

**Life Enrichment Center**

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

October 2019

# Caregiving? Need A Break?

## Try A Day-Cation at Life Enrichment Center



*"By giving me that much needed break, Life Enrichment Center allowed me to better care for Ray at home." - Bobbie, wife and caregiver.*

# Adult Day Care

Call today to schedule a **FREE** trial!

Shelby 704.484.0405

Kings Mountain 704.739.4858

*For 40 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.*

# What Is Adult Day Care?

*A place for adults who can't stay at home by themselves during the day while their families go to work, run errands, or take a break. The participants come in the morning and go home at night. (Right) Participant Sandy, designs a game for LEC's Farm Day.*



## What It's Not!

*It is NOT a nursing home, which takes the person out of the home and community. It is NOT in-home care, which may leave the person isolated. (Left) Participant Betty, puts together a bouquet for a friend.*

## Life Enrichment Center Provides...

- Safety & Quality Healthcare
- Socialization & Fun
- Personal Care
- Nutritious Meals
- Physical and Other Special Therapies
- Stimulating Programs

# Something for everyone!

For someone who loves **Gardening**. There is nothing like planning, planting and caring for a garden. The creative and tactile experience of being near to nature is not only good for our well-being, but it may in fact help to relieve the symptoms of anxiety, stress, and agitation. (Right) Shelby Participants work together to arrange flowers in the LEC healing garden.



For someone who loves **Music**. Music can improve mood, enhance learning and concentration, and ward off the effects of brain aging. Music therapy can help various mood and brain disorders, and improve one's quality of life. (Left) Army Veteran, Erik, listens as Music Therapist, Hannah Coleman, sings his favorite childhood song.

For someone who loves **Cooking**. Cooking can stir memories, help to build or strengthen emotional bonds and connections with others, help participants to feel more engaged with life. (Right) Participant Claudia, measures flour for her chocolate chip cookie recipe with the help of LEC staff member, Britney Cato.



# October

## Shelby Activity Highlights



October 31

1 Tuesday

**GOT TALENT**

- ♦ Making Cheeseballs
- ♦ LEC Talent Show Rehearsal

🎵 Music Therapy with Hannah  
*Honey Lemon Chicken-Vegetable Medley-  
 Macaroni & Cheese-Roll -Fruit Cocktail*

2 Wednesday

**LEC Health Fair & Spa Day**

Horticultural Therapy with Beth  
*Loaded Baked Potato w/Chili, Cheese,  
 Broccoli, & Bacon-Apple Crisp*

3 Thursday

- ♦ Practicing The LEC Christmas Play
- ♦ Fall Leaf Collages

**Participant Cook Day**

4 Friday

- ♦ Breast Cancer Awareness With Pam Mitchell

**Wear Your Pink HOPE**

🎵 Music Therapy with Hannah  
*Baked Spaghetti w/Meat Sauce-  
 Salad-Garlic Bread-Ambrosia*

7 Monday

- ♦ Piano Favorites With Beth Hamrick
- ♦ A Visit From Buffalo Creek Vineyard
- ♦ Bingo With Bayada

**Bingo!**

*Unstuffed Cabbage Roll-Egg Noodles-  
 Peas & Carrots-Oatmeal Raisin Cookie*

8 Tuesday

- ♦ Music With David Melton
- ♦ LEC Talent Show Rehearsal
- ♦ Guitar Favorites With Eddie Cooke

**Weights On The Eights**

Horticultural Therapy with Beth  
**Participant Cook Day**

9 Wednesday

- ♦ A Visit From Shelby Towing
- ♦ Making Halloween Treats With Katelynn Grigg

🎵 Music Therapy with Hannah  
*Salmon-Mashed Potatoes-Green Beans-  
 Parker House Rolls-Strawberry Yogurt*

10 Thursday

Health Safety With Joi Heston

- ♦ Mental Health Awareness Day

🎵 Music Therapy with Hannah  
*Pinto Beans-Onions-Beets-Cabbage-  
 Combread-Apple Butter Spice Cake*

