

Life Enrichment Center

Adult Day Care and Health Service

704.484.0405 (Shelby) 704.739.4858 (Kings Mountain)

www.lifeenrichmentcenter.org

March 2011

ARE YOU WORRIED ABOUT YOUR MOM?



*Is she just
sitting around?*

*Getting
depressed?*

*Does she
need friends?*

Give her some fun

Call Life Enrichment Center to schedule a **free** trial visit
704.739.4858 in Kings Mountain
704.484.0405 in Shelby

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

March

Activity Highlights 2011



	<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> ♦Music with Linda Wilson & Judy Whisnant ♦Sunday School with Rev. Jerry Welch ♦Make Mardi Gras Masks  <p><i>Tacos-Pound Cake</i></p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> ♦Tamica Davis, R.N. Holds Health Fair ♦Cornerstone Dental Visits ♦Play Tone Chimes <p><i>Fried Cod-Baked Potato-Hushpuppies-Coleslaw-Tartar Sauce-</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> ♦James T. Lochridge, Jr. Leads Old Songs Around the Piano ♦Musical Inspiration with Dr. Sherlene Womack ♦Play Tone Chimes <p><i>We're Cooking</i></p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> ♦Rev. Charles Rudisill Leads Chapel ♦Cooking with Eddie Sewell ♦Northside Baptist Women Play Bingo <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 ♦Play Dulcimers <p><i>Beef Tips-Whipped Potatoes-Gravy-Peas & Carrots-Roll-Lemon Sorbet</i></p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> ♦Cast of "Hats: The Musical" Previews Production ♦Sunday School with Rev. Jerry Welch ♦Mardi Gras Party ♦Songbirds Perform <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"> ♦Anthony Hugh Leads Devotions ♦LEC Fashion Show ♦"Betty Boop" & Judy Short Visit  <p><i>We're Cooking</i></p>	<p><i>10 Thursday</i></p> <ul style="list-style-type: none"> ♦Ray Sturgill Leads Devotions ♦Musical Inspiration with Dr. Sherlene Womack ♦Toolbox Reminiscing <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"> ♦Piano Concert with Bobby Stephens ♦St. Patrick's Day Crafts ♦Play Box Hockey <p><i>Baked Potato-Chili-Cheese Sauce-Broccoli Florets-Yogurt</i></p>
<p><i>14 Monday</i></p> <ul style="list-style-type: none"> ♦Music with Mabel Hardin & Gay Jolley ♦Piano Favorites with Dr. Sherlene Womack ♦Plant Sweet Potato House Plant <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"> ♦Cathy Crawford Brings St. Patrick's Day Treat ♦Sunday School with Rev. Jerry Welch ♦Karaoke with Jerry Pearson <p><i>Supreme Pizza-Tossed Salad-Pumpkin Pie</i></p>	<p><i>16 Wednesday</i></p> <ul style="list-style-type: none"> ♦St. Paddy's Bingo ♦Rev. Barry Miles Leads Worship ♦Crossroads Rescue Mission Visits <p><i>Meatloaf-Whipped Potatoes-Green Beans-Gravy-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 ♦St. Paddy's Party  <p><i>We're Cooking</i></p>	<p><i>18 Friday</i></p> <ul style="list-style-type: none"> ♦Singing & Praising with Johnny Owens & Friends ♦Parachute Fun ♦Gary Hardin Presents Program on Proper Drug Disposal <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 ♦Sandra Ellis Hosts Birthday Party <p><i>Chili Beans-Coleslaw-Saltines-Cheese-Lemon Pudding</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> ♦Terry Royster Demonstrates Flower Painting ♦Sunday School with Rev. Jerry Welch ♦Make Chocolate-Covered Raisins with Marchelle  <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 ♦Making Brownies with Michael <p><i>Spaghetti-Garlic Biscuit-Tossed Salad-Cherry Cheesecake</i></p>	<p><i>24 Thursday</i></p> <ul style="list-style-type: none"> ♦Manicures with Christy Cook ♦Musical Inspiration with Dr. Sherlene Womack ♦Bingo Bonanza <p><i>Hot Bologna on Wheat-Pickled Beets-Pasta Salad-Orange Sherbet</i></p>	<p><i>25 Friday</i></p> <ul style="list-style-type: none"> ♦Chapel with Rev. Vernon Craig ♦Play "Are You Smarter Than a Fifth Grader?" ♦Yoshi-Inu Visits <p><i>We're Cooking</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 ♦Men Shoot Pool <p><i>Chicken Fillet on Wheat-Potato Chips-Lettuce & Tomato-Dill Spear-Congaled Fruit</i></p>	<p><i>29 Tuesday</i></p> <ul style="list-style-type: none"> ♦Humanities Program: "We Got There on the Train" ♦Sunday School with Rev. Jerry Welch ♦LEC's Victorian Perspective "Play" <p><i>We're cooking</i></p>	<p><i>30 Tuesday</i></p> <ul style="list-style-type: none"> ♦Balloon Volley ♦Bingo Bonanza ♦Wine & Cheese Tasting <p><i>Fried Cod-Baked Potato-Hushpuppies-Coleslaw-Tartar Sauce-</i></p>	<p><i>31 Tuesday</i></p> <ul style="list-style-type: none"> ♦Kathy Watson, Clinical Dietitian at CRMC, Presents ♦Musical Inspiration with Dr. Sherlene Womack ♦Cornhole Tournament <p><i>Tomato Soup-Pimiento Cheese on Wheat-Pickled Beets-Sweet Potato Pie</i></p>	<p>Dates to remember</p> <p>March 1 - Family caregivers meet details page 8</p> <p>March 15 - Family caregivers meet details page 8</p> <p>March 22 CPR for caregivers details page 5</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

