

Life Enrichment Center

Adult Day Care and Health Service

704.484.0405 (Shelby) 704.739.4858 (Kings Mountain)

www.lifeenrichmentcenter.org

January 2011

Are you caring for an adult? *Did you know...*

*...the **best adult day service** in the nation
is right here in Cleveland County?**

*...the **most up-to-date** adult day facility
in the nation is right here in Cleveland County?*

Life Enrichment Center

110 Life Enrichment Blvd., Shelby

opening January 2011

Call today to schedule a free trial visit

704.484.0405



*"...it doesn't matter what kind of building;
it's the staff that makes
Life Enrichment Center such a wonderful place."*

-Roger Holland, the architect whose firm
designed the new Life Enrichment Center facility in Shelby

***Partners in Caregiving**

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

Spreading Christmas cheer



Arnold was a wiseman in the Christmas pageant. Right, Lizzie and Ashlee played tone chimes.



Above, tone chime players Grace, Faye, and Nancy get ready during the Christmas pageant.

Right, angel Trisia greets a Gardner-Webb student who volunteered earlier in the year but wanted to return for the pageant.

Below, Ronnie Bell welcomes Santa.



Barbara decorates the tree.

Below, Ruby poses with her wiseman/husband Robert after the Christmas pageant.



Right, Nancy makes Christmas candies. Below, Barbara (in Santa hat) welcomes her family to the Christmas pageant. Far right, Santa gets Vina's wish list.



Roscoe shares Christmas wishes with a first grader from Jefferson School.

**Ho,
Ho,
Ho!**



Above, Pat and Grace make Christmas decorations for the center.



At right, Harley greets his granddaughter, Carson, who came with a first grade class from Jefferson School to sing and bring gifts.



