

Life Enrichment Center

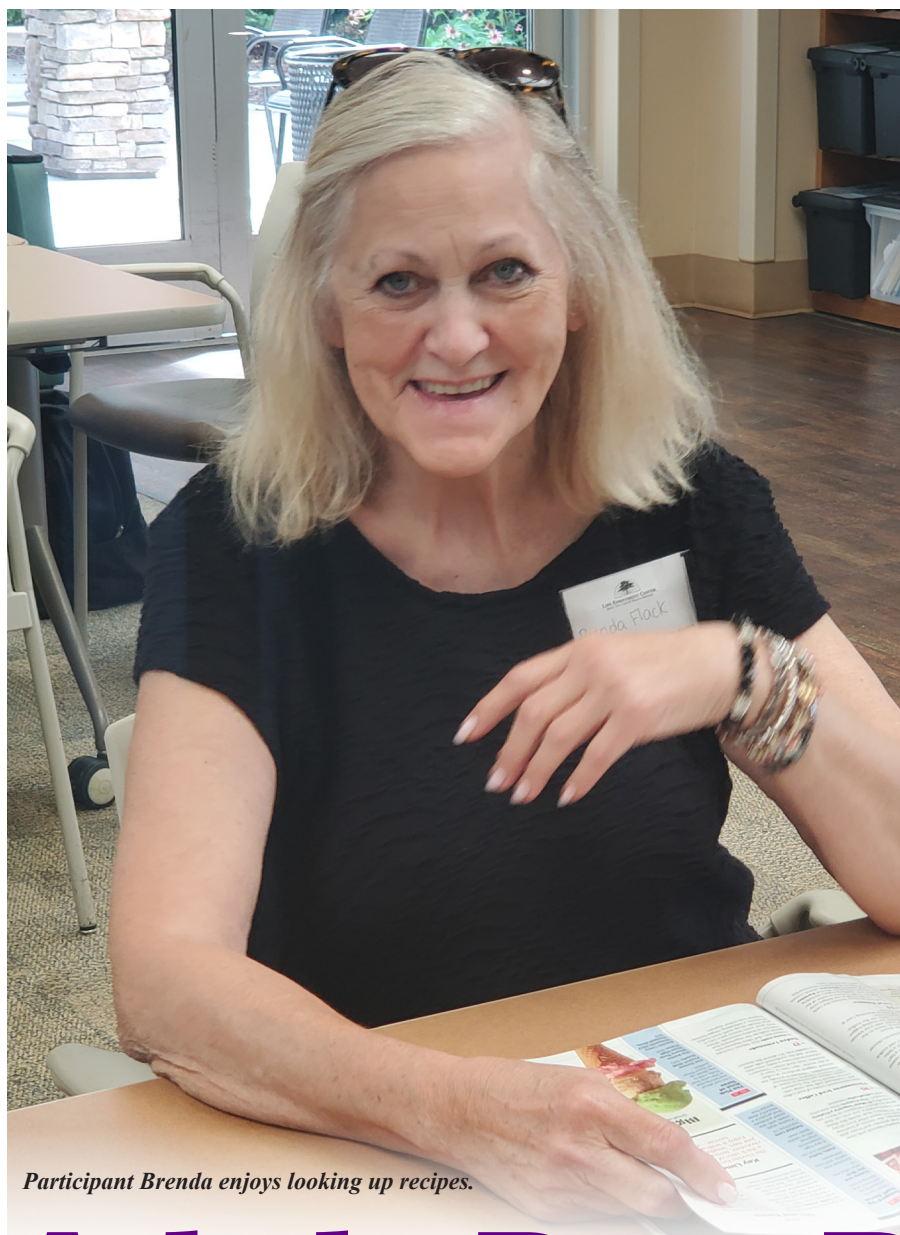
Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

September 2022

Are You Caring For An Adult?



Participant Brenda enjoys looking up recipes.

Being a caregiver can sometimes be very hard. The good news is, you don't have to do it alone! At Life Enrichment, your loved one will receive safety, quality healthcare, & opportunities for socialization.

She will have a purpose; you will have peace of mind!



