



The Center Post



Volume 31

OCTOBER 2022

**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



*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



Saturday, October 29, 2022

8:00 AM – 2:00 PM

The Enrichment Center
1615 S. Third Street, Sanford
NC Senior Center of Excellence
(919) 776-0501 www.leecountync.gov/ec

Purchase from more than 50 tables filled with
woodcarving, jewelry, paintings, baked & canned
goods, homemade soaps and lotions, candles,
Christmas decorations, hand-sewn items
and much more!

Grilled **HOTDOGS** and
SAUSAGE DOGS with all the
trimmings— chili, slaw &
onions. **DRINKS** and **FRESH
BAKED GOODS**. *These food
proceeds benefit The
Enrichment Center, Inc.
Helping Fund, a fund that
assists Lee County older adults
who are in a crisis situation
with the basic necessities of life.*

American
Made
Rada
Cutlery
20% off
inventory!
*Proceeds
benefit The
EC Helping
Fund.*

*Lending Paws A
Hand, Inc.
Animal Rescue
~ Pets will be on
site ready for a
'forever' home!*

2022 October Health & Wellness Day

Free and Open to Ages 50 and Better Friday, October 21
9:00 AM - 12:00 PM

*Fall Risk Assessment by Liberty Home Care & Hospice - Sign-Up Required
Call (919) 776-0501 Ext. 2203*

*Salad Demonstration and Tasting by SaladMaster
Chair Massage by Joyce Marks, A Touch of Tropics Massage
Essential Oils by doTERRA Therapeutic Essential Oils
Nutrition Education by Central Carolina Hospital, A Duke Lifepoint Hospital*

VETERAN'S APPRECIATION BBQ

Tuesday, November 1, 2022 5:00 p.m.

Dinner served 5:30 p.m. at The Enrichment Center

To show our appreciation for your service and dedication to our country we invite
you to join us for an evening of music, fellowship and food!

Space is limited. Please register NOW.

Call (919) 776-0501 ext. 2201 *Veterans and current military personnel are
invited at no charge. A Veteran may bring one guest, \$5.00 paid in advance at The
Enrichment Center. *Event is co-sponsored by Miller-Boles Funeral Home
& The Enrichment Center of Lee County.*

TRICK OR TREAT MOVE YOUR FEET



Mondays & Wednesdays
October 3 – October 27, 2022
5:30 p.m. – 6:30 p.m.
**Class will switch to Tuesdays/
 Thursdays Mid October.**

\$10

Join certified fitness instructor,
 Erica Davidson, for a spectacularly
 spooky aerobics toning class.

Class participants will need a mat
 and light weights.

Call (919) 776-0501 Ext. 2203 to register. Classes are
 first come, first served to all Lee County Govt.
 employees and individuals ages 50+. A waiting list is
 available for those ages 49 and below.

You're Invited! **Friday Movie Club** **at 1:00 PM**

Must sign up for movies. Call (919) 776-0501 ext. 2230.

October 7 - Practical Magic - A 1998 American fantasy
 romantic drama film based on the 1995 novel of the same
 name by Alice Hoffman. Stars Sandra Bullock, Nicole
 Kidman, Stockard Channing, Dianne Wiest, Aidan Quinn
 and Goran Visnjic.

November 4 - The Bucket List - Two terminally ill men
 escape from a cancer ward and head off on a road trip with
 a wish list of to-dos before they die.

**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!*

Free Seminar: **When Do I Need** **An Advance Healthcare** **Directive?**

**What's a Living Will and a
 Healthcare Power of Attorney?**

Wednesday, October 12, 2022
 2:00 P.M. – 3:00 P.M.

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



Join us as we travel to the **BILTMORE HOUSE** Wednesday December 14, 2022

We will depart Riverbirch shopping center
 at 6 AM and head to Asheville for a
 wonderful day exploring the amazing
 Biltmore House, which will be decorated for
 Christmas, and the Leonardo da Vinci
 exhibition!

**Price is \$229 per person which includes
 your motor coach transportation,
 admission to the Biltmore House
 and exhibition.**

We will stop for lunch upon arrival in Asheville (not
 included in price of trip). We will make quick dinner
 stop on our return (not included in price of trip).
 Arrival back in Sanford is estimated 10 PM.

**Reservations can be made in person or
 by phone. Payment is due within 48
 hours of reservation. Payment is due no
 later than Monday, October 31, 2022.**

Check made payable to PML.
 Travel insurance available.
 Open to ages 50 and better.
 Lee County and non-Lee County
 residents are able to join us!