11 Friday

- ♦ Michael Hammack Talks About Mental Health
- ♦ Making Personal Pizzas

*Baked Chicken Legs-Baked Beans-Steamed  
 Broccoli-Sweet Potatoes-Tropical Fruit*

14 Monday

- ♦ Dulcimer Music With Dr. Joe Collins
- ♦ Participant Council Meeting
- ♦ Blessed Coverings With Robin Sinkler

🎵 Music Therapy with Hannah  
*Beef Tips w/Gravy-Mushroom Rissoto-  
 Lettuce Pear Cheddar Salad-Banana Pudding*

15 Tuesday

- ♦ Piano Favorites With Carol Champion
- ♦ LEC Talent Show Rehearsal

🎵 Music Therapy with Hannah  
*Roasted Turkey w/Gravy-Butternut Squash-  
 Mashed Potatoes-Green Beans-  
 Roll-Apple Crisp*

16 Wednesday

**LEC Health Fair & Spa Day**

Horticultural Therapy with Beth  
**Participant Cook Day**

17 Thursday

- ♦ Fellowship With Bethel Baptist Church
- ♦ Fall "Big Board" Wordsearch
- ♦ Magazine Scavenger Hunt

*Bacon & Potato Soup-LEC's Favorite  
 Salad-Roll-Pumpkin Brownies*

18 Friday

- ♦ Tom Wood Plays The Ukulele

**Weights On The Eights**

*Meatloaf-Mashed Potatoes-Peas & Carrots-  
 Roll-Tello w/Whipped Topping*

21 Monday

- ♦ Woodworking With Tom Wise

**LEC Monthly Birthday Celebration**

*Roasted Pork-Sweet Potato Casserole-Vegetable  
 Medley-Roll-Pineapple Upside Down Cake*

22 Tuesday

- ♦ LEC Talent Show Rehearsal
- ♦ Reminiscing With Slide Show Pictures

Horticultural Therapy with Beth  
*Cog Au Vin-Boiled New Potatoes-Romaine  
 Salad w/Balsamic Dressing-Poached Pears*

23 Wednesday

- ♦ Horticultural Therapy With The Ladies
- ♦ LEC Morning Talk Show With "Johnny Carson"
- ♦ Making Boston Cream Pies

🎵 Music Therapy with Hannah  
*Sausage & Grits Lasagna-  
 Vegetable Medley-Parmesan Bread Sticks-  
 Lemon Mousse*

24 Thursday

- ♦ National Bologna Day
- ♦ Food Pyramid
- ♦ Ella Fullenwider's Puppet Show

*One Pan Autumn Chicken Dinner w/  
 Vegetables-Cheddar Combread-Melon Trio*

25 Friday

- ♦ Devotions With Reverend Vernon Craig
- ♦ Men's Woodworking Group
- ♦ Making Homemade Peanut Butter Crackers

**Participant Cook Day**

28 Monday

- ♦ Making Chocolate Brownies
- ♦ Paint & Sip With Catherine Hamrick
- ♦ Music With Jim McCurry & Friends

🎵 Music Therapy with Hannah  
*Taco Soup-Grilled Cheese Sandwich-  
 Side Salad-Mixed Fruit*

29 Tuesday

- ♦ Ghost Story Timeslips
- ♦ Making Homemade Oatmeal Cookies

**LEC Talent Show**

**Participant Cook Day**

30 Wednesday

- ♦ Candy Corn Guessing Game
- ♦ Making Homemade Candy Corn
- ♦ Halloween Decorating