JANUARY

Activity Highlights 2011



<p>3 Monday</p> <ul style="list-style-type: none"> ♦ Music with Mabel Hardin & Gay Jolley ♦ Exercise with Personal Trainer Tara Porter ♦ Making Jewelry with Brenda Tesner ♦ History of New Year's Day <p><i>Chicken Filet on Wheat-Potato Chips-Lettuce & Tomato-Dill Spear-Congeaed Fruit</i></p>	<p>4 Tuesday</p> <ul style="list-style-type: none"> ♦ Trivia Day with Takayo Siddle ♦ Sunday School with Rev. Jerry Welch ♦ Bingo Bonanza <p><i>We're cooking</i></p>	<p>5 Wednesday</p> <ul style="list-style-type: none"> ♦ Ron McAbee Shares His Book about U.S. Naval Operations in Vietnam ♦ Make Chocolate-Covered Cherries <p><i>Fried Cod-Baked Potato-Hushpuppies-Coleslaw-Tartar Sauce-Chocolate Pie</i></p>	<p>6 Thursday</p> <ul style="list-style-type: none"> ♦ New Year's Resolutions with Vickie Wyatt ♦ Musical Inspiration with Dr. Sherlene Womack ♦ Play Tone Chimes <p><i>Tomato Soup-Pimento Cheese on Wheat-Pickled Beets-Sweet Potato</i></p>	<p>7 Friday</p> <ul style="list-style-type: none"> ♦ Men Play Dulcimers ♦ Chapel with Rev. Charles Rudisill ♦ Celebrate Elvis' Birthday  <p><i>Lasagna-Tossed Salad-Garlic Biscuit-Gelatin with Whipped Topping</i></p>
<p>10 Monday <i>This is 50s Week</i></p> <ul style="list-style-type: none"> ♦ Music with Mabel Hardin & Gay Jolley ♦ 50s Trivia ♦ Show and Tell Day <p></p> <p><i>Beef Tips-Whipped Potatoes-Gravy-Peas & Carrots-Roll-Lemon Sorbet</i></p>	<p>11 Tuesday</p> <ul style="list-style-type: none"> ♦ Devotions with Ray Sturgill ♦ Sunday School with Rev. Jerry Welch ♦ Karaoke with Jerry Pearson <p><i>Fried/Baked Chicken-Green Beans-Macaroni & Cheese-Roll-Tropical Fruit</i></p>	<p>12 Wednesday</p> <ul style="list-style-type: none"> ♦ Judy Cook with "The Alabaster Jar" Makes Soap ♦ Adventure House with Georgiana Wright ♦ N.C. Bingo <p><i>We're cooking</i></p>	<p>13 Thursday</p> <ul style="list-style-type: none"> ♦ Sara Ellen Hamrick Plays the Accordion for Accordion Day ♦ Musical Inspiration with Dr. Sherlene Womack ♦ "American Bandstand" Reminiscing <p><i>Tuna Noodle Casserole-3-Bean Salad-Roll-Strawberry Pie</i></p>	<p>14 Friday Pajama Day WEAR YOURS</p> <ul style="list-style-type: none"> ♦ Deshay Duddy Leads Chair Exercises ♦ "Happy Days" are Here Again for '50s Week <p><i>Baked Potato-Chili-Cheese Sauce-Broccoli Florets-Yogurt</i></p>
<p>17 Monday</p> <p>We're moving to the new center in Shelby</p>	<p>18 Tuesday</p> <ul style="list-style-type: none"> ♦ Celebrate Martin Luther King's Life  ♦ Amanda Ziller Makes Fresh-Squeezed Juice ♦ Sunday School with Rev. Jerry Welch ♦ Singing with Betty Jean Spangler <p><i>Supreme Pizza-Tossed Salad-Pumpkin Pie</i></p>	<p>19 Wednesday</p> <ul style="list-style-type: none"> ♦ Chapel with Rev. Barry Miles ♦ Clay Hastings Plays Viola  ♦ Crossroads Rescue Mission <p><i>Meatloaf-Whipped Potatoes-Green Beans-Gravy-Roll-Apple Crescents</i></p>	<p>20 Thursday</p> <ul style="list-style-type: none"> ♦ Singing with Bethel Senior Choir ♦ Musical Inspiration with Dr. Sherlene Womack ♦ Make Snowflakes <p><i>Vegetable Soup-Egg Salad on Wheat-Pickled Beets-Dill Spear-Coconut Cake</i></p>	<p>21 Friday</p> <ul style="list-style-type: none"> ♦ Flint Hill Baptist Church Senior Choir ♦ Bingo Bonanza ♦ Celebrate First Week in Our New Home!!!! <p><i>Cheeseburger on Wheat-Lettuce & Tomato-Tater Gems-Coleslaw-Vanilla Pudding</i></p>
<p>24 Monday California Gold Rush Day</p> <ul style="list-style-type: none"> ♦ Music with Mabel Hardin and Gay Jolley ♦ Glenda Blanton Leads Bible Study ♦ ECA County Council Hosts Birthday Party <p><i>Chili Beans-Coleslaw-Saltines-Cheese-Lemon Pudding</i></p>	<p>25 Tuesday</p> <ul style="list-style-type: none"> ♦ Piano & Singing with Martha Fortenberry ♦ Eunice Philbeck ♦ Sunday School with Rev. Jerry Welch ♦ "A New Beginning" with Gary Whited <p><i>of Habitat for Humanity</i> <i>BBQ Chicken-New Red Potatoes-Green Beans-Roll-Orange Sorbet</i></p>	<p>26 Wednesday</p> <ul style="list-style-type: none"> ♦ Cooking with Cara Rosboro ♦ Chapel with Rev. Josh Hunt ♦ Bluegrass with Henry & Becky Groves <p><i>Spaghetti-Garlic Biscuit-Tossed Salad-Cherry Cheesecake</i></p>	<p>27 Thursday</p> <ul style="list-style-type: none"> ♦ Devotions with Anthony Hugh ♦ Musical Inspiration with Dr. Sherlene Womack <p> <i>We're cooking soup for National Soup Month</i></p>	<p>28 Friday</p> <ul style="list-style-type: none"> ♦ Chapel with Rev. Vernon Craig ♦ A Day to "Wine About" Wine & Cheese Tasting with Kay Hastings ♦ Box Hockey <p><i>Beef Pattie-Baked Potato-Broccoli Florets-Roll-Cherry Cobbler</i></p>
<p>31 Monday Backwards Day</p> <ul style="list-style-type: none"> ♦ Music with Mabel Hardin & Gay Jolley ♦ Singing & Playing with Georgiana Wright & Leroy Leonhardt <p><i>Chicken Filet on Wheat-Potato Chips-Lettuce & Tomato-Dill Spear-Congeaed Fruit</i></p>	<p>Dates to remember:</p> <p><i>Tuesday, Jan. 4 - Family caregiver meeting, Kings Mountain, details page 8</i></p> <p><i>Wednesday, Jan. 12 - Take unused medications to KM Center, details page 5</i></p> <p><i>Friday, Jan. 14 - Wear your pajamas for Pajama Day.</i></p> <p><i>Monday, Jan. 17 - LEC in Shelby is closed for moving day. Families will receive info.</i></p> <p><i>Tuesday, Jan. 18 - First day in new center in Shelby</i></p> <p><i>Tuesday, Jan. 18 - Family caregiver meeting, Shelby, details page 8</i></p> <p><i>Monday, Jan. 31 - Wear your clothes backwards for Backwards Day.</i></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

