



The Center Post



Volume 32

MARCH 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



Senior Games & Silver Arts of Lee County

Registration March 1 - 31, 2023

Instructional Clinics in March
for Shuffleboard
and Corn Hole

Events held in April and May 2023

More information on page 3.

Vet Center

Connection. Camaraderie. Community.
First and Third Monday of the Month.

More information on page 8.

Virtual Coffee Talk

1st Tuesday of the Month

9:00 a.m. - 10:00 a.m.

More information on Page 2.

Cooking Class

with

Joseph "Pepe" Corello

Friday, March 17, 2023 at 2:00 p.m.

More information on Page 2.

Mid-Week Moves Aerobics Class

With Instructor Erica Davidson

Wednesdays, March 22 - May 3, 2023

5:30 p.m. \$10

Happy 65th Birthday Welcome to Medicare

Tuesday, March 28 at 5:00 p.m.

More information on Page 2.

FREE Powerful Tools for Caregivers Class

Tuesdays, April 18 - May 23, 2023

10 a.m. - 11:30 a.m.

More information on Page 4.

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.

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. - N.C. Dept. of Insurance

***PROVIDED FOR LEE COUNTY RESIDENTS
AGES 50 AND BETTER***

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receipts, outdated tax documents and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! You do not need to remove paper
clips, staples or rubber bands.

***Remain in Your Car**

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

***Shredding Completed On Site**

Cooking Class

With Chef
Joseph "Pepe" Corello

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!

Demonstration & Tasting
Seafood Scampi with Linguini

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

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.

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.

March 14 - Lincoln Highway by Towles

April 11 - Thursday Murder Club by Osman

If you have questions, you can contact
Ellie Mathews at elliegolf@gmail.com

**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).

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.



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.***

Registration not needed.

If you need more information contact

Jourdan

at 919-776-0501 ext. 2206.





BRIGHT
Audiology
Brighter Hearing - Better Living
Proudly Sponsors

SENIOR GAMES

SILVER ARTS
Of Lee County

United in the Spirit of Competition

April 10 thru May 24, 2023

Sanctioned by N.C. Senior Games. Sponsored by N.C. Div. of Aging

Registrations Printed
Compliments of: **john-beverly** inc.
OFFSET PRINTING & SCREEN PRINTING

Senior Games & SilverArts of Lee County is open to all Lee County residents and surrounding counties who are 50 years of age and better (age on 12/31/23).

Registration for Events
March 1—March 31, 2023
Events Held April and May 2023

Learn How to Play
These Senior Games Events

Shuffleboard Clinic Friday, March 10
Corn Hole Clinic Friday, March 17
11a.m. at the Enrichment Center
1615 S. Third Street, Sanford

To register for clinics,
call 919-776-0501 ext. 2207.

For more information about Senior Games and Silver Arts of Lee County, contact **Jimmy Solomon**, Local Coordinator, at 919-776-0501 ext. 2207 or via email at jsolomon@leecountync.gov.

Special SGSA Lee County Activities

Held at The Enrichment Center

Opening Ceremonies: Monday, April 10, 5:30 p.m.

SilverArts Visual, Literary, Heritage Arts Display
May 1 - 31

Performing Arts: Monday, April 10, 6:30 p.m.

Registration Fee: Early Bird, \$15 by March 20
Late Registration Fee, \$20 by March 31
First Year Participant, No Cost

SGSA of Lee County

Games:

Golf, Pickleball, Table Tennis, Track & Field, Cornhole, Cycling, Basketball Shoot, Badminton, Tennis, Shuffleboard, Bocce, Swimming, Croquet, Football Throw, Softball Throw, 3 on 3 Basketball

SilverArts:

Visual Arts
Heritage/Folk Art
Performing Arts
Literary Arts

For more information call or email **Jimmy Solomon**, 919-776-0501 ext. 2207
jsolomon@leecountync.gov.



Tune in for
Up & Coming
with Margaret
& Melanie



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.

