

# Life Enrichment Center

Adult Day Care and Health Service

704.484.0405 (Shelby) 704.739.4858 (Kings Mountain)

[www.lifeenrichmentcenter.org](http://www.lifeenrichmentcenter.org)

May 2011

*Whether she likes a bonnet or a baseball cap, there is something for every woman at Life Enrichment Center*



*LEC Program Assistant Barbara Baxter dons her granny bonnet to cook stew with Tonya, who loves to wear baseball caps in various colors to match her outfits.*

Free trial visit  
for adults  
of all ages

704.739.4858 in KM  
704.484.0405 in Shelby

CALL TODAY:

*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*

# *Working together with friends...*



*Some of the men at Life Enrichment took on the project of building a CD holder. Left, Sam holds the bottom while Ray attaches a shelf and James hammers pegs.*



*Center, Ace takes his turn with the hammer. Left, Lawrence inspects the progress.*





*LEC Nurse Karen Bridges steadies June as she does therapy on the stair step equipment.*

*Trisia loves to get out in the garden for part of her therapy with Margie but loves balloon volley inside, below, with Doris & other friends.*



## ***EXERCISE & THERAPY KEEP MINDS & BODIES AGILE***



*LEC program assistant Lisa, right, talks with Emmie as they exercise together.*

# May

Activity Highlights 2011



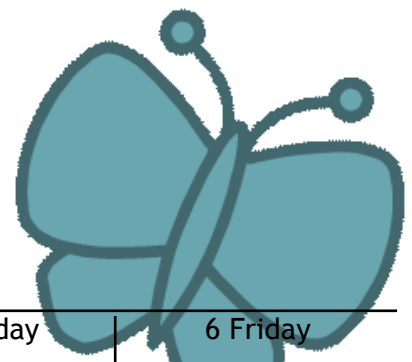
<p><b>2 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Music with Mabel Hardin &amp; Gay Jolley</li> <li>♦ Mount Olive Baptist Visits</li> <li>♦ Piano Favorites with Dr. Sherlene Womack</li> </ul> <p><i>Beef Tips-Whipped Potatoes-Gravy-Peas &amp; Carrots-Roll-Lemon Sorbet</i></p>	<p><b>3 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Harold Ellis Plays His Ukelele for National Ukelele Day</li> <li>♦ Sunday School with Rev. Jerry Welch</li> <li>♦ Polka Dancing for National Polka Day</li> </ul> <p><i>Fried/Baked Chicken-Green Beans-Macaroni &amp; Cheese-Roll-Tropical Fruit</i></p>	<p><b>4 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ George Doggett Displays His Weird Stuff</li> <li>♦ Cinco Bingo</li> <li>♦ Men Shoot Pool</li> </ul> <p><i>Ham-Baked Sweet Potato-Limas-Roll-Angel Food Cake</i></p>	<p><b>5 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Spring Program with Judy Whisnant &amp; Linda Wilson</li> <li>♦ Musical Inspiration with Dr. Sherlene Womack</li> <li>♦ Cinco de Mayo</li> </ul> <p><i>CINCO DE MAYO We're cooking</i></p>	<p><b>6 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Rev. Charles Rudisill Leads Devotions</li> <li>♦ Celebrate National Nurse Day</li> <li>♦ Martial Arts with Robert Wilson</li> </ul> <p><i>Stuffed Baked Potato- Broccoli-Yogurt</i></p>
<p><b>9 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Music with Mabel Hardin &amp; Gay Jolley</li> <li>♦ Piano Favorites with Dr. Sherlene Womack</li> <li>♦ Play Corn Hole</li> </ul> <p><i>Pintos-Harvard Beets-Cooked Cabbage-Fried Okra-Biscuit-Applesauce</i></p>	<p><b>10 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ The Prime Timers of Calvary Baptist Church Visit</li> <li>♦ Sunday School with Rev. Jerry Welch</li> <li>♦ Cooking with Cathy Crawford</li> </ul> <p><i>Pizza Supreme-Tossed Salad-Pumpkin Pie</i></p>	<p><b>11 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Devotions with Anthony Hugh</li> <li>♦ Armchair Adventures in Switzerland with Barbara &amp; Jennifer Hamrick</li> </ul> <p><i>We're cooking</i></p>	<p><b>12 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Devotions with Ray Sturgill</li> <li>♦ Musical Inspiration with Dr. Sherlene Womack</li> <li>♦ Spring BiFolkals</li> </ul> <p><i>Chicken Tenders-Scalloped Potatoes-Succotash-Roll-Coconut Cake</i></p>	<p><b>13 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Mark Sanney Shares Devotions</li> <li>♦ Singalong with Jean Keenan &amp; Carl Ogren</li> <li>♦ Make Apple Pie for National Apple Pie Day</li> </ul> <p><i>Cheeseburger on Wheat-Lettuce &amp; Tomato-Tater Gems-Coleslaw-Vanilla Pudding</i></p>
