

Life Enrichment Center

Adult Day Care and Health Service

704.484.0405 (Shelby) 704.739.4858 (Kings Mountain)

www.LifeEnrichmentCenter.org

March 2014



**Is her safety
your concern?**

*Are you worried about
leaving Mom at home alone?*

*Life Enrichment provides
safety, and so much more...*

Call *Life Enrichment Center, where safety & health care come first,
along with improving quality of life. Excellent programming
promotes physical & mental stimulation & socialization.*

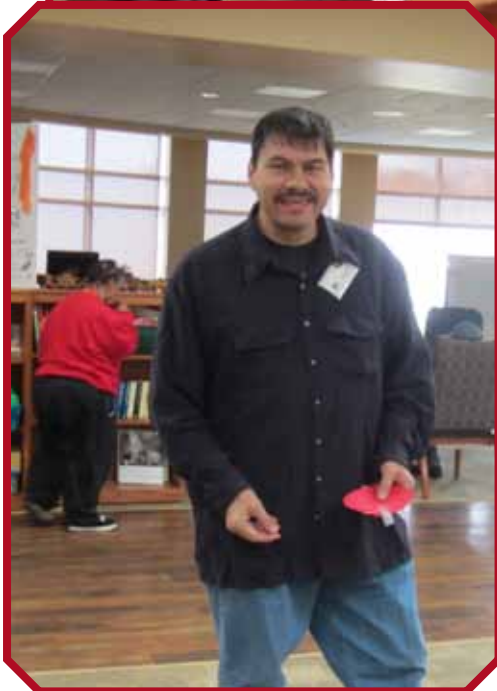
*Life Enrichment Center - for more than 33 years doing "Whatever It Takes" to help
families keep adult loved ones at home and in the community*

Valentine's Day Fun

Tina enjoys making Valentine's Day crafts at Life Enrichment.



Merline is excited to show how many hearts she found during the "Valentine Heart Hunt".



William finds a prize during the "Valentine Heart Hunt" while Merline is close to finding another one!



Suzy is excited to share her Valentine creation.

Jamie creates a birdfeeder with a pine cone, peanut butter, bird seed, and a piece of twine.



Bringing Nature Inside



Cindy makes a home for succulent plants in a pot that was decorated by Life Enrichment participants in the early winter.



Bringing plants indoors is a great way to beat the winter blues while waiting for spring to arrive. With the help of our horticultural therapist and Life Enrichment Center's abundance of natural light, the participants can enjoy beautiful hyacinth blooms (above) in February.



Caring Hearts
2014 Annual Appeal

By this gift to the 2014 Life Enrichment Center Annual Appeal, this Caring Heart is joined in his support of the participants of Life Enrichment Center and their family caregivers. Other gifts were listed in prior newsletters.



