



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

August 2021

Is Her Isolation Your Concern?

Choose Life Enrichment!

(Left to right)
Participants Cathleen &
Cathy celebrate
during the LEC
birthday party.



Socializing, even in the most basic sense, helps strengthen the brain. Your brain is a muscle. Like all muscles in your body, your brain needs activity to stay fit. One of the biggest benefits of socialization for dementia patients is a positive effect on the brain.

Call for a
FREE
trial visit
today!

Celebrating 41 Years!

Doing "Whatever It Takes" to help families keep adult loved ones at home and in the community.

Life Enrichment Center is designated a national model among adult day cares across the country.

Happy Birthday Life Enrichment!

LEC celebrated a birthday, thanks to the vision of our founding Executive Director, Suzi Kennedy, over 4 decades ago! Without Suzi's insight and the supportive leaders of our community, Life Enrichment Center's mission of "Whatever It Takes" would never have happened. Also, we could not have made it without the guidance of committed board members, dedicated staff and countless volunteers who gave their time and talents over the years! Your support has helped keep families together, at home and in the community, for as long as possible. As a National Model of Adult Daycares, we have helped thousands of families in and around Cleveland County and will continue that tradition for decades to come.

In the beginning, founding director, Suzi Kennedy, leads exercise.



During LEC's 41st birthday celebration participants enjoyed dancing, singing, and reminiscing of favorite memories they have made while attending LEC.



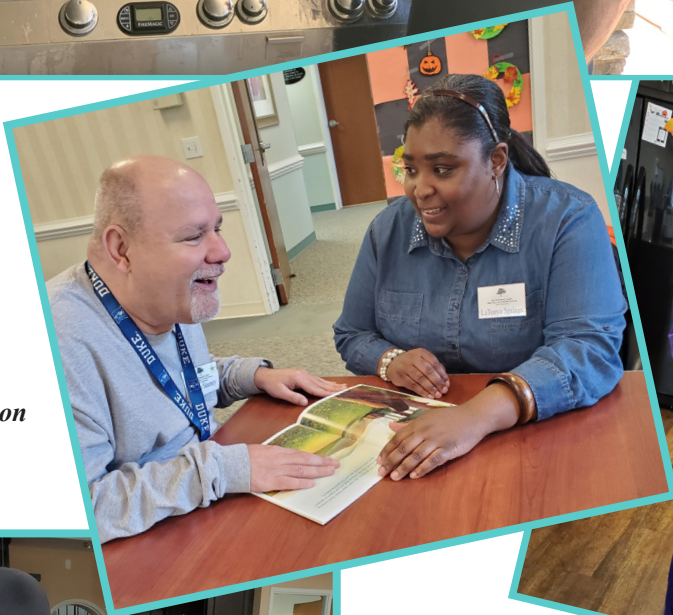
(Above) Participant Jane enjoys cake and ice cream during the 41st LEC birthday celebration. (Below) Participant A.C enjoys spending time with his friends while at LEC. He has been attending LEC for 5 years.



"All Who Enter Here Are Loved."



(Above) Participant Wayne shows off his beautiful rotisserie chicken. (Right) Participant Latonya reads to participant Bryan in the education room.



(Above) Participant Pauline hugs former staff member Beth. (Left) Participant Nell makes purple coleslaw for lunch.



(Left) Participants help prepare lunch during a men's cooking group. (Right) Music Therapist, Hannah Coleman, leads a music program with songs of the 50's.