<p><b>16 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Music with Mabel Hardin &amp; Gay Jolley</li> <li>♦ Glenda Blanton Leads Bible Study</li> <li>♦ Northside Baptist Church Hosts Birthday Party</li> </ul> <p><i>Ham &amp; Cheese on Wheat-Potato Chips-Lettuce &amp; Tomato-Congealed Fruit</i></p>	<p><b>17 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Amanda Ziller Speaks for Jewish American Month</li> <li>♦ Sunday School with Rev. Jerry Welch</li> <li>♦ Rock 'n' Roll Favorites with Jerry Pearson</li> </ul> <p><i>ROCK 'N' ROLL We're cooking</i></p>	<p><b>18 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Rev. Barry Miles Leads Worship</li> <li>♦ LEC "Ballroom" Fashion Show</li> <li>♦ Crossroads Rescue Mission Visits</li> </ul> <p><i>Spaghetti-Garlic Biscuit-Tossed Salad-Cherry Cheesecake</i></p>	<p><b>19 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Bethel Senior Choir Sings</li> <li>♦ Musical Inspiration with Dr. Sherlene Womack</li> <li>♦ "It's a Guy Thing" Reminiscing with Men</li> </ul> <p><i>Fried Bologna on Wheat-Pickled Beets-Pasta Salad-Dill Spear-Orange Sherbet</i></p>	<p><b>20 Friday</b></p> <p><b>PaJama Day</b>              wear YOURS</p> <ul style="list-style-type: none"> <li>♦ Bingo Bonanza</li> <li>♦ Gill &amp; Jo Bralley Talk about Pet Therapy</li> </ul> <p><i>Chicken Salad-Potato Salad-Carrot/Raisin Salad-Saltines-Fruit Cocktail</i></p>
<p><b>23 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Music with Mabel Hardin &amp; Gay Jolley</li> <li>♦ Piano Favorites with Dr. Sherlene Womack</li> <li>♦ Madie Shubert Performs</li> </ul> <p><i>Chicken Fillet on Wheat-Potato Chips-Lettuce &amp; Tomato-Dill Spear-Congealed Fruit</i></p>	<p><b>24 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Painting for Fun</li> <li>♦ Sunday School with Rev. Jerry Welch</li> <li>♦ Candy Making with Joy Hastings</li> <li>♦ Bingo Bonanza</li> </ul> <p><i>Sausage Gravy-Biscuits-Eggs-Fruit</i></p>	<p><b>25 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ LEC Health Fair</li> <li>♦ Rev. Josh Hunt Leads Worship</li> <li>♦ Candace Butler Leads Jewelry Making</li> </ul> <p><i>Fried Cod-Baked Potato-Hushpuppies-Coleslaw-Tartar Sauce</i></p>	<p><b>26 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Our Health with Henry Earle</li> <li>♦ Musical Inspiration with Dr. Sherlene Womack</li> <li>♦ Make Ice Cream</li> </ul> <p><i>Turkey &amp; Cheese on Wheat-Lettuce &amp; Tomato-Chips-Pickle-Strawberry Pie</i></p>	<p><b>27 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Outdoor Gardening</li> <li>♦ Rev. Vernon Craig Leads Devotions</li> <li>♦ Trudy Comes to Talk about Austria</li> </ul> <p><i>Memorial Day Cookout</i></p>
<p><b>30 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Music with Mabel Hardin &amp; Gay Jolley</li> <li>♦ Piano Favorites with Dr. Sherlene Womack</li> <li>♦ Remembering Our Veterans</li> </ul> <p><i>Beef Tips-Whipped Potatoes-Gravy-Peas &amp; Carrots-Roll-Lemon Sorbet</i></p>	<p><b>31 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ "Hands Up" Photography: Capturing the Hands that Rocked the Cradle</li> <li>♦ Sunday School with Rev. Jerry Welch</li> <li>♦ Charming Soy Candles with Nichole Torres</li> </ul> <p><i>Fried/Baked Chicken-Green Beans-Macaroni &amp; Cheese-Roll-Tropical Fruit</i></p>	<p><b>Dates to remember</b></p> <p><b>Tuesday, May 3 - Family caregiver meeting, details page 8</b></p> <p><b>Saturday, May 14 - Special Olympics, Shelby High Stadium - Come to see LEC athletes perform</b></p> <p><b>Tuesday, May 17 - Family caregiver meeting, details page 8</b></p> <p><b>Friday, May 20 - Pajama Day</b></p> <p><b>Saturday, May 21 - Fundraising Auction, details page 8</b></p> <p><b>Tuesday, May 24 - Parkinson's Support Group, details page 8</b></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.