January

Activity Highlights

2011



<p>3 Monday</p> <ul style="list-style-type: none"> ▲ Inspirations with Rev. Charles Rudisill ▲ LEC's Book Club ▲ A Rip-Roaring Disco Contest <p><i>Chicken Sandwich-Chips-Let & Tom-Pickle-Congeaed Fruit</i></p>	<p>4 Tuesday</p> <ul style="list-style-type: none"> ▲ Health Fair ▲ Can You Guess - Prices from the '70s? ▲ Chapel with Jerry Welch ▲ Seniors in Motion <p><i>Taco Salad-Lettuce-Tomato-Salsa-Cheese-Pound Cake</i></p>	<p>5 Wednesday</p> <ul style="list-style-type: none"> ▲ Sunday School with Sunnyside Baptist Church ▲ Making Lava Lamps ▲ Learning How To Do String Art from the 1970's <p><i>We're Cooking Today!</i></p>	<p>6 Thursday</p> <ul style="list-style-type: none"> ▲ Singing with Bethel Baptist Choir ▲ "Can You Dig It" Favorite '70s Sayings ▲ Disco Bingo <p><i>Tomato Soup-Crackers-Pimento Cheese Sandwich-Sweet Potato Pie</i></p>	<p>7 Friday</p> <ul style="list-style-type: none"> ▲ Sunday School with Alma Adams ▲ Learning the HUSTLE '70s Disco Dance Party <p><i>Lasagna-Tossed Salad-Garlic Bread-Mixed Fruit</i></p>
<p>10 Monday</p> <ul style="list-style-type: none"> ▲ New Year Resolutions with Kari Pecora ▲ Health Fair ▲ Winter Poetry Class <p><i>We're Cooking Today!</i></p>	<p>11 Tuesday</p> <ul style="list-style-type: none"> ▲ Carolina Care Singers ▲ Chapel with Jerry Welch ▲ Seniors in Motion <p><i>Baked Chicken-Green Beans-Mac-n-Cheese-Roll-Tropical Fruit</i></p>	<p>12 Wednesday</p> <ul style="list-style-type: none"> ▲ Devotions with Chuck Rinehart ▲ Participant Council Mtg ▲ Brown Bag Event <p><i>Sliced Ham-Sweet Potatoes-Lima Beans-Fruit-Roll</i></p>	<p>13 Thursday</p> <ul style="list-style-type: none"> ▲ Singing with Jerry Pearson ▲ County Line Band with Shorty ▲ Bingo Bonanza <p><i>Tuna Noodle Casserole-3-Bean Salad-Rolls-Fruit</i></p>	<p>14 Friday</p> <ul style="list-style-type: none"> ▲ Elements in Dance ▲ CRUSH Ministries ▲ "Miss LEC" Pageant Music with Aaron Cochran Makeovers with Pamela Toms <p><i>Baked Potato-Chili-Broccoli-Yogurt</i></p>
<p>17 Monday</p> <ul style="list-style-type: none"> ▲ LEC's Book Club ▲ Piano Music with Scott Sanders ▲ Winnie The Pooh... & Tigger too <p><i>Pintos-Beets-Cabbage-Combread</i></p>	<p>18 Tuesday</p> <ul style="list-style-type: none"> ▲ Collette Watkins & Spiritual Notes ▲ Chapel with Jerry Welch ▲ Seniors in Motion ▲ Monthly Birthday Party Hosted By: Pilot Club <p><i>Supreme Pizza-Tossed Salad-Fruit</i></p>	<p>19 Wednesday</p> <ul style="list-style-type: none"> ▲ Program Assistant Shares New Baby Maci Starling ▲ Health Fair ▲ Crossroads Rescue Mission <p><i>Meatloaf-Mashed Potatoes-Green Beans-Rolls-Apple Crescents</i></p>	<p>20 Thursday</p> <ul style="list-style-type: none"> ▲ Starting the Day with Rev. Eddie Gray ▲ Wedding Memories with Peggy ▲ Winter Art Class <p><i>Vegetable Soup-Crackers-Beets-Egg Salad Sandwich-Coconut Cake</i></p>	<p>21 Friday</p> <ul style="list-style-type: none"> ▲ Jewelry Show with Amanda Shelton ▲ Laure Darst Plays The Flute ▲ Coffee Club <p><i>We're Cooking Today!</i></p>
<p>24 Monday</p> <ul style="list-style-type: none"> ▲ Bible Study with Tracy Putnam ▲ Bingo Bonanza ▲ Health Fair <p><i>Chili Bean Soup-Coleslaw-Crackers-Fruit</i></p>	<p>25 Tuesday</p> <ul style="list-style-type: none"> ▲ Golden Chorus ▲ Chapel with Jerry Welch ▲ Seniors in Motion ▲ Tone Chime Choir <p><i>BBQ Chicken-New Potatoes-Green Beans-Rolls</i></p>	<p>26 Wednesday</p> <ul style="list-style-type: none"> ▲ Carnation Art Work ▲ Snowflake Fun ▲ Making Oatmeal Treats with KMHS Students <p><i>Spaghetti-Garlic Bread-Tossed Salad-Cherry Cheesecake</i></p>	<p>27 Thursday</p> <ul style="list-style-type: none"> ▲ Devotions with Anthony Hugh ▲ History Lesson with Our Veterans: Vietnam Peace Day ▲ Visit With "Jaxon" for Pet Therapy <p><i>We're Cooking Today!</i></p>	<p>28 Friday</p> <ul style="list-style-type: none"> ▲ Health Fair ▲ Armchair Travels to Chile, A Spirited Country ▲ Baby Time with Christian Mac <p><i>Hamburger Steak-Baked Potato-Broccoli-Fruit-Roll</i></p>