Bronze
Ed Peeler



Life Enrichment Center

110 Life Enrichment Blvd.
Shelby
704.484.0405

MARCH

Activity Highlights for 2014



<p><i>3 Monday</i></p> <ul style="list-style-type: none"> ♦ Music with Mabel Hardin ♦ Corn Hole Tournament ♦ Clay Art ♦ Health Fair <p><i>Brunswick Stew-Cornbread Purple Slaw-Apple Pie</i></p>	<p><i>4 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Singing with Dawn Hudson ♦ Spring Bifolkals ♦ Make Mardi Gras Masks ♦ Mardi Gras Party <p><i>Baked Chicken Tenders-Butternut Squash Zucchini-Roll-Fruit</i></p>	<p><i>5 Wednesday</i></p> <ul style="list-style-type: none"> ♦ "Bacteria: The Good, the Bad, and the Ugly" with Nurse Liz ♦ Musical Instruments ♦ Bingo Bonanza <p><i>Hamburger Helper-Three Bean Salad Carrots-Roll-Jello with Fruit</i></p>	<p><i>6 Thursday</i></p> <ul style="list-style-type: none"> ♦ Sing-A-Long with Jerry Pearson ♦ "Learn about Ireland" with Vickie Wyatt  <ul style="list-style-type: none"> ♦ Planning the Spring Garden <p><i>Salmon Patties-Black Eyed Peas Cabbage-Roll-Sorbet</i></p>	<p><i>7 Friday</i></p> <p>Pajama Day!</p> <ul style="list-style-type: none"> ♦ Rev. Charles Rudisill Leads Worship ♦ Walter Wright Leads Worship <p><i>Participant Cooking Day!</i></p>
<p><i>10 Monday</i></p> <ul style="list-style-type: none"> ♦ Music with Mabel Hardin ♦ Quilt Day with Linda Gunter ♦ "Guess What's Cooking" Recipe Game <p><i>Fried Chicken-Green Beans Mashed Potatoes-Biscuit-Fruit</i></p>	<p><i>11 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Story Time with TimeSlips ♦ LEC Sing-a-long ♦ Bingo with Bayada Nursing <p><i>Salmon Stew with Vegetables Grilled Cheese-Pudding</i></p>	<p><i>12 Wednesday</i></p> <ul style="list-style-type: none"> ♦ "Armchair Travel" with Kaye Hartman ♦ Parachute Fun ♦ Fun with Carolina Care ♦ Health Fair <p><i>Participant Cooking Day!</i></p>	<p><i>13 Thursday</i></p> <ul style="list-style-type: none"> ♦ Spring Bird Drawing Art Class ♦ Ray Sturgill Leads Devotions ♦ Gene Tallent Singing Group Visits <p><i>Navy Beans with Ham-Beets Coleslaw-Cornbread-Ice Cream</i></p>	<p><i>14 Friday</i></p> <ul style="list-style-type: none"> ♦ "Skye" the Therapy Dog Visits ♦ Walter Wright Leads Worship ♦ Crafts with Tammy Whitaker <p><i>Hamburger Steak-Macaroni & Cheese Lima Beans-Roll-Fruit</i></p>
<p><i>17 Monday</i></p> <p>St. Patrick's Day</p> <p>WEAR GREEN</p> <ul style="list-style-type: none"> ♦ Music with Mabel Hardin ♦ Sunday School with Glenda Greene ♦ March Birthday Party <p><i>Comed Beef-Cabbage-Carrots Roll-Gelatin Salad</i></p>	<p><i>18 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Sing-a-long with Jerry Pearson ♦ "The Price is Right" ♦ Crossroads Rescue Mission <p><i>Sandwich-Pasta Salad- California Blend Vegetables-Fruit</i></p>	<p><i>19 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Participant Council Meeting ♦ Ashley Harris Talks about Healthy Food Choices  <p><i>Pinto Beans-Mashed Potatoes Fried Okra-Roll-Fruit</i></p>	<p><i>20 Thursday</i></p> <ul style="list-style-type: none"> ♦ Bethel Senior Choir ♦ "Oscar" Comes to Visit with Michele Putnam ♦ Indoor Wildflower Nature Hunt with Beth ♦ Health Fair <p><i>Turkey Breast-Broccoli Casserole Corn & Rice-Rolls-Fruit</i></p>	<p><i>21 Friday</i></p> <ul style="list-style-type: none"> ♦ Bowling for Fun ♦ Walter Wright Leads Worship ♦ The Ivesters Come to Visit <p><i>Participant Cooking Day!</i></p>
<p><i>24 Monday</i></p> <ul style="list-style-type: none"> ♦ Music with Mabel Hardin ♦ Spa Time with Ladies ♦ Men's Checker Tournament <p><i>Pizza-Salad-Fruit</i></p>	<p><i>25 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Devotions with Bill Fryar ♦ Name that Tune ♦ Hoop Bingo ♦ Health Fair  <p><i>Chicken & Dumplings Carrots-Peas-Banana Pudding</i></p>	<p><i>26 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Octagon Fun ♦ Spring Painting ♦ Devotions with Fallston Baptist Church <p><i>Participant Cooking Day!</i></p>	<p><i>27 Thursday</i></p> <ul style="list-style-type: none"> ♦ "March Madness" Junk Drawer Detectives ♦ Make Floral Pins with Laura Bowling ♦ Hymnal Sing-a-long <p><i>Fish Fry-Coleslaw-Hush Puppies French Fries-Fruit</i></p>	<p><i>28 Friday</i></p> <ul style="list-style-type: none"> ♦ Sunday School with Rev. Vernon Craig ♦ Walter Wright Leads Worship ♦ Slam Dunk Party Time <p><i>Sauerkraut & Weiners Beets-Roll-Ice Cream</i></p>

Dates to Remember

March 4 - Caregiver Support Group - Kings Mountain Center - 5:30 - 7 p.m.