# MAY 2011

## Activity Highlights



2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
<ul style="list-style-type: none"> <li>▲ Inspirations with Rev. Charles Rudisill</li> <li>▲ Pet Therapy with Kevin Alexander</li> <li>▲ Making A Pinata</li> <li>▲ Boys and Girls Club Visits</li> </ul> <p><i>Turkey Roast-Mashed Potatoes-Peas &amp; Carrots-Tropical Fruit-Roll</i></p>	<ul style="list-style-type: none"> <li>▲ Pathways Baptist's Puppet Ministry</li> <li>▲ Chapel with Jerry Welch</li> <li>▲ Seniors in Motion</li> <li>▲ Young Adults Art Club</li> <li>▲ May IQ</li> </ul> <p><i>Baked Chicken-Green Beans-Mac-n-Cheese-Fruit-Roll</i></p>	<ul style="list-style-type: none"> <li>▲ Sunday School with Sunnyside Baptist Church</li> <li>▲ Japanese Holiday "Midori No Hi" with Flowers Furnished by The Magnolia Club</li> <li>▲ At The Races</li> </ul> <p><i>Sliced Ham-Sweet Potatoes-Lima Beans-Cake-Roll</i></p>	<ul style="list-style-type: none"> <li>▲ Singing with Bethel Baptist Choir</li> <li>▲ Cinco De Mayo Fiesta</li> <li>▲ A Visit with Jamie Black from the Kings Mountain Fire Dept.</li> </ul> <p><i>We're Cooking: Mexican Style</i></p>	<ul style="list-style-type: none"> <li>▲ Praise with Alma Adams</li> <li>▲ Honoring Our Mothers</li> <li>▲ Health Fair with Yolanda Burris</li> <li>▲ Mindy and Lizzie Walters Come to Visit</li> </ul> <p><i>Stuffed Baked Potato with Cheese &amp; Chili Sauce-Broccoli-Fruit</i></p>
 <ul style="list-style-type: none"> <li>▲ Devotions with Scott Hardin</li> <li>▲ Mish Mash Trivia</li> <li>▲ Remembering John Wayne</li> <li>▲ Poetry Rhyme Time</li> </ul> <p><i>Pinto Beans-Fried Okra-Cabbage-Beets-Biscuits-Applesauce</i></p>	<ul style="list-style-type: none"> <li>▲ Carolina Care Singers</li> <li>▲ Chapel with Jerry Welch</li> <li>▲ Seniors in Motion</li> <li>▲ What Am I? Reminiscing</li> </ul> <p><i>Pepperoni Pizza-Tossed Salad-Fruit</i></p>	<ul style="list-style-type: none"> <li>▲ Talking Planes with Devon Raisch from The Shelby Airport</li> <li>▲ Price Is Right</li> <li>▲ "Searching" for May</li> </ul> <p><i>We're Cooking Today!</i></p>	<ul style="list-style-type: none"> <li>▲ Music with Jerry Pearson</li> <li>▲ Sing-a-long with Kristin Skinner</li> <li>▲ Health Fair</li> </ul> <p><i>Chicken Tenders-Scalloped Potatoes-Succotash-Roll-Cake</i></p>	<ul style="list-style-type: none"> <li>▲ Small Group Visits White Oak Manor</li> <li>▲ Praise with Alma Adams</li> <li>▲ CRUSH Ministries</li> <li>▲ Mystery Destination</li> </ul> <p><i>Cheeseburgers-Tater Tots-Coleslaw-Pickle-Vanilla Pudding</i></p>