*Hot Chicken Salad w/Potato Chip Topping-  
 Kale Salad-Blonde Apple Brownies*

31 Thursday

**Fall Festival**

**LEC's Haunted House**

*Fish Sandwich-Broccoli Salad-  
 French Fries-Ice Cream Chips*



# October

## Kings Mountain Activity Highlights

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

### Farm/Fair Week!

October 7-9

<p><b>1 Tuesday</b></p> <ul style="list-style-type: none"> <li>◆ Soothing Sounds With Arnold Davis</li> <li>◆ Chair Zumba</li> <li>◆ Inspirational Words With Pastor Robert Brooks</li> <li>◆ Making Homemade Cookies</li> </ul> <p><i>Horticultural Therapy with Beth</i> Honey Lemon Chicken-Vegetable Medley- Macaroni &amp; Cheese-Roll-Fruit Cocktail</p>	<p><b>2 Wednesday</b></p> <ul style="list-style-type: none"> <li>◆ Starting Our Day With Sunny Side Baptist Church</li> <li>◆ Parachute Fun</li> <li>◆ Inspirational Time Alma Adams</li> </ul> <p><i>Music Therapy with Hannah</i> Loaded Baked Potato w/Chili, Cheese, Broccoli, &amp; Bacon-Apple Crisp</p>	<p><b>3 Thursday</b></p> <ul style="list-style-type: none"> <li>◆ Singing Jamboree With Bethel Baptist Church</li> <li>◆ Tai Chi Exercise</li> <li>◆ Piano Favorites With Fay Boulden</li> </ul> <p><b>Health Fair</b></p> <p><i>Music Therapy with Hannah</i> <b>Participant Cook Day</b></p>	<p><b>4 Friday</b></p> <p><b>SPA DAY</b></p> <ul style="list-style-type: none"> <li>◆ Football Friday</li> </ul>  <p>Baked Spaghetti w/Meat Sauce-Salad-Garlic Bread-Ambrosia</p>	
<p><b>7 Monday</b></p> <ul style="list-style-type: none"> <li>◆ Veteran's Corner With Gene Bridges</li> <li>◆ Sewing Club With Candy Bridges</li> <li>◆ "Rope The Cow" Exercise</li> <li>◆ The Ark Encounter With Rick Franklin Part 1</li> </ul> <p><i>Music Therapy with Hannah</i> Unstuffed Cabbage Roll-Egg Noodles-Peas &amp; Carrots-Oatmeal Raisin Cookie</p>	<p><b>8 Tuesday</b></p> <ul style="list-style-type: none"> <li>◆ Music With The Carolina Care Singers</li> <li>◆ Bean Bag Toss</li> <li>◆ Fair Games</li> </ul> <p><b>Health Fair</b></p> <p><i>Music Therapy with Hannah</i> <b>Participant Cook Day</b></p>	<p><b>9 Wednesday</b></p> <ul style="list-style-type: none"> <li>◆ Sing-a-long With Mark Blanton</li> <li>◆ Hula Hoop Contest</li> <li>◆ Crafts With Andora Ross</li> <li>◆ Inspirational Time Alma Adams</li> </ul> <p><i>Horticultural Therapy with Beth</i> Salmon-Mashed Potatoes-Green Beans-Parker House Rolls-Strawberry Yogurt</p>	<p><b>10 Thursday</b></p> <ul style="list-style-type: none"> <li>◆ Hayride With Lawrence Owensby</li> <li>◆ Bottle Cap Toss</li> <li>◆ Fair Games</li> <li>◆ Piano Favorites With Fay Boulden</li> </ul> <p><i>Pinto Beans-Onions-Beets-Cabbage-Combread-Apple Butter Spice Cake</i></p>	<p><b>11 Friday</b></p> <ul style="list-style-type: none"> <li>◆ Fair Games</li> <li>◆ Bell Choir Practice</li> <li>◆ A Visit From Chuck Cluck &amp; Clowns</li> <li>◆ Sing-a-long With Betty Zane</li> <li>◆ Football Friday</li> </ul> <p>Baked Chicken Legs-Baked Beans-Steamed Broccoli-Sweet Potatoes-Tropical Fruit</p>