Life Enrichment Center
110 Life Enrichment Blvd.
Shelby, NC 28150
704.484.0405

August

Shelby Activity Highlights



<p>2 Monday</p> <ul style="list-style-type: none"> ♦ Penny Art ♦ Pennies Worth Of Candy ♦ "Minute To Win It" Penny Edition  <p>🎵 Music Therapy with Hannah Swedish Meatballs Over Pasta-Garden Salad-Roll-Mandarin Oranges</p>	<p>3 Tuesday</p> <ul style="list-style-type: none"> ♦ Happy Birthday Tom Brady ♦ How To Make Peach Cobbler ♦ Watermelon Carving Contest <p>🎵 Music Therapy with Hannah Chicken Broccoli Alfredo-Caesar Salad-Garlic Bread-Peaches</p>	<p>4 Wednesday</p> <ul style="list-style-type: none"> ♦ Recognizing The U.S Coast Guard ♦ LEC Cornhole Games ♦ Wheelchair Relay Race <p>Horticultural Therapy with Debra Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll-Pineapple</p>	<p>5 Thursday</p> <ul style="list-style-type: none"> ♦ Moon Landing Reminiscing ♦ "Spa Time" Women's Group ♦ "Name That Tune" Beach Music Edition <p>Horticultural Therapy with Debra Baked Ham-Macaroni & Cheese-Black Eyed Peas-Roll-Pears</p>	<p>6 Friday</p> <ul style="list-style-type: none"> ♦ Dr. Plaster Visits With "Fresh Breath" Tips ♦ "I Love Lucy" Trivia ♦ How To Make A Root Beer Float <p>🎵 Music Therapy with Hannah Chicken Sandwich-Garden Salad-Tater Tots-Mixed Fruit</p>
<p>9 Monday</p> <ul style="list-style-type: none"> ♦ Lighthouse Crafts ♦ History Of NC Moonshine ♦ Blessed Coverings With Roselyn Sinkler <p>Horticultural Therapy with Debra Pot Roast-Mashed Potatoes-Carrots-Garlic Bread-Applesauce</p>	<p>10 Tuesday</p> <ul style="list-style-type: none"> ♦ Virtual Electric Guitar Concert ♦ Live Lion Watching In The Sahara <p>Horticultural Therapy with Debra Tuna Salad Sandwich-Sliced Tomatoes-Baked Chips-Mandarin Oranges</p>	<p>11 Wednesday</p> <ul style="list-style-type: none"> ♦ "Finish The Lyrics" Elvis Presley Edition ♦ "Blue Suede Shoes" Dancing Competition  <p>🎵 Music Therapy with Hannah Pinto Beans-Cornbread-Roasted Cabbage-Fruit Cocktail</p>	<p>12 Thursday</p> <ul style="list-style-type: none"> ♦ Minimum Wage Then & Now ♦ All About Elephants ♦ Elephant Crossword Puzzles <p>🎵 Music Therapy with Hannah Baked Chicken-Scalloped Potatoes-Peas-Roll-Peaches</p>	<p>13 Friday</p> <ul style="list-style-type: none"> ♦ History Of Friday the 13th ♦ Rubber Duck Races ♦ How To Make Peach Melba  <p>Horticultural Therapy with Debra Chili Burgers-Baked Fries-Coleslaw-Pears</p>
