

Life Enrichment Center

Adult Day Care and Health Service

704.484.0405 (Shelby) 704.739.4858 (Kings Mountain)

www.lifeenrichmentcenter.org

February 2011

When you love them enough to give the very best...

Call Life Enrichment Day Service, where safety and health care come first, along with improving quality of life.

Free trial visit
for adults of all ages
Call
704.739.4858
in Kings Mountain

704.484.0405
in Shelby

*"LIFE ENRICHMENT
is THE BEST adult
DAY CARE in THE
country."*

-Partners in Caregiving

*Marvita Spann, left,
and Rachael Goforth
have become good
friends at LEC.*

And now it has the two best facilities in the country!

Call today to schedule a tour of the new Life Enrichment facility in Shelby.

Now accepting new participants.

Life Enrichment Center.. for more than 30 years doing "Whatever It Takes" to help families keep adult loved ones at home and in the community



Frank teaches the polka to Pearl.



A volunteer takes a turn with Gladys. Below, a conga line forms on New Year's Eve.



Bill sits with his wife, Jett, at the Veteran's Ball.



Above, middle, Mary and Matt dance in front of the jukebox. Below, Vivian swings with a volunteer.

So you think you can dance?

The next great model?



When a Life Enrichment supporter donated a mink stole, she didn't know what fun opportunities she created. It is a great prop for dramas but also for an early morning fashion show.

Above, Melba, left, added a hat from the LEC collection before walking the runway with Program Assistant Marchelle Allen.

At left, Pearl, vamps for the camera. She enjoyed pairing her mink with the pearls she wears every day.

Coffee and Conversations scheduled

"What do you want on your tombstone? Writing an ethical will"

Feb. 10 Patrick Senior Center, KM

Feb. 17 Neal Senior Center Shelby

Noon until 1 p.m.

Free of charge

Light lunch served, courtesy of Sterling House & Carillon Assisted Living

Elder Law Attorney

May 12 & 19

Dr. Kevin Klein

on Alzheimer's

Aug. 11 & 18

Who Gets Grandma's Yellow Pie Plate?

Nov. 10 & 17

Sponsored by Journey, a coalition which seeks to educate the community on end-of-life issues.

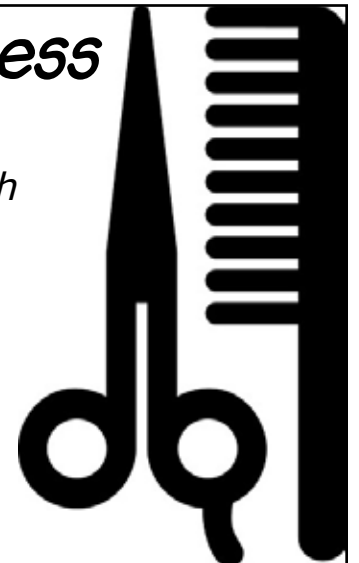
Questions Call Linda

at Life Enrichment 704.484.0405

BARBER/BEAUTY SHOP OPEN FOR BUSINESS

Many Life Enrichment participants are enjoying the convenience of having beauticians who come to LEC each week to provide full barber and beauty shop services. If you're interested in having your loved one enjoy the beautiful shops and the experienced professionals, call either center to schedule an appointment.