Adult Day Program

Shelby 704.484.0405

Kings Mountain 704.739.4858

For 42 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.

Did you know that Life Enrichment offers a **FREE** trial visit?

Many families have a difficult time deciding whether or not an adult day program is right for their loved one. The free trial visit as an opportunity for additional information as you make this important decision.

Participants engage in conversation during the morning art project.



Participant Benefits:

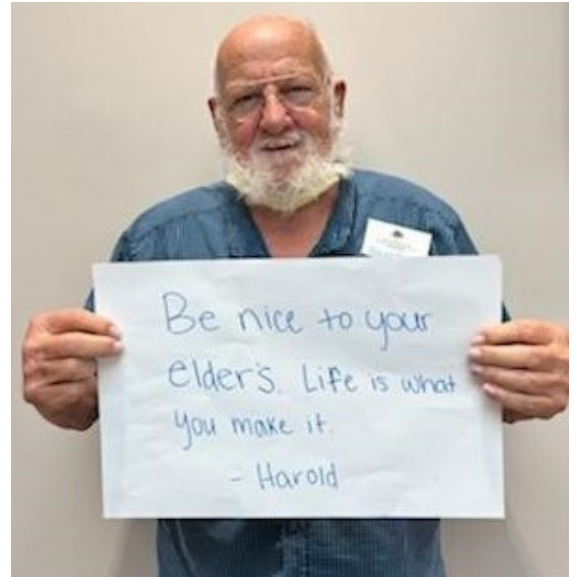
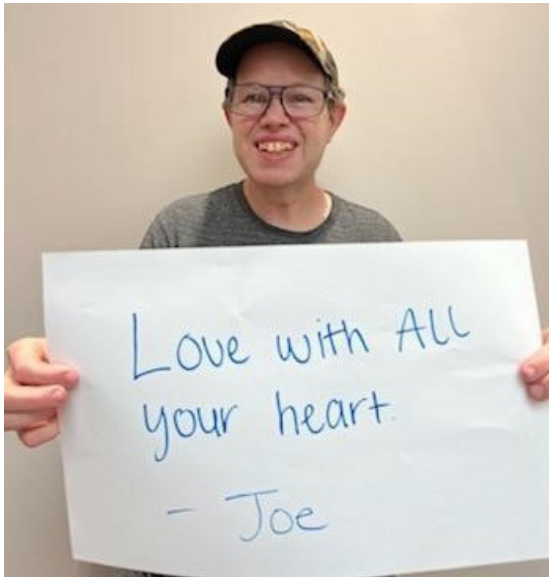
- *Increased personal safety with supportive supervision, a protective environment, and top-quality medical services.*
- *Carefully planned daily exercise and stimulating, interesting programs that enhance health and happiness.*
- *A chance to make new friends and interact with persons her own age.*
- *Meet other members of our staff, who make health monitoring, reassurance, and personal care a top priority.*

Caregiver Benefits:

- *Re-energize yourselves and maintain your own health and strength.*
- *Complete items on your "to do" list. Feel caught up and less frustrated.*
- *Feel comforted knowing that your loved one is in a safe and loving environment.*



"I know mom is safe & she truly enjoys it." -Daughter & caregiver Holly



Words of wisdom...

Neisler Center participants share their words of wisdom while enjoying the creative writing program.



(Left) Participants enjoy working together during an arts & craft program.

(Right) The Shelby Fire & Rescue educate participants on the importance of fire safety.

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

September

Shelby Activity Highlights

FOOTBALL FRIDAYS!