<ul style="list-style-type: none"> <li>▲ All About The Nickel</li> <li>▲ Designing Plates with Kris Frane</li> <li>▲ Book Club: Church Chuckles</li> </ul> <p><i>We're Cooking Today!</i></p>	<ul style="list-style-type: none"> <li>▲ Health Wellness with Tina Edmonds of The Body Connexion of Shelby</li> <li>▲ Chapel with Jerry Welch</li> <li>▲ Seniors in Motion</li> </ul> <p><i>BBQ Chicken-New Potatoes-Green Beans-Roll-Fruit</i></p>	<ul style="list-style-type: none"> <li>▲ Participant Council Meeting</li> <li>▲ Playing Las Vegas Games</li> <li>▲ Health Fair</li> </ul> <p><i>Spaghetti-Tossed Salad-Garlic Toast-Mixed Fruit</i></p>	<ul style="list-style-type: none"> <li>▲ Starting the Day with Rev. Eddie Gray</li> <li>▲ Redneck Beauty Pageant Guest Judges: The Ivester Sisters</li> </ul> <p><i>Bologna Sandwich-Pasta Salad-Pickled Beets-Fruit</i></p>	<ul style="list-style-type: none"> <li>▲ Praise with Alma Adams</li> <li>▲ Fire Training with Jack's Fire Extinguisher</li> <li>▲ Discussions on Family Trees with Sue Earhart</li> </ul> <p><i>Chicken Salad-Pasta Salad-Cucumber Salad-Crackers-Fruit</i></p>
 <ul style="list-style-type: none"> <li>▲ Music &amp; Magic with James Lockridge</li> <li>▲ Elephant On Parade Bifolkals</li> <li>▲ Monthly Birthday Party Sponsored By: Pilot Club</li> </ul> <p><i>Chicken Sandwich-Chips-Pickles-Lettuce/Tomato/Onion-Fruit</i></p>	<ul style="list-style-type: none"> <li>▲ JUMBO BINGO</li> <li>▲ Chapel with Jerry Welch</li> <li>▲ Seniors in Motion</li> <li>▲ Storytime with Ann Gambles</li> </ul> <p><i>We're Cooking Today!</i></p>	<ul style="list-style-type: none"> <li>▲ Sing-a-long Music Class</li> <li>▲ Making Homemade Animal Crackers</li> <li>▲ Men's Group: Card Games</li> <li>▲ Health Fair</li> </ul> <p><i>Fried Fish-Baked Potato-Hushpuppies-Coleslaw-Chocolate Pie</i></p>	<ul style="list-style-type: none"> <li>▲ Devotions with Anthony Hugh</li> <li>▲ "Puzzling" Adventure at the Circus</li> <li>▲ Clown Categories Game</li> </ul> <p><i>Turkey/Cheese Sandwich-Chips-Let/Tom-Fruit-Fruit</i></p>	<ul style="list-style-type: none"> <li>▲ Praise with Alma Adams</li> <li>▲ Reminiscing Famous Clowns</li> <li>▲ LEC's Clown School</li> <li>▲ Making Poppy Pins</li> </ul> <p><i>Lasagna-Tossed Salad-Garlic Bread-Fruit</i></p>
<ul style="list-style-type: none"> <li>▲ Inspirational Time with God's Chosen Women &amp; Wray Canipe</li> <li>▲ Memorial Day: A Moment of Remembrance</li> <li>▲ Karaoke with Ray Michaels</li> </ul> <p><i>We're Cooking Today!</i></p>	<ul style="list-style-type: none"> <li>▲ Health Fair</li> <li>▲ Chapel with Jerry Welch: Remembering The Ones We've Lost</li> <li>▲ Seniors in Motion</li> </ul> <p><i>Baked Chicken-Green Beans-Mac-n-Cheese-Fruit-Roll</i></p>	<p style="text-align: center; color: magenta; font-weight: bold;">DATES TO REMEMBER:</p> <p style="text-align: center;">May 3 - Caregiver Support Meeting - Question and Answer Session with Attorney Mark Hullender, PA.</p> <p style="text-align: center;">May 20 - <b>REDNECK BEAUTY PAGEANT</b> - The Staff compete for the title of <i>Miss Redneck</i>. Guest judges will be the Ivester Sisters, all the way from Booger Swamp.</p> <p style="text-align: center;">May 30 - Life Enrichment Center is OPEN on Memorial Day!</p>		