704.739.4858 in KM; 704.484.0405 in Shelby



February

Activity Highlights 2011



<p><i>"I can't believe all this has been going on, and I've been sitting at home."</i> -Participant Sybil on her first day at LEC</p>	<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> ◆ Tone Chimes  ◆ Sunday School with Rev. Jerry Welch ◆ Play "Are You Smarter Than a Fifth Grader?" <i>Tacos-Pound Cake</i> 	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> ◆ Bingo Bonanza ◆ Play Corn Hole ◆ Did the Groundhog See His Shadow? <p><i>We're Cooking</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> ◆ Celebrate Chinese New Year- The Year of the Rabbit ◆ Musical Inspiration with Dr. Sherlene Womack ◆ Play Hymnal Trivia <p><i>Tomato Soup-Pimento Cheese on Wheat-Pickled Beets-Sweet Potato Pie</i></p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> ◆ Rev. Charles Rudisill Leads Chapel ◆ Linnie & Karen Crawford Share Dog Sledding Adventures ◆ Ice Cream Social with Lynn Floyd of Dairy Queen <p><i>Lasagna-Tossed Salad-Garlic Biscuit-Gelatin with Whipped Topping</i></p>
<p><i>7 Monday</i></p> <ul style="list-style-type: none"> ◆ Music with Mabel Hardin & Gay Jolley ◆ Piano Favorites with Dr. Sherlene Womack ◆ LEC News & Weather 'Broadcast'  <p><i>Beef Tips-Whipped Potatoes-Gruy-Peas & Carrots-Roll-Lemon Sorbet</i></p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> ◆ Devotions with Ray Sturgill ◆ Sunday School with Rev. Jerry Welch ◆ Beth Mayo's Academy of Performing Arts Preschoolers ◆ Valentine Crafts <p><i>Fried/Baked Chicken-Green Beans-Macaroni & Cheese-Roll-Tropical Fruit</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> ◆ Expressions of the Heart with Vickie Wyatt ◆ LEC Talent Show ◆ Bingo Bonanza <p><i>Ham-Baked Sweet Potato-Limas-Roll-Angel Food Cake</i></p>	<p><i>10 Thursday</i></p> <ul style="list-style-type: none"> ◆ Betty McIntyre Talks about Growing Up in a Mill Village ◆ Musical Inspiration with Dr. Sherlene Womack ◆ Box Hockey <p><i>Tuna Noodle Casserole-3-Bean Salad-Roll-Strawberry Pie</i></p>	<p><i>11 Friday</i></p> <ul style="list-style-type: none"> ◆ LEC People's Court  ◆ Mt. Sinai Baptist Church Hosts Valentine Birthday Party <p><i>We're cooking</i></p>
<p>Wear Red Day </p> <ul style="list-style-type: none"> ◆ Music with Mabel Hardin & Gay Jolley ◆ Celebrate LOVE <p><i>Pintos-Harvard Beets-Cooked Cabbage-Fried Okra-Biscuit-Applesauce</i></p>	<p><i>15 Tuesday</i></p> <ul style="list-style-type: none"> ◆ "Music from the Heart" by Wanda & Danny Scruggs & Friends ◆ Sunday School with Rev. Jerry Welch ◆ Karaoke with Jerry Pearson <p><i>We're cooking</i></p>	<p><i>16 Wednesday</i></p> <ul style="list-style-type: none"> ◆ Chapel with Rev. Barry Miles ◆ Crossroads Rescue Mission Visits ◆ Make Sweet Potato Fries for National Sweet Potato Month <p><i>Meatloaf-Whipped Potatoes-Green Beans-Gruy-Roll-Apple Crescents</i></p>	<p><i>17 Thursday</i></p> <ul style="list-style-type: none"> ◆ Singing with Bethel Senior Choir ◆ Musical Inspiration with Dr. Sherlene Womack ◆ LEC News & Weather <p><i>Vegetable Soup-Egg Salad on Wheat-Pickled Beets-Dill Spear-Coconut Cake</i></p>	<p><i>18 Friday</i></p> <ul style="list-style-type: none"> ◆ N.C. Bingo  ◆ Derek Barrett of Carolina Energies ◆ Hopper's Chapel Men's Choir <p><i>Cheeseburger on Wheat-Lettuce & Tomato-Tater Gems-Coleslaw-Vanilla Pudding</i></p>
<p><i>21 Monday</i></p> <ul style="list-style-type: none"> ◆ Music with Mabel Hardin & Gay Jolley ◆ Glenda Blanton Leads Bible Study ◆ Piano Favorites with Dr. Sherlene Womack <p><i>Chili Beans-Coleslaw-Saltines-Cheese-Lemon Pudding</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> ◆ Bingo Bonanza ◆ Making Cherry Pies with Reba Cochran ◆ Sunday School with Rev. Jerry Welch ◆ Celebrate George Washington the Viola <p><i>BBQ Chicken-New Red Potatoes-Green Beans-Roll-Orange Sorbet</i></p>	<p><i>23 Wednesday</i></p> <ul style="list-style-type: none"> ◆ Participant Council Meeting ◆ Chapel with Rev. Josh Hunt ◆ Adventure House Visits <p><i>Spaghetti-Garlic Biscuit-Tossed Salad-Cherry Cheesecake</i></p>	<p><i>24 Thursday</i></p> <ul style="list-style-type: none"> ◆ Iwo Jima Flag Raising Day  ◆ Musical Inspiration with Dr. Sherlene Womack ◆ Cowboy Poetry & Skits <p><i>We're cooking</i></p>	<p><i>25 Friday</i></p> <ul style="list-style-type: none"> ◆ Chapel with Rev. Vernon Craig ◆ Make Chocolate Peanuts with Joy Hastings ◆ Wear Your Blue Jeans for Levi Strauss Day <p><i>Beef Pattie-Baked Potato-Broccoli Florets-Roll-Cherry Cobbler</i></p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> ◆ Music with Mabel Hardin & Gay Jolley ◆ Piano Favorites with Dr. Sherlene Womack ◆ Arrange Flowers for Floral Design Day <p><i>Chicken Fillet on Wheat-Potato Chips-Lettuce & Tomato-Dill Spear-Congeaed Fruit</i></p>	<p>Dates to remember: Tuesday, Feb. 1 - Family caregiver group meets in Kings Mountain, details page 8 Wednesday, Feb. 2 - Take unused medications to Kings Mountain, details page 3 Thursday, Feb. 10 & 17 - How to write an ethical will, details page 3 Tuesday, Feb.15 - Family caregiver group meets in Shelby, details page 8 Tuesday, Feb. 22 - Parkinson's Support Group, details page 8</p>			