March 3, 2023—Westside Story 2021 - It's 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.

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

**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.

Trips are Open to Residents Outside of Lee County

Ark Encounter, Louisville & Lexington

April 17 - 20, 2023

\$599 Per Person - Double Occupancy

Lancaster & Hershey, PA

September 11 - 14, 2023

\$599 Per Person - Double Occupancy

Myrtle Beach, SC

December 11 - 13, 2023

\$499 Per Person - Double Occupancy

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

Important!
NO telephone reservations.

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

Summer Jubilee

At the Rudy Theatre

Thursday, July 20, 2023 \$105 Per Person

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

Important! NO telephone reservations.

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

NC State Fair

Tuesday, October 17, 2023

\$20 for Motor Coach Transportation

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

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

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

Important! NO telephone reservations.

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

All trips are subject to The Enrichment Center Trip Policy.

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



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

~Jhumpa Lahiri

For The Love Of Books

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

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

Water Aerobics

Held at OT Sloan Pool

Registration opens Monday, April 3rd

at The Enrichment Center. 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.

Monday/Wednesday/Friday

Wednesday, May 31 – Wednesday, August 30

11:00 a.m.—12:00 p.m. \$20 per month

Tuesday/Thursday

Tuesday, May 30 – Thursday, August 31

5:30 p.m. – 6:30 p.m. \$15 per month

We are in need of fill-in water aerobics instructors.

If interested complete a Lee County application online at www.leecountync.gov or 408 Summit Dr., Sanford.



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 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: hhight@leecountync.gov

Android Essentials

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

Streaming & Smart TVs Lecture

Monday, June 5, 2023

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

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

Device Advice

2nd Tuesday of Each Month

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

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

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!

Register now by calling

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.

Notice of Fee

Beginning Monday, April 3, 2023

On The Move fitness class held Tuesday and Thursday

10:00 a.m. – 10:30 a.m. will be

free to Diners Club participants attending lunch

and Silver Sneakers participants.

There will be a \$1.00 fee per visit to guests, payable at the front reception desk.

We strive to maintain affordability with all our programs at The Enrichment Center.

The fee will assist in covering operational expenses.

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.

VETCENTER

EST. 1979

Readjustment Counseling. Individual and Group Sessions.
1st and 3rd Mondays, 9 a.m. - 3 p.m. at The Enrichment Center
Any interested parties should reach out to Lee County Veterans Services to receive more information.
Call 919-776-0501 Ext. 2209 or 2210.

Who We Are... Conveniently located in your community, Vet Centers help you and your family build meaningful connections and develop tools for achieving success in both your military and civilian lives.

Our Services... Counseling, referrals, community engagement.

Our Core Benefits... Welcoming environment. Community of support. Practical and therapeutic services.

Who We Serve... We focus on providing services to Veterans and service members who served in combat operations, areas of hostility, stateside deployments or endured military service-related trauma. We also serve their families to support the growth and goals of the Veteran or service member.

BALANCE FOR LIFE CLASS

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

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

This program emphasizes practical strategies to manage falls.

You Will Learn To:

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

Class Consists of:

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

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

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



The Enrichment Center's Home Delivered Meals

Program is in need of Volunteers to deliver a hot, nutritious meal to a homebound older adult in Lee County Monday - Friday.

Regular and fill-in positions available. Routes take a little over an hour. Meals are picked up at the Enrichment Center and delivered to the client's home.

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

Family Caregiver Lunch & Learn

Thursday, April 20, 2023
Life After Loss
1:00 p.m. - 3:00 p.m.

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

Registration required.
Call or email Holly
919-776-0501 ext. 2230
hhight@leecountync.gov

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

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

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.

2023 Property Tax Relief

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

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

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

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

Saturday Night Dance

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

Bands for March:

**4th—Back Alley Katts,
11th—Pair-A-Dice,
18th—JS and the Footlights,
25th—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.

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
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**

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

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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 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.