March 17 - Polio Support Group - Shelby Center - 6 - 8 p.m.

March 18 - Caregiver Support Group - Shelby Center - 5:30 p.m. - 7 p.m.

(refer to page 8 for details)

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 28086
704 739-4858

March

Activity Highlights 2014

<p>3 Monday</p> <ul style="list-style-type: none"> Rev. Charles Rudisill Ann Kendrick Makes Banana Cream Pies Life Enrichment Kings Mountain Center Celebrates 10 Years! <p><i>Brunswick Stew-Purple Slaw-Combread-Apple Pie</i></p>	<p>4 Tuesday</p> <ul style="list-style-type: none"> Hey Ladies... Guess What's Cooking? Make Mardi Gras Masks Men's Barber Shop Talk Mardi Gras Celebration <p><i>Italian Baked Chicken-Butternut Squash-Zucchini-Fruit</i></p>	<p>5 Wednesday</p> <ul style="list-style-type: none"> Sunday School with Sunnyside Baptist Church Praise with Alma Adams Wheel of Fortune Bingo Time <p><i>Hamburger Helper-3 Bean Salad-Carrots-Roll-Jello with Fruit</i></p>	<p>6 Thursday</p> <ul style="list-style-type: none"> Bethel Baptist Church Food Pyramid Bowling Tournament March Madness: Who's In Your Bracket? <p><i>Salmon Patties-Black-eyed Peas-Cabbage Blend-Roll-Sorbet</i></p>	<p>7 Friday</p> <ul style="list-style-type: none"> Dental Hygiene Lesson with Angie Dula Appreciation Day Special Olympics Practice Health Fair <p><i>Participant Cooking Day!</i></p> 
<p>10 Monday</p> <ul style="list-style-type: none"> Jason Elmore Shares The Good News Junk Drawer Detectives Pastor Haynes of Truth & Revelation Global Ministries <p><i>Fried Chicken-Green Beans-Mashed Potatoes-Biscuits-Fruit</i></p>	<p>11 Tuesday</p> <ul style="list-style-type: none"> Carolina Care Singers Special Olympics Practice Fun with Carolina Care LEC's Price is Right <p><i>Salmon Stew with Veggies-Grilled Cheese-Pudding</i></p>	<p>12 Wednesday</p> <ul style="list-style-type: none"> Manicures with Berdie Tessener Praise with Alma Adams The Gadabouts Come To Sing <p><i>Participant Cooking Day!</i></p>	<p>13 Thursday</p> <ul style="list-style-type: none"> Singing with Jerry Pearson Health Fair Ping Pong Basketball Family Feud <p><i>Navy Beans with Ham-Slaw-Beets-Combread-Ice Cream</i></p>	<p>14 Friday</p> <ul style="list-style-type: none"> Carla Beam Shares About Cleveland County Women Prayer Warriors <p>LEC TALENT SHOW</p> <p><i>Hamburger Steak-Mac-n-Cheese-Lima Beans-Roll-Fruit</i></p> 
<p>17 Monday</p> <ul style="list-style-type: none"> Who is Wearing Green? Leprechaun Happy Hour Health Fair <p><i>Comed Beef-Cabbage-Carrots-Roll-Gelatin Salad</i></p> 	<p>18 Tuesday</p> <ul style="list-style-type: none"> Musical Talents of Maya Kooper and Friends Windy Categories Art Class: Spring Bird Pencil Drawing <p><i>Sandwich-Pasta Salad-California Blend Veggies-Fruit</i></p>	<p>19 Wednesday</p> <ul style="list-style-type: none"> Participant Council Meeting Praise with Alma Adams Hand Massages with Teresa <p><i>Pinto Beans-Mashed Potatoes-Fried Okra-Roll-Fruit</i></p>	<p>20 Thursday</p> <ul style="list-style-type: none"> Rev. Eddie Gray Bacteria Discussion: Good, Bad, & Ugly Snack Time Treats with Jaxon Morrow <p><i>Turkey Breast-Broccoli & Rice Casserole-Corn-Roll-Fruit</i></p>	<p>21 Friday</p> <ul style="list-style-type: none"> Diabetes Education with Ashley Harris <p>LEC's ANNUAL PROM Designed by Spencer Burton</p> <p><i>Participant Cooking Day!</i></p> 
<p>24 Monday</p> <ul style="list-style-type: none"> Storytelling with TimeSlips Gospel Music with Higher Ground To Agree or Disagree Discussion Group <p><i>Pizza-Tossed Salad-Fruit</i></p>	<p>25 Tuesday</p> <ul style="list-style-type: none"> Indoor Wild Flower Nature Hunt Special Olympics Practice Monthly Birthday Party Magnolia Garden Club <p><i>Chicken-n-Dumplings-Carrots-Peas-Banana Pudding</i></p>	<p>26 Wednesday</p> <ul style="list-style-type: none"> Octagon Fun Spring Bifokals Praise with Alma Adams Health Fair <p><i>Participant Cooking Day!</i></p> 	<p>27 Thursday</p> <ul style="list-style-type: none"> Bocce Ball Tournament Hoops Bingo Special Olympics Practice Musical Instrument Jamboree <p><i>Fried Fish-Coleslaw-Hushpuppies-Fries-Fruit</i></p>	<p>28 Friday</p> <ul style="list-style-type: none"> Singing with Jerry Pearson Slam Dunk Party Time Hoop Shoot Contest Super Cooper Comes For A Visit <p><i>Sauerkraut & Weiners-Beets-Roll-Ice Cream</i></p>
<p>31 Monday</p> <ul style="list-style-type: none"> Lessons with Wray Canipe Health Fair Corn Hole Tournament Kenny Spangler of Shelby Alarm Company Comes to Share <p><i>Hamburger with Lettuce & Tomato-Baked Beans-Fruit</i></p>	<div style="border: 2px solid green; padding: 10px;"> <h2 style="text-align: center; color: green;">Dates to Remember:</h2> <p style="text-align: center;">March 4 - Caregiver Support Meeting: Join us for a Discussion About Dementia with Dr. Gaurang Palikh of Neurology Center of Shelby</p> <p style="text-align: center;">March 21 - LEC's ANNUAL PROM: Dress to Impress for the Party!</p> <p style="text-align: center;">March 17 - WEAR GREEN or...you may get pinched!</p>   </div>			