<p>16 Monday</p> <ul style="list-style-type: none"> ♦ LEC Monthly Birthday Party ♦ "Hee-Haw" Trivia ♦ Participant Council Meeting  <p>🎵 Music Therapy with Hannah Chicken Enchiladas w/ Lettuce & Sour Cream-Refried Beans-Pineapple</p>	<p>17 Tuesday</p> <ul style="list-style-type: none"> ♦ The History Of North Carolina Lighthouses ♦ Life As A Baby Boomer ♦ What's Your Favorite Vacation Memory <p>🎵 Music Therapy with Hannah Corned Beef-Cabbage-Roasted Potatoes-Mixed Fruit</p>	<p>18 Wednesday</p> <ul style="list-style-type: none"> ♦ Grateful Hearts Puppet Ministry ♦ National Women's Rights Day ♦ "Bad Poetry" Writing Competition <p>Horticultural Therapy with Debra Chicken Tenders-Baked Potato-Garden Salad-Peaches</p>	<p>19 Thursday</p> <ul style="list-style-type: none"> ♦ History Of The Little League World Series ♦ Name That Animal Sound ♦ "Black Cow" Day <p>Horticultural Therapy with Debra Meatloaf-Lima Beans-Boiled Potatoes-Roll-Applesauce</p>	<p>20 Friday</p> <ul style="list-style-type: none"> ♦ How To Make Chocolate Pecan Pies ♦ "Back To School" Reminiscing ♦ "If I Had A Million Bucks" Storytelling <p>🎵 Music Therapy with Hannah BLT on Wheat-Cottage Cheese-Baked Chips-Pears</p>
<p>23 Monday</p> <ul style="list-style-type: none"> ♦ Making Homemade Vanilla Ice Cream ♦ Indoor Volcano Experiment ♦ Jim McCurry & Friends <p>Horticultural Therapy with Debra Spaghetti w/ Meat Sauce-Garden Salad-Garlic Toast-Mandarin Oranges</p>	<p>24 Tuesday</p> <ul style="list-style-type: none"> ♦ Happy Birthday Bugs Bunny ♦ Sunglasses Fashion Show ♦ Bugs Bunny Trivia  <p>Horticultural Therapy with Debra Turkey & Cheese on Wheat-Vegetable Pasta-Pineapple</p>	<p>25 Wednesday</p> <ul style="list-style-type: none"> ♦ Martin Luther King Jr.'s "I Have A Dream" Speech ♦ Outdoor Horseshoes ♦ Making Homemade Lemonade <p>🎵 Music Therapy with Hannah Beef Tips w/ Gravy-Peppers & Onions-Tater Tots-Garlic Bread-Fruit Cocktail</p>	<p>26 Thursday</p> <ul style="list-style-type: none"> ♦ "Rock And Roll" Music Trivia ♦ Indoor Volcano Experiment ♦ Apollo 15 Anniversary  <p>🎵 Music Therapy with Hannah Baked Salmon Over Pasta-Sauteed Spinach-Roll-Peaches</p>	<p>27 Friday</p> <p>Spa Day</p>  <p>Horticultural Therapy with Debra Turkey Sub w/ Lettuce & Tomato-Baked Chips-Mixed Fruit</p>
<p>30 Monday</p> <ul style="list-style-type: none"> ♦ History Of First African Americans In Space ♦ All About Whale Sharks <p>Health Fair</p> <p>🎵 Music Therapy with Hannah Bologna & Cheese Sandwich-Baked Fries-Macaroni Salad-Pears</p>	<p>31 Tuesday</p> <ul style="list-style-type: none"> ♦ US Open Trivia ♦ Recognizing Serena Williams ♦ Patriotic Sing-A-Long  <p>🎵 Music Therapy with Hannah Grilled Chicken-Garden Salad-Garlic Toast-Mixed Fruit</p>			