31 Monday

- ▲ Inspirational Time with God's Chosen Women & Wray Canipe
- ▲ Puzzles Galore
- ▲ Poetry Rhyme Time

Chicken Sandwich-Chips-Let & Tom-Pickle-Congeaed Fruit

Dates To Remember:

January 4 - Caregiver Support Meeting - CPR & AED Class with Asheville Veteran's Administration 5:30 p.m.
RSVP to reserve a spot and for sitter service by December 30. Call 704.739.4858.

** BROWN BAG EVENT** - Bring your unused or expired medications on Jan. 12 at 2 p.m. Gary Harden with Cleveland Compounding will be assisting us with proper disposal of the meds. Proper Disposal helps in preventing ground water contamination and misuse of medications.

In honor...

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

**Rutherford Orthopaedic
& Dr. Charles Bond**
by Anne & Kevin Klein

Harold & Sandra Ellis by Sue Ellis

Mrs. A. W. Archer
Dr. & Mrs. Frank Bonner
Mr. & Mrs. Richard Craver
Dr. & Mrs. Brent Ferrell
Mr. & Mrs. Richard Fletcher
Mrs. W.B. Harry
Mrs. Bea Justis
Mr. & Mrs. John Kennedy
Mr. & Mrs. Will Rucker, Nancy & Anna
Mr. & Mrs. Dave Rupprecht
Mr. & Mrs. John Schweppe
Mrs. W.L. Shope
Dr. & Mrs. Jack Williams
by Vance Suttle