Age My Way is a collaborative effort between the State of NC and AARP NC to help identify priorities for making our neighborhoods, towns, cities and rural areas great places for people of all ages.

AGE MY WAY NC

We Want to Hear from YOU!

Soon, one in five North Carolinians will be over 65 - more older adults than children for the first time ever.

Age My Way NC is surveying people ages 45 and older all across the state to identify priorities such as safe and walkable streets; age-friendly housing and transportation options; access to needed services; and opportunities for residents of all ages to participate in community life.



AGE MY WAY NC



Take a few minutes to complete the Age My Way NC survey, using the QR Code or link below to help identify YOUR priorities.
bit.ly/AgeMyWayNC



Take a few minutes to complete the "Age My Way NC" survey, so that our policymakers will understand and focus on projects that can make North Carolina communities livable for people of all ages.

To complete a survey, use the QR Code or link to the left or call The Enrichment Center for a paper copy (919) 776-0501 Ext. 2203.

The survey closes Sunday, October 30, 2022.

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.

October 11, 2022 -

The 100 Year Old Man Who Climbed Out the Window and Disappeared by Jonasson

November 8, 2022 - A Tale of Two Cities by Dickens

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

or Debbie Williams (919) 776-0501 ext. 2203.

Support Groups Available at St Luke UMC

The **Alzheimer's/Dementia Support Group** begins Monday, October 10 at 10:30 am, and will continue to meet the 2nd Monday of each month. This support group is facilitated by Judy Womack and will meet in the "Friends in Christ" Room #232. For more information, please contact Judy at judyhwomack@gmail.com.

Grief Support Group—Are you experiencing a season of grief and loss? Would you like to connect with others going through similar life transitions? A new Grief Support Group will begin at Saint Luke UMC (2916 Wicker Street, Sanford, NC) on Tuesday, September 13 at 10:30 am in the Parlor (Room 238). This Support Group will meet each Tuesday morning. This Support Group will be led by a trained, professional grief counselor who will offer compassion and guidance. If you know of anyone going through a season of grief and loss who may benefit from connecting with others in a similar situation, please invite them to participate. For more information, contact Jackie Petty at 919-770-4588 or email jackiepetty@windstream.net.

SIX STEPS TO REGISTERING ONLINE TO VOTE



IF YOU HAVE A N.C. DRIVER'S LICENSE OR DMV-ISSUED ID, YOU MAY NOW REGISTER ONLINE TO VOTE

1. Go to <https://payments.ncdot.gov/>
2. Click on Continue to myNCDMV Services
3. Click on Continue as Guest
4. Scroll to Voter Registration Application
5. Click on Submit a Voter Registration Application
6. Answer the questions (includes license/ id number, social security number and date of birth)

Making North Carolina voting and elections accessible: an initiative of Disability Rights North Carolina

www.accessthevote.nc.org
888-WEVOTE2 (938-6832)



Adapted from a publication by NC Black Alliance

Confident Caregiver Program

In Collaboration With
The Alzheimer's Alliance

Thursday, October 20, 2022
1:00 p.m. – 3:30 p.m.

Join us for this special virtual collaboration with The Alzheimer's Alliance as we delve into the topic of what it takes to be a confident and successful caregiver.

This session will go over the differences between Dementia and Alzheimer's, statistics of the disease, risk factors, key terms, and information on managing stress as caregivers. A special guest presenter will Zoom in live to join us. All caregivers are welcome and invited to attend. If you have questions call Holly, (919) 776-0501 Ext. 2230.

Ongoing Programs You Are Welcome to Attend!

Bible Study

1st and 3rd Mondays, 10:30 am - 11:30 am

Friday Friends and Cards

Fridays, 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.

If you have any questions call Debbie Williams,
(919) 776-0501 Ext. 2203.

October Cooking Classes With Chef Joseph "Pepe" Corello

Fri., October 14, 2022 1pm
Tues., October 18, 2022 1pm

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!



10/14 Food Demonstration:
Pizza Burgers
10/18 Food Demonstration:
Zucchini Fritters

To register call (919) 776-0501 Ext. 2230.

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.

Creative Writing Journaling Group

Do you enjoy creative writing or journaling?
Would you like to meet other creative minds?

Have you ever thought of journaling, but didn't know where to start?
Then this monthly club is for you!

Next Meeting: Thursday, October 27, 2022 2 PM - 3 PM.
If interested in joining please call Holly at (919) 776-0501 ext. 2230.



WWW.WXKL1290.COM
(919) 774-1290 / 1080

**Tune in for
LCG Enrichment
Center Updates!**



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Medicare Part D Open Enrollment:

What You Need to Know

If you live in Lee County and need assistance with your Medicare Part D plan, you may contact The Enrichment Center (919) 776-0501 Ext. 2206 beginning October 1, 2022.