<p><b>14 Monday</b></p> <ul style="list-style-type: none"> <li>◆ Veteran's Corner With Gene Bridges</li> <li>◆ Sewing Club With Candy Bridges</li> <li>◆ Tai Chi</li> <li>◆ The Ark Encounter With Rick Franklin Part 2</li> </ul> <p><i>Beef Tips w/Gravy-Mushroom Rissotto-Lettuce Pear Cheddar Salad-Banana Pudding</i></p>	<p><b>15 Tuesday</b></p> <ul style="list-style-type: none"> <li>◆ Nails By Amari Craig</li> <li>◆ Arts &amp; Crafts With Britney Cato</li> <li>◆ Guitar Favorites With Eddie Cooke</li> </ul> <p><i>Horticultural Therapy with Beth</i> Roasted Turkey w/Gravy-Butternut Squash-Mashed Potatoes-Green Beans-Roll-Apple Crisp</p>	<p><b>16 Wednesday</b></p> <ul style="list-style-type: none"> <li>◆ Participant Council Meeting</li> <li>◆ Inspirational Time Alma Adams</li> </ul>  <p><i>Music Therapy with Hannah</i> <b>Participant Cook Day</b></p>	<p><b>17 Thursday</b></p> <ul style="list-style-type: none"> <li>◆ Dot Painting Pumpkins</li> <li>◆ Story Time With Ann Gamble</li> <li>◆ Piano Favorites With Fay Boulden</li> </ul> <p><i>Music Therapy with Hannah</i> Bacon &amp; Potato Soup-LEC's Favorite Salad-Roll-Pumpkin Brownies</p>	<p><b>18 Friday</b></p> <p><b>Pink Day</b></p> <ul style="list-style-type: none"> <li>◆ Musical Talents Of Robert Blanton</li> <li>◆ Recognizing Our Cancer Survivors</li> <li>◆ Making Pumpkin Rolls With Candy Dreibelbis</li> </ul> <p><i>Meatloaf-Mashed Potatoes-Peas &amp; Carrots-Roll-Jello w/Whipped Topping</i></p> 
<p><b>21 Monday</b></p> <ul style="list-style-type: none"> <li>◆ Veteran's Corner With Gene Bridges</li> <li>◆ Sewing Club With Candy Bridges</li> <li>◆ The Ark Encounter With Rick Franklin Part 3</li> </ul> <p><i>Music Therapy with Hannah</i> Roasted Pork-Sweet Potato Casserole-Vegetable Medley-Roll-Pineapple Upside Down Cake</p>	<p><b>22 Tuesday</b></p> <ul style="list-style-type: none"> <li>◆ Colorful Expressions Through Art</li> <li>◆ Tai Chi</li> <li>◆ Arts &amp; Crafts With Vikki Hatfield</li> </ul> <p><b>National Color Day</b></p> <p><i>Music Therapy with Hannah</i> Coe Au Vin-Boiled New Potatoes-Romaine Salad w/Balsamic Dressing-Poached Pears</p>	<p><b>23 Wednesday</b></p> <ul style="list-style-type: none"> <li>◆ Making A Scarecrow</li> <li>◆ Inspirational Time Alma Adams</li> </ul> <p><i>Horticultural Therapy with Beth</i> Sausage &amp; Grits Lasagna-Vegetable Medley-Parmesan Bread Sticks-Lemon Mousse</p>	<p><b>24 Thursday</b></p> <ul style="list-style-type: none"> <li>◆ Carving Pumpkins</li> <li>◆ Practicing The Christmas Play</li> <li>◆ Building Bird Houses With Wade Owens</li> <li>◆ Piano Favorites With Fay Boulden</li> </ul> <p><i>One Pan Autumn Chicken Dinner w/Vegetables-Cheddar Cornbread-Melon Trio</i></p>	<p><b>25 Friday</b></p> <ul style="list-style-type: none"> <li>◆ Interesting Facts About Finger Prints</li> <li>◆ Bell Choir Practice</li> <li>◆ Halloween Games</li> <li>◆ Personal Pan Pizzas With Pamela Toms</li> <li>◆ Football Friday</li> </ul> <p><b>Participant Cook Day</b></p>
<p><b>28 Monday</b></p> <ul style="list-style-type: none"> <li>◆ Veteran's Corner With Gene Bridges</li> <li>◆ Sewing Club With Candy Bridges</li> <li>◆ The Ark Encounter With Rick Franklin Part 4</li> <li>◆ Chair Zumba</li> </ul> <p><i>Taco Soup-Grilled Cheese Sandwich-Side Salad-Mixed Fruit</i></p>	<p><b>29 Tuesday</b></p> <p><b>SPA DAY</b></p>  <p><b>Participant Cook Day</b></p>	<p><b>30 Wednesday</b></p> <ul style="list-style-type: none"> <li>◆ Bingo With Rachel Bridges</li> <li>◆ "Monster Mash" Exercise</li> <li>◆ Halloween Junk Drawer Detectives</li> <li>◆ Inspirational Time Alma Adams</li> </ul> <p><i>Hot Chicken Salad w/Potato Chip Topping-Kale Salad-Blonde Apple Brownies</i></p>	<p><b>31 Thursday</b></p> <ul style="list-style-type: none"> <li>◆ Spooks Parade</li> <li>◆ Halloween Fun &amp; Games</li> <li>◆ Piano Favorites With Fay Boulden</li> </ul> <p><i>Fish Sandwich-Broccoli Salad-French Fries-Ice Cream Chips</i></p>	