Caregiver Tip:

Take a self-compassion break. Feeling Stressed, frustrated, angry? Take a moment for yourself. Breathe, say a prayer, turn on soothing music, or go for a walk. Be kind to yourself!

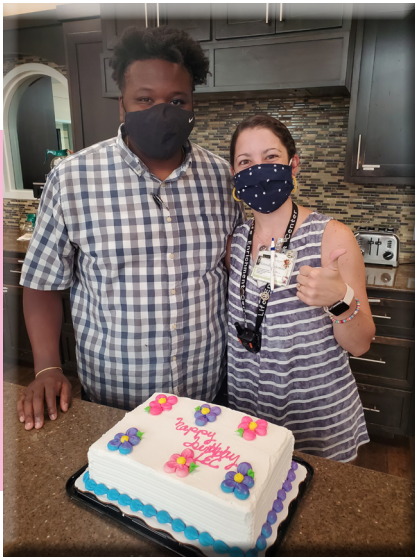
August



Neisler Center
by the Neisler Foundation
222 Kings Mountain Blvd.
Kings Mountain, NC 28086
704-739-4858

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

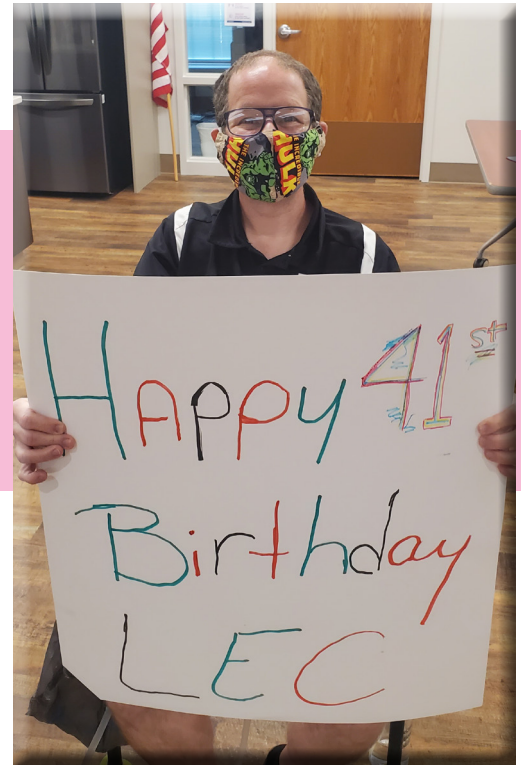
<p>2 Monday</p> <ul style="list-style-type: none"> ♦ "Fall Memories" Overhead Activity ♦ Paper Plate Exercise ♦ Let's Make A Scarecrow <p>Horticultural Therapy with Debra</p> <p>Swedish Meatballs Over Pasta - Garden Salad - Roll - Mandarin Oranges</p>	<p>3 Tuesday</p> <ul style="list-style-type: none"> ♦ Ladies Group Recipe Find ♦ Men's Group Magazine Collage ♦ Making Paper Bag Wreaths <p>Horticultural Therapy with Debra</p> <p>Chicken Broccoli Alfredo - Caesar Salad - Garlic Bread - Peaches</p>	<p>4 Wednesday</p> <ul style="list-style-type: none"> ♦ Creative Writing With Time Slips ♦ Q-tip Fall Tree Painting <p>Health Fair</p> <p>Music Therapy with Hannah</p> <p>Roasted Turkey - Sweet Potato Casserole - Green Beans - Roll - Pineapple</p>	<p>5 Thursday</p> <ul style="list-style-type: none"> ♦ Football Trivia <p>Pre-Season NFL Kick Off Party</p> <p>Music Therapy with Hannah</p> <p>Baked Ham - Macaroni & Cheese - Black Eyed Peas - Roll - Peas</p>	<p>6 Friday</p> <ul style="list-style-type: none"> ♦ Musical Painting By Number ♦ Making Leaf Suncatchers ♦ "Chair Dancing" Exercise <p>Horticultural Therapy with Debra</p> <p>Chicken Sandwich - Garden Salad - Tater Tots - Mixed Fruit</p>
<p>9 Monday</p> <ul style="list-style-type: none"> ♦ Magazine Scavenger Hunt ♦ Tai Chi ♦ Jig-saw Puzzle Time <p>Music Therapy with Hannah</p> <p>Pot Roast - Mashed Potatoes - Carrots - Garlic Bread - Applesauce</p>	<p>10 Tuesday</p> <ul style="list-style-type: none"> ♦ Making Pine Cone Bird Feeders ♦ Parachute Exercise ♦ Button Art <p>Music Therapy with Hannah</p> <p>Tuna Salad Sandwich - Sliced Tomatoes - Baked Chips - Mandarin Oranges</p>	<p>11 Wednesday</p> <ul style="list-style-type: none"> ♦ Let's Roast Pumpkin Seeds ♦ Balloon Volleyball <p>Spa Day</p> <p>Horticultural Therapy with Debra</p> <p>Pinto Beans - Cornbread - Roasted Cabbage - Fruit Cocktail</p>	<p>12 Thursday</p> <ul style="list-style-type: none"> ♦ Five Senses Exploration Game ♦ Cardio Drum Circle ♦ Masterpiece Memory Game <p>Health Fair</p> <p>Horticultural Therapy with Debra</p> <p>Baked Chicken - Scalloped Potatoes - Peas - Roll - Peaches</p>	<p>13 Friday</p> <ul style="list-style-type: none"> ♦ Pumpkin Painting ♦ "Upper Strength" Exercise ♦ LEC Alphabet Game <p>Music Therapy with Hannah</p> <p>Chili Burgers - Baked Fries - Coleslaw - Peas</p>