Each year, Medicare offers an annual period between October 15 - December 7 where a person with Medicare Part D prescription insurance can review and change his or her drug insurance policy. You might be asking yourself, "If I am already enrolled in Medicare, why would I need to consider open enrollment?" The answer is, your prescription needs are always changing. Another Part D plan may be a better fit for you now, and it's worth considering switching plans or exploring options during this period.

Information from NC Dept. of Insurance:

What is Medicare Part D? Prescription Drug Coverage?

Medicare's prescription drug benefit (Part D) is the part of Medicare that provides outpatient drug coverage. Part D is provided only through private insurance companies that have contracts with the federal government—it is never provided directly by the government (unlike Original Medicare).

If you want to get Part D coverage, you have to choose and enroll in a private Medicare prescription drug plan (PDP) or a Medicare Advantage Plan with drug coverage (MAPD). Enrollment is optional (though recommended to avoid incurring future penalties) and only allowed during approved enrollment periods. Typically, you should sign up for Part D when you first become eligible to enroll in Medicare.

If you have questions
contact Seniors' Health Insurance Information Program
(SHIIP) toll free 1-855-408-1212,
Monday through Friday from 8 AM to 5 PM.
SHIIP counselors are not licensed insurance agents, and
they do not sell or endorse any product,
plan or company.



Vet Connect

**Wednesday
October 5, 2022**

NEW TIME 3:00 PM

RSVP (919) 776-0501 Ext. 2210

These get-togethers provide local veterans and active duty service members the opportunity to meet and socialize with other veterans.
Snacks and drinks served.

Diabetes Awareness Class

Open to Ages 50 and Better

**Thursdays, beginning October 20, 2022
10:30 AM - 11:30 AM**

Facilitator: Erica Duval, Amedysis Health

These classes will be led in a educational format and will help you to incorporate positive changes and help you work through daily challenges.

Talking can help you think differently
about your diabetes.

To register call

Debbie Williams (919) 776-0501 Ext. 2203.

You can prevent or delay Type 2 Diabetes with proven, achievable lifestyle changes, such as losing a small amount of weight and getting more physically active - even if you're at high risk.
-CDC, Centers for Disease Control and Prevention

Device Advice

2nd Tuesday of Each Month

10:45 AM - 11:45 AM 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.

Technology Courses

Brought to you by:

SENIOR PLANET
FROM AARP

OATS | OLDER ADULTS
TECHNOLOGY
SERVICES
FROM AARP



Space Limited! Sign Up Today!

Call: (919) 776-0501 ext. 2230

Email: hight@leecountync.gov

Computer Essentials

Mondays, October 3 - 31, 2022

2:00 P.M. - 3:00 P.M.

Learn the fundamentals of computer,
internet and e-mail.

Gmail Tips & Tricks Seminar

Friday, Nov. 18, 2022 at 2:00 P.M.

Go beyond sending and receiving with this
hands-on workshop about Gmail features!

This workshop will cover important
features like spellcheck, formatting emails,
searching your inbox, adding a signature
and attaching files.

Cloud Storage Seminar

Monday, Dec. 12, 2022 at 2:00 P.M.

Learn about storing documents, images
and other files remotely, while protecting
your important data.

WDSG
107.9

Tune in for
Enrichment
Center Updates!

Enrichment Center Fitness Programs

Open to Lee County residents ages 50 and better.

Keep fit and stay in shape for physical and mental health!
**The Enrichment Center is currently offering these programs to help
you maintain a healthy lifestyle in a clean, safe environment.**
Call Cathy Andrew if you have questions (919) 776-0501 Ext. 2208.

Fitness Room - Monday-Friday

Available to participants who have completed orientation.

Call (919) 776-0501 ext. 2208 to make an orientation appointment.

\$1 per daily visit. (Free to Silver Sneakers Participants)

Morning Yoga - Monday & Friday, 8:30 a.m. – 9:30 a.m.

Great for beginners or those who find it difficult getting to the floor.

*Participants should bring their own equipment, mats, blocks, straps &
kneeling pads. \$10 Per Month.

On The Move - Tuesday & Thursday, 10:00 a.m. – 10:30 a.m.

A free exercise class that will help to keep you fit while having fun!

Advanced Tai Chi - Monday & Friday, 10:30 a.m. – 11:30 a.m.

This is Tai Chi for Arthritis and Fall Prevention. The focus of this class is
to reduce fall risk. \$10 Per Month.