Thank you

Thank you to the following:

- June Sorrells** - greeting cards
- Lottie Sanders** - fresh pineapple
- Connie Philbeck** - greeting cards
- Living Hope Christian Fellowship** - bingo prizes
- Jessi Ogburn** - cards; bingo prizes
- Judy Canipe** - bingo prizes; magazines
- JoAnn Richards** - magazines; calendars; cards
- Beth Lattimore** - magazines
- Erma Bucher** - magazines
- Wayne & Robin Hendrick** - Better Homes & Gardens magazine subscription; cornbread muffins
- Sarah Queen** - puzzles
- Kathy Grigg** - magazines
- Myra Carpenter** - magazines
- Kings Mountain Women's Club** - birdfeeders
- Cleveland County ECA** - greeting cards
- Mary Greene** - magazines
- Roxie Bledsoe** - vases
- Jerry Depew** - books
- Trevelen Winebarger** - magazines
- Lanny Lanford** - yellow balloons
- Dennis Wofford** - Sunday school books
- Ernest Rome** - BBQ lunch
- Martha Grice** - magazines
- Kidney Foundation of Shelby** - personal care items
- Jerry Pearson** - magazines
- Terry Brown** - bingo prizes
- Joe & Nell Harand** - magazines
- Connie Farrington** - puzzles & bingo prizes
- Beverly Harry** - handmade aprons; sewing projects
- Carme Lee** - cookies

wish list

Kings Mountain

Bingo Prizes
Large Beanbag Chairs

Shelby

Digital Camera
Small HD TV
Latch-Hook Rug Kit

What if the weather is bad?