March 2011

Activity Highlights



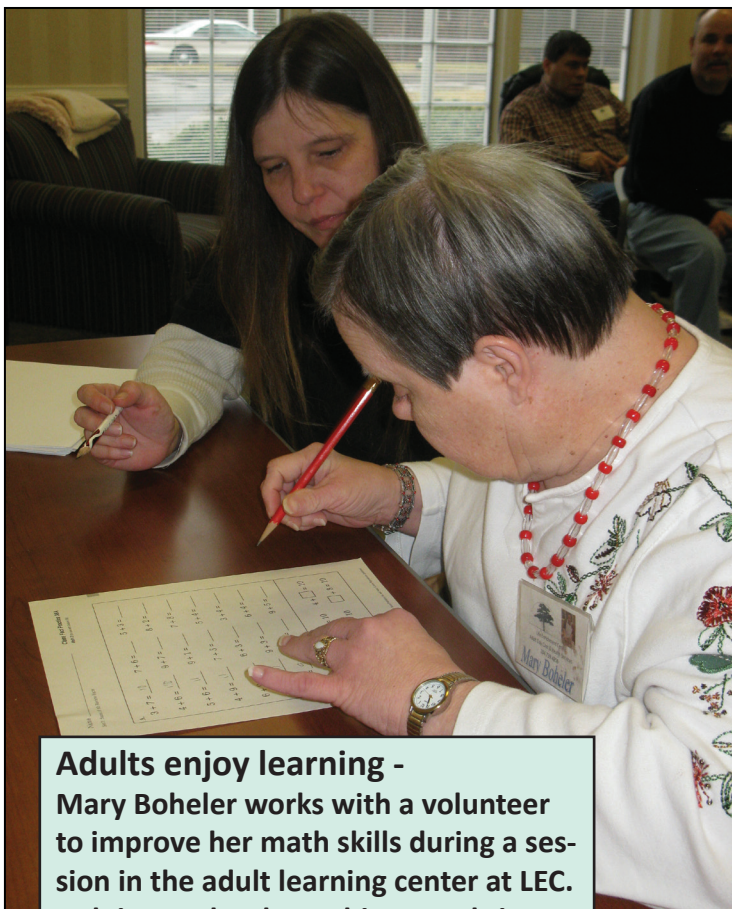
<p>Don't Forget: March 1 Caregiver Support Meeting with Wendy Edison of ResCare</p> <p>How to Recognize Caregiver Burnout</p>	<p>1 Tuesday</p> <ul style="list-style-type: none"> Health Fair Chapel with Jerry Welch Seniors in Motion Music & Art with Wesley Cloniger <p><i>Taco Salad-Lettuce-Tomato-Salsa-Cheese-Pound Cake</i></p>	<p>2 Wednesday</p> <ul style="list-style-type: none"> Sunday School with Sunnyside Baptist Church Dr. Seuss Fun with Ann Gamble St. Patrick's Art Club <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 Songs of Praise with Kristina Skinner Craft Class: Mardi Gras Masks <p><i>Tomato Soup-Saltine Crackers-Pimento Cheese Sandwich-Fruit</i></p>	<p>4 Friday</p> <ul style="list-style-type: none"> Sunday School with Alma Adams Academy Awards: Awards Provided by Carolina Trophies <p><i>We're Cooking Today!</i></p>
<p>7 Monday</p> <ul style="list-style-type: none"> Rev. Charles Rudisill Ladies' Poetry Club Men's Toolbox Reminiscing Boys & Girls 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 Jerry Welch Seniors in Motion Music & Art with Wesley Cloniger <p><i>Baked Chicken-Green Beans-Mac-n-Cheese-Roll-Tropical Fruit</i></p>	<p>9 Wednesday</p> <ul style="list-style-type: none"> Madison Hastings' Holiday Barbie Collection Ladies' Art Club Tone Chime Choir <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 Fruits and Vegetables Bingo Fun! Family Feud <p><i>We're Cooking Today!</i></p>	<p>11 Friday</p> <ul style="list-style-type: none"> Creating Sound Effects Health Fair CRUSH Ministries Puzzle Mania <p><i>Baked Potato-Chili-Cheese Sauce-Broccoli-Yogurt</i></p>
<p>14 Monday</p> <ul style="list-style-type: none"> Devotions with Scott Harding Craft Class: St. Patrick's Day Party Hats LEC's Performance of "A Victorian Perspective" Young Adults Writing Club <p><i>We're Cooking Today!</i></p>	<p>15 Tuesday</p> <ul style="list-style-type: none"> Riverside Trio Chapel with Jerry Welch Seniors in Motion Music & Art with Wesley Cloniger <p><i>Pizza-Tossed Salad-Fruit Mix</i></p>	<p>16 Wednesday</p> <ul style="list-style-type: none"> Participant Council Mtg Four Leaf Clover Hunt Health Fair Art Club <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 Magic with