Fit & Toned - Tuesday & Thursday, 8:30 a.m. – 9:30 a.m.

Suitable for beginners or those that already have an exercise program.

*Chair will be used for stability. \$10 Per Month.

Evening Yoga - Tuesday & Thursday, 5:30 p.m. – 6:30 p.m.

Better suited to participants with prior yoga experience.

\$10 Per Month.

Virtual Yoga - Tuesday & Thursday, 11:00 a.m. – 12:00 p.m.

Designed for those who are familiar with yoga. \$10 Per Month.

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

For The Love Of Books

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

Fact: Reading reduces stress by 68%

Lee County Veterans Services

*Get expert assistance
with your VA claim.*

(919) 776-0501 Ext. 2209

The Lee County Veteran Services Officer (VSO) assists eligible veterans and their families, deceased veteran's dependents and survivors in applying for benefits from the U.S. Department of Veterans Affairs (VA) and the N.C. Department of Military and Veterans Affairs (NCDMVA).

Members of the Reserves, National Guard and active duty service members are also welcome to call the county VSO for assistance with any matters involving the VA.



While Lee County is not the authorizing organization for these benefits, the County Veterans Service Officer can assist the veteran greatly in the following areas:

- Assessing and confirming eligibility
- Completing the documentation required by the VA and NCDMVA
- Explaining complex issues and forms
- Referring veterans and service members to other agencies that may be of assistance

The mission of Lee County Veterans Services is to pursue a high quality of life for local veterans, their families and their survivors.

Vet Connect

These get-togethers provide local veterans and active duty service members the opportunity to meet and socialize with other veterans.

AARP TAX-AIDE 2023 TAX SEASON VOLUNTEERS NEEDED

AARP Tax-Aide is a group of volunteers who provide free tax filing services to Seniors and low to middle Income individuals during tax season.

Volunteers are trained on the TaxSlayer software and tax form input requirements. You DO NOT have to be a Tax Professional, an AARP member or a college graduate to do our volunteer work. Some basic computer skills are needed. Chromebook computers are provided. An introductory meeting about AARP Tax Aide will be held at end of November. Discussions on training and how you may be scheduled (depends upon your availability) will be presented. During tax season, Volunteers are requested to perform a minimum of one 4 hour day per week. Tax aide is held at the Lee County Enrichment Center on Monday, Wednesday, and Thursday. **We are seeking a SIGN-UP list of Volunteers now to determine training needs. Please contact (or leave voicemail or email): James Payne, Phone: 919-356-7652 or Email: pesty42@gmail.com**

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.



Sanford Caregiver Conference:

Enhancing Life and Relationships for the Person Living with Dementia

Thursday, November 3, 2022

8:00 am to 4:00 pm

Dennis A. Wicker Civic & Conference Center
1801 Nash Street, Sanford, NC

The day will feature a session where Teepa will focus on practical tips and skills and how to make changes in ourselves to help our person living with dementia. She will share the practices of Positive Approach to Care® and help us understand just what is happening as dementia progresses.

In addition, we will have other local experts speak on a variety of topics and share valuable resources to help you navigate care.

For more information please contact:

Lisa Levine at Dementia Alliance of North Carolina
llevine@DementiaNC.org or (919) 832-3732

Or

Holly Hight at The Enrichment Center of Lee County
hhight@leecountync.gov or (919) 776-0501 Ext. 2230

Up & Coming!

AARP Drive Safety
Thurs., Dec. 8, 2022
9:00 A.M. - 1:00 P.M.
To Register Call
(919) 776-0501 Ext. 2203

AARP Driver Safety

Refresh your driving skills and knowledge of the rules of the road.

Learn techniques for handling left turns, right-of-way and roundabouts.

Discover proven driving methods to help keep you and your loved ones safe on the road.

\$20 for AARP members

\$25 for non-members

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

Do you enjoy Scrapbooking?

We are looking for someone to lead a scrapbooking class.

Contact Debbie Williams

(919) 776-0501 Ext. 2203.



Tune in for
Up & Coming
with Margaret
& Melanie





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 then placed in a cooler at the client's door.

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

Saturday Night Dance

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

NO food items served.
Individually wrapped snacks
and drinks only.

Bands for October:

1st—Carolina Dreamers,
8th—Fabalouse Fashback,
15th—Jimmy Shirley Jr. 9Track45,
22nd—Side Kix,
29th—Ole Skool

Keep in mind Lee County Government policies while attending the dance: No alcohol on the property, smoking allowed 50 feet away from the facility in designated areas, no firearms or weapons on the property.

Hot Lunches

Lee County citizens ages 60 and better can participate in our lunch time nutrition program. You 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.