Every day at LEC includes the following therapeutic activities: meaningful programs beginning at 5:30 a.m. and continuing until closing at 6 p.m.; mental & physical exercise; a chance to be creative; spiritual enrichment; reminiscing; socialization; entertainment; music; and laughter.

Neisler Center
by the Neisler Foundation
222 Kings Mountain Blvd.
Kings Mountain, NC
704 739-4858

February

Activity Highlights 2011



<p><i>Don't Forget:</i> February 1 Caregiver Support Meeting Sharing & Caring Session</p> <p><i>Come and Share The Joys and Triumphs of Being a Caregiver</i></p>	<p>1 Tuesday</p> <ul style="list-style-type: none"> ▲ Scott Hardin Shares A Morning Devotion ▲ Chapel with Rev. Jerry Welch ▲ Seniors in Motion <p><i>Taco Salad-Lettuce-Tomato-Salsa-Cheese-Pound Cake</i></p>	<p>2 Wednesday</p> <ul style="list-style-type: none"> ▲ Sunday School with Sunnyside Baptist Church ▲ Did Punxsutawney See His Shadow? ▲ Gary Hardin with Cleveland Compounding <p><i>Fried Fish-Baked Potato-Hushuppies-Coleslaw-Chocolate Pie</i></p>	<p>3 Thursday</p> <ul style="list-style-type: none"> ▲ Singing with Bethel Baptist Choir ▲ Celebrating the Chinese New Year with Jeanette Sun ▲ What's Your Chinese Character? <p><i>Jeanette Sun is Cooking Today!!!</i></p>	<p>4 Friday</p> <p>SUPERBOWL PARTY! *Wear Team Colors*</p> <ul style="list-style-type: none"> ▲ Sunday School with Alma Adams ▲ Sing-a-long with Darla Easterbrook ▲ Mandi Davis and Her Horse "Chance" Visit <p><i>Lasagna-Tossed Salad-Garlic Bread-Tello</i></p>
	<p>7 Monday</p> <ul style="list-style-type: none"> ▲ Rev. Charles Rudisill ▲ Guitar Music with Craig Christenbury ▲ Women's Poetry Club <p><i>Beef Tips-Mashed Potatoes-Peas & Carrots-Roll-Lemon Sorbet</i></p>	<p>8 Tuesday</p> <ul style="list-style-type: none"> ▲ Carolina Care Singers ▲ Chapel with Rev. Jerry Welch ▲ Seniors in Motion <p><i>Baked Chicken-Green Beans-Mac-n-Cheese-Roll-Tropical Fruit</i></p>	<p>9 Wednesday</p> <ul style="list-style-type: none"> ▲ Love Songs with Helen Turpish ▲ Keeping A Healthy Heart with Janet Sanders ▲ Valentine Art Class <p><i>Sliced Ham-Sweet Potatoes-Lima Beans-Fruit-Roll</i></p>	<p>10 Thursday</p> <ul style="list-style-type: none"> ▲ Singing with Jerry Pearson ▲ Health Fair ▲ Delicious Chocolate Trivia <p><i>We're Cooking Today!</i></p>
<p>14 Monday</p> <ul style="list-style-type: none"> ▲ Silver Stars Line Dancing ▲ Art Project with Kristin Putnam <p>*WACKY WEDDING* -Aaron Cochran Sings -Reception to follow</p> <p><i>Pinto Beans-Beets-Cabbage-Cornbread</i></p>	<p>15 Tuesday</p> <ul style="list-style-type: none"> ▲ Muffin Baking with Connie Fite ▲ Chapel with Jerry Welch ▲ Seniors in Motion ▲ The Gadabouts Sing About Love <p><i>We're Cooking Today!