*Don't Forget To Wear Your
Favorite Team Apparel
Every Friday!*



1 Thursday 🎵

- ♦ "Best Advice For The Old you?" Creative Writing
- ♦ World Trivia Games
- ♦ Baking With Roman Bull

Pulled Pork Sliders-Baked Beans-Tater Tots-Fruit Cocktail

2 Friday

- ♦ History Of The Rock-n-Roll Hall Of Fame
- ♦ Who's Your Favorite Football Team?
- Football Friday!**
- Wear Your Team Colors**

Fish Sticks-Macaroni & Cheese-Green Beans-Roll-Pears

5 Monday



CLOSED

Chicken & Broccoli Pasta-Alfredo-Caesar Salad-Garlic Bread-Peaches

6 Tuesday

- ♦ How To Make Coffee Flavored Ice Cream
- ♦ Picture Time With The LEC Photo Booth
- ♦ Sing-a-Long With Gay Jolley

Pot Roast-Potatoes & Carrots-Roll-Pineapple

7 Wednesday

- ♦ Crafts With Hannah Bolen



Chicken Salad Sandwich-Tomato Slices-Baked Fries-Applesauce

8 Thursday

- ♦ Paper Football Tournament
- ♦ LEC Cornhole
- ♦ Decorating For The LEC Pep Rally



Meatloaf-Potatoes-Green Beans-Roll-Mandarin Oranges

9 Friday

- ♦ Football Friday
- ♦ LEC Pep Rally
- ♦ Kick Off Trivia
- ♦ Indoor Football Game



Cheeseburger-Lettuce & Tomato-Tater Tots-Mixed Fruit

12 Monday

- ♦ LEC Treasure Hunt
- ♦ All About Honey Bees
- ♦ Making Homemade Chocolate Milkshakes



Chicken Caesar Salad w/ Pasta-Garlic Bread-Fruit Cocktail

13 Tuesday 🌿

- ♦ Music With Tom Wood And Friends
- ♦ LEC Line Dancing
- ♦ Linda Cabiness Makes A Humming Bird Cake

Smoked Sausage w/Peppers & Onions-Macaroni & Cheese-Roll-Peaches

🎵 14 Wednesday 🌿

- ♦ "Name That TV Theme Song"
- ♦ Devotion With Blessed Coverings
- ♦ "Do You Remember Your First Television?" Trivia

Chicken Tenders-Garden Salad-Bread Stick-Pears

15 Thursday

- ♦ Learning How To "Salsa"
- ♦ Making Spanish Hats
- ♦ Music Therapy With Hannah Coleman



Chili Burgers-Baked Beans-Coleslaw-Pineapple

16 Friday

LEC Farm Day

- ♦ "All About The Farm Reminiscing"
- ♦ Making Gourmet Playdough With Omariyah Clardie

Grilled Cheese Sandwich-Tomato Basil Soup-Mandarin Oranges

19 Monday 🌿

- ♦ Participant Council Meeting
- ♦ Creative Writing Poetry
- ♦ LEC Monthly Birthday Party Hosted By Dianne Harrison



Baked Spaghetti-Garden Salad-Bread Stick-Applesauce

20 Tuesday

- ♦ "Garbage Bag" Fashion Show
- ♦ LEC Bowling
- ♦ Fall Scavenger Hunt



Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll-Mixed Fruit

21 Wednesday 🎵

- ♦ LEC Walking Club
- ♦ Wheelchair Relay Races
- ♦ Egg Toss Competition



Baked Ham-Blackeyed Peas-Macaroni & Cheese-Roll-Peaches

22 Thursday 🌿

Spa Day



BBQ Chicken-Potato Salad-Bread Stick-Pineapple

23 Friday 🌿

- ♦ LEC "Car Wash"
- ♦ Paper Plate Exercise
- ♦ Fall Time Reminiscing



Beef Tips & Gravy-Mashed Potatoes-Green Beans-Pears

26 Monday



27 Tuesday 🌿

28 Wednesday 🌿

29 Thursday

30 Friday

LEC FAIR WEEK

Fun Food!



Cotton Candy- Bingo- Funnel Cakes- Box Maze Obstacle Course- Vinegar Fries- Pie In The Face- Caramel Apples-