Opciones Con COLTS

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.

COMO SE USA COLTS Pasajeros que usan COLTS bajo el auspicio de una agencia que provee servicios humanos pueden viajar gratis pero primero deben de ser referidos por la agencia patronizadora. Los requisitos varían dependiendo de las agencias del Condado de Lee. Si usted o alguien que usted conoce tiene necesidades especiales, llame a la agencia de servicios humanos que usted piensa apropiada o simplemente llame a la oficina de COLTS. Nosotros le ayudaremos en determinar su elegibilidad a través de las agencias que están contratadas con COLTS.

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

Dirección Física: 1807 Douglas Drive, Sanford

Correo: 1615 S. Third Street, Sanford

COLTS esta patrocinado por el Condado de Lee de Carolina del Norte, por el Departamento de Transporte por el Gobierno Federal y el público en general. **COLTS es participante de la empresa de negocios para los desventajados.** Sistema de transito Condado de Lee Declaración política del Título VI. Es la política de brindar igualdad de oportunidades a toda personas, que reciban servíos del Sistema de Transito Condado de Lee. "COLTS" (919) 776-0501 Ext. 2216.

Low Vision Support **Special Guest Speaker:**

**Dr. Miles Whitaker,
Ophthalmologist**

**Tuesday, October 18, 2022
12:30 PM**

**Registration not needed.
Open to all adults.**

Cancer Support Group

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

Blood Pressure Checks

**By Amedisys Hospice
First Wednesday of the Month
10:00 AM**

Registration Not Needed

Measure your blood pressure regularly to help your health care team diagnose any health problems early. You and your health care team can take steps to control your blood pressure if it is too high.

Measuring your blood pressure is the only way to know whether you have high blood pressure. High blood pressure usually has no warning signs or symptoms, and many people do not know they have it.

Lee County Household Hazardous Waste Collection Day

Saturday

November 5, 2022

9:00 AM - 1:00 PM

**At the Dennis A. Wicker Civic Center
1801 Nash Street**

**For all residents of Lee County,
Households and farmers only.
For more information contact Lee County
Solid Waste (919) 718-4622.**

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 the 2nd and 4th Thursday at 1 PM on Zoom. Facilitator: Ismay Parrish. Call (919) 776-0501 ext. 2230 for virtual log-in information.*

Breast Cancer Support:

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

Diabetic Support:

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

Grandparents Raising Grandchildren Support:

4th Friday of each month at 10:30 a.m. Are you a grandparent raising grandchildren/parenting the second time around? Join us to learn about community resources and to have questions answered by guest speakers.

Grief Support:

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

Low Vision Support:

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

Parkinson Support:

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

Sanford/Lee County Stroke Support:

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

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

Debbie Davidson	Director	Ext. 2216
Melanie Rodgers	Administrative, Finance, Marketing	Ext. 2214
Tonya Surratt	Transportation Coordinator, COLTS - County of Lee Transit System	Ext. 2228
Cynthia Wiley	COLTS Scheduling Information	Ext. 5418
Maria Davis	COLTS Ride Scheduling - Dispatch	Ext. 2219
Tami Carter	Social Work, Information & Assistance, Options Counseling, Wheel Chair Loan Program	Ext. 2212
Debbie Williams	Senior Center Programming & Scheduling, Fitness, Health Promotion	Ext. 2203
Holly Hight	Family Caregiver Information, Support Groups, Senior Center Programs	Ext. 2230
Cathy Andrew	Fitness & Wellness Classes, Health Promotion	Ext. 2208
Janice Holmes	Nutrition Programs: Diners Club, Home Delivered Meals, Ensure	Ext. 2213
Carole Nicely	Diners Club Reservations/Programs, Nifty Noggins Head Coverings for cancer patients	Ext. 2205
Jourdan Huskey	Medicare & 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**

Ring Ring - It's the Enrichment Center Calling!

The Enrichment Center uses a telephone one-call system to alert participants about important information.

We will call you with news and updates about meetings, weather, programs, meals and other important announcements.

Be sure to answer the call and listen carefully. The system will leave a voicemail if your phone permits.

Caring-Lee is an all-inclusive resource guide to caregiving in Lee County. You can find it on 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.



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.

988
SUICIDE
& CRISIS
LIFELINE



Lee County Enrichment Center

2022 Holiday Closings

Veterans Day	Nov. 11
Thanksgiving	Nov. 24, 25
Christmas	Dec. 23, 26, 27

2023 Holiday Closings

New Year's Day	Jan 2
Martin Luther King, Jr. Birthday	Jan. 16
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