                       | Ext. 2213              |
| Carole Nicely   | Diners Club Reservations/Programs, Nifty Noggins Head Coverings for cancer patients | Ext. 2205              |
| Jourdan Huskey  | Medicare & SHIP (Seniors' Health Insurance Information Program), Volunteer, Trips   | Ext. 2206              |
| Jimmy Solomon   | Safety, Senior Games & Silver Arts, General & Medical Transportation                | Ext. 2207              |
| Kyla Love       | Veteran Services Officer II                                                         | Ext. 2209              |
| Ellsworth Cupid | Veteran Services Officer I                                                          | Ext. 2210              |

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



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

### *Let's Stay Connected!*

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

### NOTICE ABOUT PHONE CALLS

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

**Caring-Lee** is an all-inclusive resource guide to caregiving in Lee County. Go to our website, [www.leecountync.gov/ec](http://www.leecountync.gov/ec) or call Holly for a paper copy to be mailed to you (919) 776-0501 Ext. 2230.

**Nifty Noggins** are handmade head coverings for cancer patients. If you or someone you know could use head coverings, 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](http://www.leecountync.gov). Contact Melanie Rodgers, 919-776-0501 ext. 2214, if you have questions or need further information.



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

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### Handicapped Accessible Facility



*The Enrichment Center Radio Newsletter*  
Monday through Saturday,  
on Life 103.1 WLHC-FM.

LCG Enrichment Center's  
Information & Resource Directory and this  
newsletter available online:  
[www.leecountync.gov/ec](http://www.leecountync.gov/ec)

The mission of Lee County Senior Services  
is to fashion an achievable vision of successful aging in Lee County.

**Legal Aid of North Carolina** is a statewide nonprofit law firm that provides free legal services in civil matters to people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. **Legal Aid of NC** provides free assistance with health care power of attorney, living wills, property wills and other important legal documents. Seniors should call 1-877-579-7562, 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

|                         |                        |
|-------------------------|------------------------|
| <b>Independence Day</b> | <b>July 4</b>          |
| <b>Labor Day</b>        | <b>Sept. 4</b>         |
| <b>Veterans Day</b>     | <b>Nov. 10</b>         |
| <b>Thanksgiving</b>     | <b>Nov. 23, 24</b>     |
| <b>Christmas</b>        | <b>Dec. 25, 26, 27</b> |

### 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.

## SUGGESTIONS PLEASE!

We like new ideas and want your input. Give your program, activities and class suggestions to Debbie Williams, ext. 2203, [dwilliams@leecountync.gov](mailto:dwilliams@leecountync.gov) or Holly Hight, ext. 2230, [hhight@leecountync.gov](mailto:hhight@leecountync.gov).