Chicken Sandwich-Lettuce & Tomato-Baked Fries-Fruit Cocktail

Pulled Pork Sliders-Coleslaw-Tater Tots-Pineapple

Chicken Pot Pie-Garden Salad-Roll-Mandarin Oranges

Grilled Cheese Sandwich-Tomato Basil Soup-Peaches

Chicken Caesar Salad w/ Pasta-Bread Stick-Pears

September

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

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



LEC FAIR WEEK

September 26-30th

<p>5 Monday</p> <ul style="list-style-type: none">♦ "Sewing" Reminiscing♦ "You Can Puzzle Too" Games♦ Chair Zumba♦ Health Fair <div></div> <p>Chicken & Broccoli Pasta Alfredo- Caesar Salad- Garlic Bread- Peaches</p>	<p>6 Tuesday</p> <ul style="list-style-type: none">♦ Remembering Patsy Cline♦ Brain Games:Exposing The Secret Word♦ Indoor LEC Volley Ball <div></div> <p>Pot Roast- Potatoes & Carrots- Roll- Pineapple</p>	<p>7 Wednesday</p> <ul style="list-style-type: none">♦ LEC Scattergories♦ Making Fall Collages♦ Walking Club♦ Theme Song Trivia <div></div> <p>Chicken Salad Sandwich- Tomato Slices- Baked Fries- Applesauce</p>	<p>8 Thursday 🎵</p> <ul style="list-style-type: none">♦ Music Therapy With Hannah Coleman♦ Outdoor Scavenger Hunt♦ Upper Body Strengthening <div></div> <p>Meatloaf- Potatoes- Green Beans- Roll- Mandarin Oranges</p>	<p>9 Friday</p> <ul style="list-style-type: none">♦ "Talk Of The Town"Shelby Star Headlines♦ Parachute Fun♦ LEC Indoor Kickball <p>THE STAR</p> <p>Cheesburger- Lettuce & Tomato- Tater Tots- Mixed Fruit</p>
<p>12 Monday 🌿</p> <ul style="list-style-type: none">♦ National Day Of Encouragement♦ Writing "Warm Fuzzies" To Those We Love♦ Participant Council Meeting <p>Chicken Caesar Salad w/ Pasta- Garlic Bread- Fruit Cocktail</p>	<p>13 Tuesday</p> <ul style="list-style-type: none">♦ National Positive Thinking Day♦ Creative Writing:5 Things To Be Grateful For♦ Exercise Dance Party <div></div> <p>Smoked Sausage w/ Peppers & Onions- Macaroni & Cheese- Roll- Peaches</p>	<p>14 Wednesday 🎵</p> <ul style="list-style-type: none">♦ LEC Price Is Right♦ Music Therapy With Hannah Coleman♦ LEC Cornhole <div></div> <p>Chicken Tenders- Garden Salad- Bread Stick- Pears</p>	<p>15 Thursday 🌿</p> <ul style="list-style-type: none">♦ Natures Color Wheel With Debra Edwards♦ National Online Learning Day♦ Virtual Tours Of National Parks <p>Chili Burgers- Baked Beans- Coleslaw- Pineapple</p>	<p>16 Friday 🌿</p> <ul style="list-style-type: none">♦ Reminiscing:"What Did You Do For A Living?"♦ Oil & Vinegar Infusions With Debra Edwards <div></div> <p>Grilled Cheese Sandwich- Tomato Basil Soup- Mandarin Oranges</p>
<p>19 Monday</p> <ul style="list-style-type: none">♦ "Batman Day"♦ Who Is Your Favorite Super Hero?♦ Tai Chi <div></div> <p>Baked Spaghetti- Garden Salad- Bread Stick- Applesauce</p>	<p>20 Tuesday 🌿</p> <ul style="list-style-type: none">♦ Making Pepperoni Roll Ups♦ Spray Paint Nature Prints With Debra Edwards♦ LEC Monthly Birthday Party <div></div> <p>Roasted Turkey- Sweet Potato Casserole- Green Beans- Roll- Mixed Fruit</p>	<p>21 Wednesday 🌿</p> <ul style="list-style-type: none">♦ LEC "I Spy"♦ Balloon Volley♦ Getting Ready For The LEC Plant Sale <div></div> <p>Baked Ham- Blackeyed Peas- Macaroni & Cheese- Roll- Peaches</p>	<p>22 Thursday</p> <ul style="list-style-type: none">♦ Celebrating Business Women Of America♦ Music Therapy With Hannah Coleman♦ Chair Yoga <p>BBQ Chicken- Potato Salad- Bread Stick- Pineapple</p>	<p>23 Friday</p> <ul style="list-style-type: none">♦ All About Sign Language♦ "Name That Animal Sound"♦ LEC "Car Wash" <div></div> <p>Beef Tips & Gravy- Mashed Potatoes- Green Beans- Pears</p>
<p>26 Monday 🌿</p> <div></div> <p>LEC Fair Week Kick Off!</p> <p>Chicken Sandwich- Lettuce & Tomato- Baked Fries- Fruit Cocktail</p>	<p>27 Tuesday</p> <ul style="list-style-type: none">♦ "What's Your Favorite Fair Food?"♦ Making Vinegar Fries <div></div> <p>Pulled Pork Sliders- Coleslaw- Tater Tots- Pineapple</p>	<p>28 Wednesday</p> <ul style="list-style-type: none">♦ History Of The Cleveland County Fair♦ "County Fair" Trivia <div></div> <p>Chicken Pot Pie- Garden Salad- Roll- Mandarin Oranges</p>	<p>29 Thursday 🌿</p> <ul style="list-style-type: none">"Step Right Up!"Indoor Fair Games♦ Pie Eating Contest <div></div> <p>Grilled Cheese Sandwich- Tomato Basil Soup- Peaches</p>	<p>30 Friday 🌿</p> <p>FUN FRIDAY TAILGATE PARTY!</p> <p>Chicken Caesar Salad w/ Pasta- Bread Stick- Pears</p>