</i></p>	<p>16 Wednesday</p> <ul style="list-style-type: none"> ▲ Participant Council Mtg. ▲ Cookie Decorating Class with Linda Smith ▲ Young Adult Paint Class <p><i>Meatloaf-Mashed Potatoes-Green Beans-Roll-Apple Pie</i></p>	<p>17 Thursday</p> <ul style="list-style-type: none"> ▲ Starting the Day with Rev. Eddie Gray ▲ Making Friendship Bracelets with Brittany Wilson ▲ Emmanuel Missionary Baptist Church Visits <p><i>Vegetable Soup-Beets-Pickles Egg Salad Sandwich-Coconut Cake</i></p>	<p>18 Friday</p> <ul style="list-style-type: none"> ▲ Making Gum Drops ▲ Health Fair ▲ Sing-a-long with Jean Keenan <p><i>Cheeseburgers-Lettuce & Tomato-Tater Tots-Coleslaw-Vanilla Pudding</i></p>
<p>21 Monday</p> <ul style="list-style-type: none"> ▲ Camelot Bifolkals ▲ President's Day Celebration ▲ Men's Writing Club ▲ Flower Arranging with Lisa Wright <p><i>Chili Bean Soup-Coleslaw-Crackers-Lemon Pudding</i></p>	<p>22 Tuesday</p> <ul style="list-style-type: none"> ▲ Health Fair ▲ Chapel with Jerry Welch ▲ Seniors in Motion ▲ Monthly Birthday Party Sponsored By Pilot Club <p><i>BBQ Chicken-New Potatoes-Green Beans-Roll</i></p>	<p>23 Wednesday</p> <ul style="list-style-type: none"> ▲ Celebrating Black History Month with Chineta Maddox ▲ Men's Oil Painting ▲ Women's Massage Therapy <p><i>We're Cooking Today!</i></p>	<p>24 Thursday</p> <ul style="list-style-type: none"> ▲ Share and Care with Anthony Hugh ▲ Men's Chili Cook-Off ▲ Curtain Call "A Comedy Fit For A King" <p><i>Bologna Sandwich-Pasta Salad-Mixed Fruit</i></p>	<p>25 Friday</p> <ul style="list-style-type: none"> ▲ What Does Your Lipstick Say About You? ▲ Cookie Baking with Sue Earhart ▲ Dental Health with Katie Dowda <p><i>Hamburger Steak-Baked Potato-Broccoli-Roll-Cherry Cobbler</i></p>
<p>28 Monday</p> <ul style="list-style-type: none"> ▲ Inspirational Time with God's Chosen Women & Wray Canipe ▲ Health Fair ▲ Book Club ▲ Harp Music with Lelia Lattimore <p><i>Chicken Sandwich-Chips-Lettuce & Tomato-Dill Pickles-Congeaed Fruit</i></p>	<p><i>Extraordinary Days:</i></p> <p>Feb. 4 - SUPERBOWL PARTY! Show Your Spirit: Wear your team colors or favorite jerseys for the LEC Pep Rally!!</p> <p>Feb. 14 - WACKY WEDDING! Join us on Valentine's Day for a very interesting and unique celebration of love!! You don't want to miss the comedy event of the season!</p>			





Creativity takes many forms at LEC -
 Above, Mary turns “mud” on a potter’s wheel. Below, Marilyn creates in the kitchen with LEC Program Assistant Adriene Wilson. Whether it’s painting on a canvas or writing a poem with your friends, there is always the opportunity to exercise your creative genius at Life Enrichment Center where the process is always more important than the product.