<p>16 Monday</p> <ul style="list-style-type: none"> ♦ "Friendsgiving" Party ♦ Flower Art ♦ LEC Walking Club <p>Horticultural Therapy with Debra</p> <p>Chicken Enchiladas w/ Lettuce & Sour Cream - Refried Beans - Pineapple</p>	<p>17 Tuesday</p> <ul style="list-style-type: none"> ♦ LEC Seated Soccer Game ♦ "Shopping Spree" Scavenger Hunt <p>Horticultural Therapy with Debra</p> <p>Corned Beef - Cabbage - Roasted Potatoes - Mixed Fruit</p>	<p>18 Wednesday</p> <ul style="list-style-type: none"> ♦ "Cute As A Bee" Flower Centerpieces ♦ Musical Scattergories <p>Music Therapy with Hannah</p> <p>Chicken Tenders - Baked Potato - Garden Salad - Peaches</p>	<p>19 Thursday</p> <ul style="list-style-type: none"> ♦ "Stories Out Of The Hat" Creative Writing ♦ "Simon Says" Exercise ♦ Lessons In Sign Language <p>Music Therapy with Hannah</p> <p>Meatloaf - Lima Beans - Boiled Potatoes - Roll - Applesauce</p>	<p>20 Friday</p> <p>Wild Wild West Day</p> <p>Horticultural Therapy with Debra</p> <p>BLT on Wheat - Cottage Cheese - Baked Chips - Peas</p>
<p>23 Monday</p> <ul style="list-style-type: none"> ♦ LEC Relay Races ♦ "Name That Tune" Trivia ♦ "Pass The Question Ball" Exercise <p>Music Therapy with Hannah</p> <p>Spaghetti w/ Meat Sauce - Garden Salad - Garlic Toast - Mandarin Oranges</p>	<p>24 Tuesday</p> <ul style="list-style-type: none"> ♦ "Wacky Wordies" Game Time ♦ LEC Walking Club ♦ Karaoke Party <p>Spa Day</p> <p>Music Therapy with Hannah</p> <p>Turkey & Cheese on Wheat - Vegetable Pasta - Pineapple</p>	<p>25 Wednesday</p> <ul style="list-style-type: none"> ♦ National Banana Split Day ♦ Chair Yoga ♦ Participant Council Meeting <p>Horticultural Therapy with Debra</p> <p>Beef Tips w/ Gravy - Peppers & Onions - Tater Tots - Garlic Bread - Fruit Cocktail</p>	<p>26 Thursday</p> <ul style="list-style-type: none"> ♦ Tai Chi ♦ National Current Events ♦ Button Indian Corn Arts & Crafts <p>Horticultural Therapy with Debra</p> <p>Baked Salmon Over Pasta - Sautéed Spinach - Roll - Peaches</p>	<p>27 Friday</p> <ul style="list-style-type: none"> ♦ Indoor Volleyball Game ♦ Tongue Twister Contest <p>LEC Monthly Brithday Party</p> <p>Music Therapy with Hannah</p> <p>Turkey Sub w/ Lettuce & Tomato - Baked Chips - Mixed Fruit</p>
<p>30 Monday</p> <ul style="list-style-type: none"> ♦ Ladies Group Tea Party ♦ Men's Group Coffee Club ♦ LEC Bowling <p>Horticultural Therapy with Debra</p> <p>Bologna & Cheese Sandwich - Baked Fries - Macaroni Salad - Peas</p>	<p>31 Tuesday</p> <p>LEC Fall Festival</p> <p>Horticultural Therapy with Debra</p> <p>Grilled Chicken - Garden Salad - Garlic Toast - Mixed Fruit</p>	<p>Important Dates To Remember:</p> <p>Friday, August 20th - Wild Wild West Day (Wear your best western outfit)</p> <p>Tuesday, August 31 - LEC Fall Festival</p>		