*"Laughter is the closest distance  
between two people."*

*-Victor Borge*

Ora and Lawrence share a laugh during a program at Life Enrichment. Because laughter is such good medicine, there are many doses dispensed at Life Enrichment every day.

## Thank you

### **Thank you to the following:**

**Ace Richards** - magazines  
**Kim's Kut & Kurls** - magazines  
**Debbie Mayo** - jewelry  
**Blandine Tate** - magazines  
**Julia Smith** - Easter decorations  
**Hoyt Bailey** - magazines  
**Geri Patterson** - personal care items  
**Becky Ledford** - Glucerna  
**Kay Putnam, Calvary Baptist Church Mission  
 Action Group** - magazines, digital camera  
**Cedar McDonald** - magazines  
**Jane Greenwood** - magazines  
**Bobby McSwain** - cards  
**Jeanne Yarboro & Annette Connor** - formal wear,  
 bingo prizes, gowns  
**Dot Houlditch** - pottery  
**Eugene Smith & Mike Victory** - moved furniture  
**Drissia Wright** - dry erase markers

**The Bridges Family** - personal care items, cassette  
 Bible  
**Shiloh Zion Church Missionary Dept.** - bingo items,  
 etc.  
**Marie Smith** - activity supplies and beads  
**Jane King** - cards  
**Ernest & Linda Rome** - bracelets, socks, cds  
**Gary & Arlene Roberts** - personal care items, bingo  
 items  
**Florrie Hamrick with Lions Club** - 2 walkers  
**Helen Holloway** - personal care items, coffee pot  
**Faye Drum** - yarn supplies  
**Vernell Jones** - cards  
**Ruby McKinney** - bingo, personal care items

## Wish list

**Neisler Center, Kings Mountain**  
 Scrapbooking Supplies ♦ Baseball Caps & Hats ♦ Auction Prizes  
 Shelby  
 Digital Camera ♦ Racing DVD's ♦ Bingo Prizes

## In memory...

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

**Susan Putnam** by Annette Burton

**Jimmie Buchanan** by Sharon Eaker

**Carolyn Hendricks** by

Gragg & Gragg, CPA's

Ed & Mary Ann Minor

Dave & Pat Hobart

Smith & Rhonda Lingerfelt

**Howard S. Wright** by Beth Gilstrap

**Melba Neal** by

TEL Class, Patterson Springs Baptist Church

David & Jane Thompson

Telephone Retirees, Wednesday Lunch Bunch

Darrell & Connie Allen

**Mary Boheler** by

Helen Daniels & Sherry Petraroli

Norma Drewery

Juanita & Carl Falls & Family

Spud & Virginia Boheler & Family

Bob & Eve Boheler & Family

Joe Boheler & Family

Edith Boheler

George Barbee

Mabel Ivey

Linda Ware

**Coy Brackett** by Smith & Rhonda Lingerfelt



**Cooking is  
a therapy  
at LEC**

*Kuldip enjoys the cooking programs at LEC, which enable participants to do the things they've always done but safely and with friends to share the experience.*

## LEC Gifts

*Supporters*

**Harold & Sandra Ellis**

**Piedmont Chapter  
of the Links, Inc.**

## In honor...

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

**Dr. Denise Smith** by Anonymous

**Vivian Jenkins** by Lynda Webber

**Give a gift that benefits families in this community...**

### 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 +

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 \_\_\_\_\_

## Board of Directors

Erin Crow, *President*  
Brenda Lovelace, *Vice-President*  
Denise Smith, *Secretary*  
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Wade Carpenter  
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Ernest Rome  
Bob Smith  
John Still  
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John Turner

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Brenda Page  
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Dr. Richard Rankin, Jr.  
Jay Rhodes  
Dr. Mike Ribadeneyra  
Dave Rupperecht  
J.T. Scruggs  
Mason Venable  
Oscar Zamora

# Fundraiser Auction (re-scheduled)

**May 21, 2011** old Shelby Life Enrichment facility

103 T.R. Harris Dr., Shelby

*Dining tables; chairs; gliders; hardwood doors; art work; office furniture;*

*washer; dryer; chest freezer; medical equipment; sofa tables; kitchenware*

**Time:** 10 a.m. **Preview:** 9 a.m. day of the sale

*Photos at [auctionzip.com/Thornburg](http://auctionzip.com/Thornburg) Auction Company*

**Payment:** Cash or check

**Auctioneer:** Thornburg Auction Co.

*All proceeds are a fundraiser going to Life Enrichment Center*

## Questions and Answers Session

*with Attorney Mark Hüllender, PA*

**Tuesday, May 3, 2011 5:30-7 p.m.**

*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*

## DNR, Living Will, Healthcare Power of Attorney:

*What do they mean?*

**Tuesday, May 17, 2011 5:30-7 p.m.**

**Life Enrichment Center** 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 May 10 by calling 704.484.0405*

## Benefits of Exercise for Parkinson's

**Parkinson's Support Group**

**Tuesday, May 24 6 p.m. (change of time)**

**Life Enrichment Center, Shelby** 110 Life Enrichment Blvd.

*Questions? Call Linda at 704.484.0405*

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

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