Thank you, **Caring Hearts**

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

Platinum

Mason & Jill Venable
American Restoration Disaster Specialists



Gold

Dr. & Mrs. Robert Litton

Bronze

Marilyn & Bill Jack
in honor of Oscar & B.J. Zamora

Other

Ed & Edna Patterson

Carol Wood
in honor of Adelaide Craver

Thank you

Nell & Ken Randall - food items
Susan Goforth - personal care items
Louise Carroll - magazines, cards
Morning Star @ Patterson's Grove Baptist Church
- bingo prizes
Goldie Diggs - crafts
Wayne & Mildred Triplett - strawberries
Chris & Michelle Guerrero
& **Joan Grant** - chocolate
KM Intermediate School - cookies
Doris Stroup - flowers
Shelia Ervin - flowers, puzzles, bingo prizes
Margaret Wilson - magazines, books
Mary Eberle - books, cards, bows
Keith Brackett - personal care items
Ruby Surratt - chicken salad, crackers
Ruby Dedmon - apron
Doris Sweeting - cards, slippers
Tammi Morgan - DVD's
Betty Hendrick Family - medical supplies, apron,
snowball machine
Linda Blackburn - personal care supplies
VFW Auxiliary - treat bags
Roger Hoyle - pecans, pound cake
May Wright - magazines
PSU Personnel Services - cookies
Beverly Borders - baklava
John Weatherly - magazines
Lottie Sanders - fruit, snacks
Pam Lewis - magazines
Happy Hearts, Lattimore Baptist Church - bingo
prizes, magazines
Jane Greenwood - magazines
Carroll Moore - pool table
Kim's Kut & Kurls - magazines
Helping Hands - treat bag
Jay & Marguerite Mebane - DVD player, television

Wish list

Neisler Center, Kings Mountain
Bingo Prizes ♦ Painting Supplies ♦ Food Processor
Buddy Roberts Center, Shelby
Bingo Prizes ♦ Racing DVD's ♦ Large Dry Erase Board

Special wish: Two-sided staircase

The new Shelby center has a physical therapy room with many options for therapies, but one thing is missing that would benefit people who've had a stroke: a two-sided staircase. If you would like to donate one - maybe in honor or in memory of someone who experienced a stroke - please call 704.484.0405.



Thank you, participants
 LEC is thankful for the many gifts presented during this holiday season, but everyone is also thankful for each other. Doris Crawford, left, prepares snacks for everyone. At far left, Odis Biddix leads a singalong with volunteers from Sterling House.

LEC Supporters

Major Benefactor
The Neisler Foundation

Benefactors
J. Vance & Regina Crowder Suttle Foundation
Gary & Rebecca Harden

Patron
No. 3 Ruritan Club

Friends
Edwin Ford
Ben Wilson
Scout & Myra Dixon
David & Lisa LeGrand

In memory...

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

Dr. Stephen Bailey by
Les & Cheryl Farfour
Mangum & Associates
Dr. & Mrs. Michael Alexander
Al & Pat Whatley
Tom & Miriam Ash-Jones
Laurie & Bob Snyder
Rachel Schenck
Tommy & Becky Neal

Bob Cabaniss by *Tommy & Becky Neal*
Alice Connor by
Carla Parks
Peggy & Carl Swofford
Linda & Cameron Ware, Jeanne Ware

Eunice Horn by *Ann Hunt*
Sara Ratchford by *Paula R. Black*

Start the new year right by giving to others right here at home.
Your tax deductible gift can help families in your community.

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
 103 T.R. Harris Dr., 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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Mason Venable
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CPR & AED Class

with Asheville Veteran's Administration

Tuesday, Jan. 4, 2011 5:30-until

RSVP for Sitter Service by Dec. 30

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

Does someone you love have dementia? Alzheimer's?

What's the difference?

Learn the facts at the family caregiver meeting

Tuesday, Jan. 18, 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 Jan. 11 by calling 704.484.0405

What if the weather is bad? Is LEC open?

Announcements of closing Life Enrichment because of bad weather will be made on LEC's answering machine (704.484.0405 in Shelby; 704.739.4858 in Kings Mountain). Announcements will also appear on Cable Channel 33 and WBTV. Should it be necessary to close early, caregivers will be notified by telephone.

It is important that emergency contact information be kept up to date.

If possible, when the center is closed for bad weather, participants may make up days. It is not possible for those who attend five days a week to make up days. Please check your policy and procedures booklet for clarification.



Life Enrichment Center
103 T.R. Harris Drive
Shelby, North Carolina 28150
Address Service Requested

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