Closing announcements due to bad weather will be made on LEC's telephone answering machine (Shelby 704.484.0405; Kings Mountain 704.739.4858); Cable Channel 14; WBTV. Should it be necessary to close early, caregivers will be notified by telephone.



Sewing & Reminiscing

The ladies make bean bags and share sewing stories with staff member Lori. The bean bags are for our corn hole game that was donated to Life Enrichment.



We are still wishing for...

A small greenhouse for Kings Mountain Life Enrichment Center

The horticultural therapy program at Life Enrichment Center is a great addition to our many quality programs and is enjoyed by many participants. While spring, summer and fall are our prime gardening months, more than any other time winter is when plants can really lift spirits and create a feeling of hope. Our greatest wish for the participants at the Kings Mountain Life Enrichment Center is for a small greenhouse that would expand the winter gardening opportunities. There is nothing more calming and invigorating than entering a warm, sunny greenhouse on a cold winter day and smelling soil and plants and seeing life abounding all around you.



A greenhouse would expand our winter gardening and create new opportunities to learn about gardening and interact with plants. A small, sturdy greenhouse, like the one pictured, costs about \$3,000 for an 8x8 or \$4,000 for a 12x12.

Exercise keeps the mind and body agile. A favorite activity at Life Enrichment Center is balloon volley. Racket sports are believed to improve and maintain hand-eye coordination, which is excellent for motor skills.

Lawrence focusing on an orange balloon during balloon volley.



In memory...

The following have been remembered with a gift to Life Enrichment Center:

Jim Dusenbury by

Bill & Marilyn Henshaw
Wells Fargo Advisors, Shelby Branch

Melba Neal by

Tom & Carol Addis
David Neal

Gary Patterson by

Tom & Carol Addis
David Neal
Roscoe & Jeri Patterson
TACC, Inc.

Gifts

Major Benefactor

Dover Foundation

Looking for an opportunity to help someone? Please give.

Memorials, Honoraria, and Gifts

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

By becoming a:

- Friend \$25-\$100
- Supporter \$101-\$500
- Sponsor \$501-\$1,000
- Patron \$1,001-\$2,500
- Benefactor \$2,501-\$4,999
- Major Benefactor \$5,000 +

Name _____

Address _____

City _____ State _____ Zip _____

In memory of _____

In honor of _____

Make checks payable to:

Life Enrichment Center

110 Life Enrichment Blvd., Shelby, NC 28150

Send a notice to: _____

Address _____

City _____ State _____ Zip _____

You can also use your credit card.

Visa/ MC (Circle one)



Card No. _____ Expiration Date _____

Amount _____ Signature _____

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



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Will one of these support groups help you?

**Join us for a Discussion about Dementia
with Dr. Gaurang Palikh of Neurology Center of Shelby**

Tuesday, March 4 ~ 5:30 - 7 p.m.

Kings Mountain Life Enrichment Center
222 Kings Mountain Blvd., Kings Mountain, NC 28086
Free sitter service is available; please make reservation by Feb. 28
Call 704.739.4858

Polio Support Group

Monday, March 17
6 - 8 p.m.

Shelby Life Enrichment Center
110 Life Enrichment Blvd
Shelby, NC 28150

Parking & entrance behind building

Contact Janet Walker for details:
704.692.6249

*For Caregivers of Individuals
with Dementia*

What It Means to Be a Caregiver

Tuesday, March 18
5:30 - 7 p.m.

Shelby Life Enrichment Center
110 Life Enrichment Blvd.,
Shelby, NC 28150

*Free sitter service is available but
must make reservation by Mar. 12*
Call 704.484.0405



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www.alzfdn.org