*Program Coordinator,
Chadrick Roseboro, Sr. (8 years of service)
& Music Therapist, Hannah Coleman
(4 years of service)*



*Participant Denise dances
with joy during the celebration.*



*Participant Joe Lee loves a good party!
Here he holds a poster he and other
participants made for the Neisler Center.*

In Memory:

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

Dr. Doug Boyette

by

Betsy & Jerry McPherson

Victoria B. Hoke

by

Shirlene & Brenda Hoke

Jack Stahl & Doyle Hatfield

by

June Hatfield

Bob & Lorraine Arey

by

Mike & Kim Bridges

Friends:

The following has given a gift to Life Enrichment Center

Betsy & Jerry McPherson

Ladies Of Elizabeth Baptist



*Participant Lorraine poses under the LEC birthday banner
made by the Shelby participants.*

Life Enrichment Says Thank You!!

Travis Mangum- Garden Vegetables
Julia Smith- Greeting Cards & Bedroom Slippers
Dottie Parker- Christmas Decorations
Dot Roark- Personal Care Items
Ann Jones- Bingo Prizes
Lucinda & Ruthie Ross- Personal Care Items
Jane Morgan- Nail Polish
Cathy Davis- Magazines
Dr. & Mrs. Brent Ferrell- Clay Flower Pots
Ed Patterson- Sweet Treats & Soda
Crystal Love- Miscellaneous Items
Joyce Killian- Miscellaneous Items
Danny Crews- Poster Board
Myrna, Victoria, & Josh Hollifield- Personal Care Items
Family Of Justin Tesner- Cleaning Supplies
Westwood Heights Baptist Church- Miscellaneous Items
Cleveland Cooperative Extension Club- Greeting Cards
Belwood Cooperative Extension- Birthday Party Sponsorship



(Left to right) Participants Brenda & Jane work together to make bracelets at the Neisler Center.

Your Gift Will Help Families Stay Together... Please Give.

Memorials, Honorariums, 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*

Name _____

Address _____

City _____ State _____ Zip _____

In memory of _____

In honor of _____

Send a notice to: _____

Address _____

City _____ State _____ Zip _____

You can also use your credit card, please call Patti at 704.484.0405 or fill out the following:

Visa/ MC (Circle one)



Card No. _____ Expiration Date _____

Amount _____ Signature _____

Security Code _____

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

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Important Announcements

Remaining Holiday Closings:

September 6, 2021- Labor Day

November 25-26, 2021- Thanksgiving Holiday

December 24-27, 2021- Christmas Holiday

December 31, 2021- New Years Holiday



THE DON GIBSON THEATRE
318 South Washington Street • Shelby, NC 28150

FRIDAY, SEPTEMBER 17TH
Doors Open at 6pm • Show Starts at 7pm

TICKETS AVAILABLE AT
DONGIBSONTHEATER.COM

TICKETS: \$30 PLUS TAX & FEES
100% OF PROCEEDS GO TO LIFE ENRICHMENT CENTER

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iTek
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Pete Gilbert
Attorney



Music Therapist, Hannah Coleman, works with participants every day. With your ticket purchase, the music therapy program will continue to present a great opportunity to provide another layer of cognitive, physical, social, emotional, and spiritual support to LEC participants and their families.