E.T. Vanhoy St. Patrick's Day Party <p><i>Vegetable Soup-Beets-Pickles-Egg Salad Sandwich-Coconut Cake</i></p>	<p>18 Friday</p> <ul style="list-style-type: none"> Pet Therapy with Samson Fruits and Vegetable Bingo Fun! Irish Sing-a-long Guitar Music with Craig Christenbury <p><i>Cheeseburgers-Lettuce & Tomato-Tater Tots-Coleslaw-Vanilla Pudding</i></p>
<p>21 Monday</p> <ul style="list-style-type: none"> Chocolate-Covered Strawberries with Pamela Toms Sweet Treats with Amy Harrison Writing Clubs <p><i>Chili Bean Soup-Coleslaw-Saltine Crackers-Lemon Pudding</i></p>	<p>22 Tuesday</p> <ul style="list-style-type: none"> Chapel with Jerry Welch Seniors in Motion Painting Bird Feeders with Angela Cochran Music & Art with Wesley Cloniger <p><i>BBQ Chicken-New Potatoes-Green Beans-Roll</i></p>	<p>23 Wednesday</p> <ul style="list-style-type: none"> Men's Group Study with Chuck Rinehart Broad River Coffee with Hannah Newton Women Making Scarves and Hats <p><i>We're Cooking Today!</i></p>	<p>24 Thursday</p> <ul style="list-style-type: none"> Share and Care with Anthony Hugh Kite Flying with J.C. Bowling Guess What's Cooking? <p><i>Bologna Sandwich-Pasta Salad-Mixed Fruit</i></p>	<p>25 Friday</p> <ul style="list-style-type: none"> Health Fair Pet Therapy with Bill Sherwood & Logan Baking Fudge Brownies with Lisa Wright <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 Book Club Discussion Monthly Birthday Party Sponsored by Pilot Club <p><i>Chicken Sandwich-Chips-Lettuce & Tomato-Pickles-Congeaed Fruit</i></p>	<p>29 Tuesday</p> <ul style="list-style-type: none"> Bingo Chapel with Jerry Welch Seniors in Motion Music & Art with Wesley Cloniger <p><i>We're Cooking Today!</i></p>	<p>30 Wednesday</p> <ul style="list-style-type: none"> Katie Wooten Teaches Cookie Decorating Watching Her Grow: Maci Starling Visits It's Always a Treat with Charlie Putnam <p><i>Fried Fish-Baked Potato-Hushuppies-Coleslaw-Chocolate Pie</i></p>	<p>31 Thursday</p> <ul style="list-style-type: none"> Who's Who in Food Making Bunny Planters Health Fair Sunshine Walking Club <p><i>Tomato Soup-Saltine Crackers-Pimento Cheese Sandwich-Fruit</i></p>	<p>ACADEMY AWARDS March 4</p> <p>MARDI GRAS PARTY March 8</p> <p>ST. PATRICK'S DAY: March 17 Wear Green or... you might get pinched!</p>

In memory...