In Memory...

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

Sue Rippy

by

Terry & Teresa Addington

J.D. & Classec Wyatt

by

Nancy Biggers

Charles Wickham, Jr.

by

Ellen Warlick

Friends:

*The following have given a gift to
Life Enrichment Center:*

Christine Hinson

Barbara Blackburn

In Honor...

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

Neisler Center Staff

by

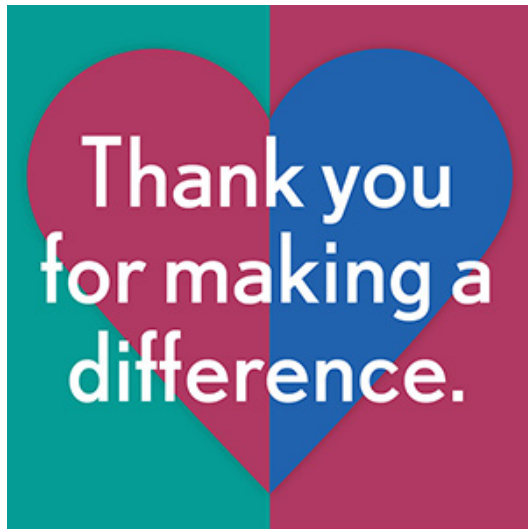
The Billy Bird Family



*The simple act of
petting animals
releases an automatic
relaxation response,
provides comfort, &
increases mental
stimulation. Pictured
are furry friends who
have found their way
into the hearts of
LEC participants.*

THANK YOU

*Lydia Bingham- Magazines
Bruce & Vicky White- Fresh Figs
Connie Willis- Art Supplies
Scott Poston- Watermelon
LaRae Falls- Bingo Prizes
Tracey Pullen- Bingo Prizes
Ruby Friday & Family- Wish List Items*



Participant Ruth enjoys picking out her bingo prize.

Looking for an opportunity to help others? 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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Suzanne Amos, *Vice-President*
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John Turner
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Life Enrichment Center
110 Life Enrichment Blvd.
Shelby, North Carolina 28150

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Important Announcements:

Important announcements will be made on LEC's Facebook page, and through the "One Call Now" service. Should it be necessary to close early, caregivers will be notified by telephone.

Save The Date!

Saturday, October 15

Harvest

A Benefit Concert For Life Enrichment Center

The Don Gibson Theatre

*Join us Saturday, October 15 at the
Don Gibson Theatre featuring HARVEST!*

*Doors open at 6pm- Show starts at 7pm. **Tickets: \$30***

*You can purchase tickets online at
DonGibsonTheater.com or at the door. Great music for a
great cause. We hope to see you there!*