Thank you

- Thank you to the following:*
Wally Wersching - hooked rug sets
Kathy Grigg - magazines
Margie Hucks & Evelyn Brooks - magazines, bingo prizes
Louise Melton - baby clothes, Christmas arrangements
Healthy at Home - cards, CD
American Restoration - pumpkin bread
Wilma Lacey - macaroons
Charlotte Teague - bingo prizes
David Miller & Louise Burns - doughnuts, candy
Ron Hamrick - cookies
Pat & Ken Whitley - puzzles
Jean Dover - glasses
Barbara Baughman - magazines
Jeri Patterson - utensils
Mona Johnson - magazines
Kurt Hardin - nutrition supplies
Jerry & Vickie Welch - cards
Hilda Hawkins - magazines
Nellie Crowder - cards
Ken and Nell Randall - food items
Brenda Cogdell - magazines
Sunnyside Baptist Church - gift baskets
Joyce Bolin - tapes, bingo items
Ruby McKinney - books
Kevin Frane - hams
Brad Brittian - toys
Carolina Speciality Transport - wheelchair, quad canes
Lynn Wilson - Christmas decor, bingo prizes
Bill & Jett Willcox - magazines

Wish list

- Neisler Center, Kings Mountain**
 Bingo Prizes ♦ 2 lb. Exercise Weights ♦ Food Processor
Buddy Roberts Center, Shelby
 Bingo Prizes ♦ Racing DVD's ♦ Large Dry Erase Board

Special wish GRANTED: Thank you!

Thank you, **Carol and Bill Thompson**, who granted a special wish this month. The therapy room in the new Shelby Life Enrichment was missing only one piece of equipment needed to help those who’ve had a stroke: a two-sided staircase. It is lacking nothing now thanks to Bill and Carol, who donates much of her time keeping the gardens at the Kings Mountain Center looking so great.

Thank you, **Caring Hearts**

Added to previously published lists of those helping Life Enrichment families through the 2010 annual appeal are:

Bronze



Margaret & Jack Hamrick
in memory of Bob Cabaniss

In honor...

The following have been honored by a gift to Life Enrichment:

Melba Neal by Clasesc Wyatt

Mary W. Adams by Esther & George Plonk

In memory...

The following have been remembered by a gift to Life Enrichment:

Broadus & Lennie Moss by Jerry & Millie Snyder

Eugene Rhyne by Scott & Sue Rhyne

Sybil Riley by Eloise Spangler

Aleriene Burr by Vicki & Larry Samuels

Stephen Bailey by Ellen Palmer

Mary Clare Turner by

Frank & Mary Anne Graziadei

Charles & Pam Kerr

Roger & Anne Stowe

Jimmy & Allene Cooley

Mr. & Mrs. Edward O. Hill

Jeanette Poston by

Love Sunday School Class, Elizabeth

Baptist Church

Frances Kiser

LEC Supporters

Benefactor

Dr. Bob Gossett

Patron

Shelby Presbyterian Church

Sponsors

Tom & Barbara Blackburn

Friends

Les & Dot Roark

Give a gift of heart.

Give to the participants of Life Enrichment.

Memorials, Honoraria, and Gifts



I want to support the work of the Life Enrichment Center...

By becoming a:

Friend \$25-\$100

Sponsor \$101-\$200

Patron \$201-\$500

Benefactor \$501-\$1,000

Major Benefactor \$1,001 +

Make checks payable to:

Life Enrichment Center

110 Life Enrichment Blvd., Shelby, NC 28150

You can also use your credit card.

Visa/ MC (Circle one)



Card No. _____ Expiration Date _____

Amount _____ Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

In memory of _____

In honor of _____

Send a notice to: _____

Address _____

City _____ State _____ Zip _____

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Sharing and Caring Session

Come and Share the Joys and Triumphs of Being A Caregiver

Tuesday, Feb. 1, 2011 5:30-until

Kings Mountain Life Enrichment Center, 222 Kings Mountain Blvd., KM

Free sitter service for person with illness while the family caregivers share

Please make a reservation for the sitter service by calling 704.739.4858

Brown Bag event - Bring your unused or expired medications **Feb. 2** at 2 p.m. to the Kings Mountain LEC. Gary Harden of Cleveland Compounding will assist with proper disposal of medications to prevent water contamination and misuse of medications.

A video visit with dementia expert Teepa Snow

We will watch a video of Teepa Snow showing many of the techniques that help families so much.

There will be time for discussion and questions.

Tuesday, Feb. 15, 2011 5:30-7 p.m.

Life Enrichment Center

New location - 110 Life Enrichment Blvd., Shelby

*A sitter service is available for the person with dementia but you must make a reservation for the sitter service by **Feb. 8***

by calling 704.484.0405

Parkinson's Support Group

Tuesday, Feb. 22, 2011, 6:30 p.m.

Life Enrichment Center

New location: 110 Life Enrichment Blvd., Shelby

For more information: 704.484.0405

Life Enrichment Center
110 Life Enrichment Blvd.
Shelby, North Carolina 28150
Address Service Requested

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