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

- Mary Clare Turner** by
 Don & Susan Maddox
 Elaine & Landrum Henderson
 Gene & Carolyn Glaze
 Mr. & Mrs. Richard D. Craver
 Chuck & Judy Atwell
 Richard & Shawn Caldwell
 Mr. & Mrs. John White
 Lil & Don Lanier
 Jean Carmichael
 Sylvia Henderson
 James Carrothers
 Wake Forest University Baptist Medical
 Center Community Physicians

- Danny Brooks** by Charlotte Teague
Carolyn Goforth by Charlotte Teague
Jeanette Poston by Betty Weaver
Kathryn DePriest by Ken & Mary Donaldson
Lucy Bowen by John, Linda, Carson Cabiness
Stephen Bailey by Kate Bailey Runy
Velma Barrett by Maryland Dover



Adults enjoy learning - Mary Boheler works with a volunteer to improve her math skills during a session in the adult learning center at LEC. Helping each other achieve goals is an important part of what we do at LEC.

LEC Supporters

Patron
Darlene Bailey

Are you looking for a way to honor someone special - on a birthday or anniversary?

Give a gift to Life Enrichment Center.

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 _____



*Thank you for sharing your time and talent
Arnold thanks one of the many children who danced
for us recently. They were students of Beth Mayo's
Academy of Performing Arts.*

CPR class for caregivers

**Learn how to do CPR
how to use a defibrillator
how to do the Heimlich maneuver**

*It's free
but you must
register*

Call 704.484.0405 to register

*Tuesday, March 22 1-3 p.m.
at Shelby Life Enrichment Center*

Sponsored by the Veterans Administration

Thank you

Thank you to the following:

Pat King - peace lilies, bingo prizes
Will & Ruth Partain - shortbread
Margaret Hicks - cookies, flowers
Erma Bucher - magazines
Gertrude Spake - bingo prizes
Jane Rosberg - bingo prizes
Wally Wersching - magazines
Kim Ledbetter - magazines
Jim Horn - magazines
Lois Barry - magazines
Chris Blackwood, Grace Simpson - bingo prizes
Carl DeBrew - magazines
Karen Crawford - citrus fruit
Dot Hendrick - magazines
Nancy Grigg - bingo prizes
Wayne & Robin Hendrick - clothes, bingo prizes
Charlotte Teague - bingo prizes
Cathy Crawford - bingo prizes
Ron & Martha Hamrick - cookies
Goldie Russell - jewelry, bingo items
Ken and Nell Randall - food items
Peggy Ross - yogurt
Debbie Patterson - books
Chris Whitley - bottle caps
Anne & Roy Allison - medical supplies
Dick & Sue Anderson - books
Mildred Triplett - flowers, food
Ernest Rome - participant BBQ lunch
Shelby Women's Club - valentines
Diane Dixson - personal care items
Joe & Margaret Corinth - valentines

Wish list

Shelby

Bingo Prizes ♦ Digital Camera

Neisler Center, Kings Mountain
 Bingo Prizes ♦ 2 lb. Exercise Weights
 ♦ Food Processor

"I had the most fun."

*-Christine, describing her first
day at Life Enrichment to her
family as they picked her up.*



Beautiful hands

Helen Holloway, above, who likes to be called "Granny," enjoys a chance to be creative. It's even more fun when she's with friends, who can laugh and talk as they ignite their sparks of creativity.

At right, Trisia Howard uses her beautiful hands to ice cupcakes for snack time.

"I like being here with you. You help me do things."

-Alice Williams



Fun days



Odie Biddix likes to have a good time, so he didn't mind when the proposal came to become the bride in the annual wacky wedding at Life Enrichment during Valentine's week. Here, he is escorted to the altar by Tessa Hastings.

A trip to the beauty shop is fun, too, when you can have a great stylist like Milia, who provides a full range of barber and beauty services in Shelby. Willie Byrd relaxes during her visit. to the beauty shop. There is also a great heated, massaging pedicure chair. The Kings Mountain Center also features a full-service beauty shop.



Faye Kennedy, right, and Vivian Jenkins, left, welcome Dr. Sherlene Womack to play a concert in the new Life Enrichment Center facility in Shelby.

Board of Directors

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Newton Craver
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J.T. Scruggs
Mason Venable
Oscar Zamora

*Caregiver Support Meeting with
Wendy Edison of Res Care
"How To Recognize Caregiver Burnout"
Tuesday, March 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*

Answering the Most Frequently Asked Questions about Dementia

*Bring your question; get an answer
Tuesday, March 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 **March 8**
by calling 704.484.0405*

Do you have old prescriptions or unused medicines? Dispose of medicines properly

Bring your unused or expired medications, syringes, etc.

March 18 to the Shelby Life Enrichment Center

*Pharmacist Gary Harden of Cleveland Compounding will assist with proper disposal
of medications to prevent water contamination and misuse of medications.*

Life Enrichment Center
110 Life Enrichment Blvd.
Shelby, North Carolina 28150

Address Service Requested

Non-Profit Organization
U.S. Postage
PAID
Charlotte, NC
Permit #3307