## In Memory:

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

**Watt Jackson**

*by*

*Paul & Anna Lancaster*

*Al & Pat Taranto*



Lydia Sherman & Family-Floral Arrangement  
 Glenda Cline- Puzzles  
 Erma Buckner- Craft Supplies/Greeting Cards  
 Dorothy Mask- Clothing Items/Personal Care Items  
 Marlene Willis- Lunch For Staff  
 Granny Eckard- Foothills Digest  
 Joann Greene- Puzzles  
 Jean Lutz- Bingo Prizes  
 Tina Rucker- Floral Arrangement  
 Ellen Broome- Greeting Cards  
 Shoal Creek Baptist Church- Bingo Prizes  
 Don & Beth Blanton- Bingo Prizes  
 Scott & Libby Stone- Personal Care Items  
 Becky Dorsey- Personal Care Items  
 Pastor Barry Miles- Food Items  
 John Camp- Garden Okra  
 Rhonda Odom- Teddy Bears  
 Dale Turner-Candy  
 Nancy Moss & Family- Birthday Cake  
 Pat Chapman- Craft Supplies & Magazines  
 Susan Jones- Serving Trays  
 Jerry Chapman-Personal Care Supplies  
 Missy Wiggins-Magazines  
 Ruby McKinney- Art Supplies  
 Lanny Lanford- Books/Magazines  
 Melissa Duncan- Fruit Tray

## 2019 Life Enrichment Remaining Holiday Closings:

**Thanksgiving Day: November 28**  
**Thanksgiving Friday: November 29**  
**Christmas Eve: December 24**  
**Christmas Day: December 25**

### Your gift will help families stay together!

#### 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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## Advisory Board

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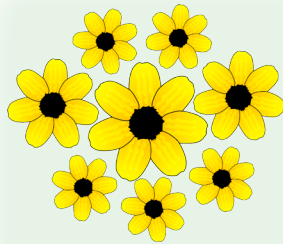
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## Caregiver Support Group "Positive Approach to Care" *A Teepa Snow VIDEO Series*

Tuesday, **October 15**, 2019

5:30-7:00pm

Life Enrichment Center

110 Life Enrichment Blvd.

**Shelby, NC 28150**

704.484.0405

Tuesday, **October 22**, 2019

5:30-7:00pm

The Neisler Center

222 Kings Mountain Blvd.

**Kings Mountain, NC 28086**

704.739.4858

Free sitter service available upon request, please notify one week in advance.

**Teepa Snow is an expert on dementia. Now available for check out, "The Senior Gems. Your Guide to Supporting Family Members with Dementia". Stop by either Life Enrichment location to check out a DVD today!**



*With Cooler  
Weather Approaching,  
Please Remember To  
Label All Coats, Jackets,  
And Sweaters!!*

**Wish List:** Salon Quality Manicure Table