



# Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

December 2020

## Is Her Quality Of Life The Best It Can Be?

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



*At Life Enrichment Center, where safety & healthcare come first,  
we focus on improving quality of life. Our excellent programming  
promotes physical & mental stimulation & socialization.*

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.*

# Quantity vs. Quality...

Life, as are many things, is often not always about quantity so much as it is about quality. At Life Enrichment, your loved one will benefit from the following every day...

Participants Dottie and Charlene work together on a jigsaw puzzle.



- *Purpose*
- *Physical Activity*
- *Mental Stimulation*
- *Quality Healthcare*
- *Specialty Therapies*
- *Connection*



Veteran Bill puts on a fresh coat of paint on the LEC cornhole board.



Cathleen is all smiles during LEC's pajama day.

Studies have shown that exercise, Music & Horticultural Therapies, socialization, safety, and maintaining friendships can improve one's quality of life.

## Music Activities vs. Music Therapy

The benefits of music can be found in both music activities and music therapy, however our board certified music therapist takes a more intentional approach to engaging in music. Music therapy is a research based professional discipline that applies science to the creative, emotional, and energizing experiences of music for health benefits and goals. In music therapy, goals are more individualized and activities are tailored directly to the strengths and needs of our participants.



*(Above) Music Therapist, Hannah Coleman, uses her guitar to play participant Lorraine's favorite song. (Left) Participant Tyron plays tambourine during the LEC drum circle.*



## Horticultural Therapy

(Right) Horticultural Therapist, Debra Edwards, works with participant Bill, to plant winter vegetables for the LEC greenhouse. Gardening can reduce stress, boost brain health, and studies indicate that daily gardening can lower the risk of dementia by up to 36%, making it great natural therapy for seniors.





# December

## Shelby Activity Highlights

The first week of December will be used to record the LEC Christmas Play!

	<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦History Of The Mistletoe</li> <li>♦LEC Dance Party</li> <li>♦Pine Cone Art Project</li> </ul>  <p><i>Baked Chicken Legs-Macaroni &amp; Cheese-Green Beans-Pears</i></p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Christmas Play Practice</li> <li>♦History Of The Ford Model "A"</li> <li>♦Christmas Carol Sing-a-Long</li> </ul> <p><i>Pinto Beans-Cornbread-Cabbage-Mandarin Oranges</i></p>	<p><i>3 Thursday</i></p>  <ul style="list-style-type: none"> <li>♦Cookie Bake Off</li> <li>♦Let's Make A Christmas List</li> <li>♦Pen-Pals With The Kings Mountain Participants</li> </ul> <p><i>Sloppy Joes-Baked Beans-Tater Tots-Peaches</i></p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> <li>♦Naughty Or Nice Trivia</li> <li>♦Finish The Hymn</li> <li>♦Christmas Play Practice</li> </ul>  <p><i>Tomato Soup-Grilled Cheese Sandwich-Okra-Pineapple</i></p>
<p><i>7 Monday</i></p> <ul style="list-style-type: none"> <li>♦Remembering Pearl Harbor</li> <li>♦Happy Birthday "First State"</li> <li>♦What Would You Do If You Had One Million Dollars</li> </ul> <p>\$\$\$\$\$\$\$\$\$\$\$</p> <p><i>Minestone Soup-Italian Salad-Breadstick-Mixed Fruit</i></p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Guess That Taste!</li> <li>♦Christmas Play Practice</li> <li>♦Making Christmas Ornaments</li> </ul>  <p><i>Fish Tacos-Coleslaw-French Fries-Pears</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Canvas Ornament Art</li> <li>♦Making Pastries For Snack</li> <li>♦Design Your Own Christmas Card</li> </ul>  <p><i>Meatloaf-Scalloped Potatoes-Lima Beans-Mandarin Oranges</i></p>	<p><i>10 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Making Christmas Table Toppers</li> <li>♦Christmas Tree Decorating Contest</li> <li>♦LEC Nobel Peace Prize</li> </ul> <p><i>Broccoli Cheddar Soup-Turkey Sandwich w/ Lettuce &amp; Tomato-Peaches</i></p>	<p><i>11 Friday</i></p> <p>"Santa is stuck in the 50's" presented by LEC !</p> <p>Live on Facebook at 2:00pm</p> <p><i>Smoked Sausage-Sweet Potatoes-Black Eyed Peas-Pineapple</i></p>
<p><i>14 Monday</i></p> <ul style="list-style-type: none"> <li>♦LEC Target Golf</li> <li>♦All About The South Pole</li> <li>♦Christmas Bird Count Begins! How Many Can You See?</li> </ul> <p>Horticultural Therapy with Debra</p> <p><i>Spaghetti w/Meat Sauce-Caesar Salad-Garlic Bread-Fruit Cocktail</i></p>	<p><i>15 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Participant Council Meeting</li> <li>♦"Travel Tales" Tuesday</li> <li>♦Monthly Birthday Party</li> </ul> <p>Monthly Birthday Party</p> <p>Horticultural Therapy with Debra</p> <p><i>Grilled White Fish-Butter Beans-Spinach-Roll-Pears</i></p>	<p><i>16 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦"Minute To Win It" Games</li> <li>♦Making Christmas Wreaths</li> <li>♦What's Your Favorite Christmas Story</li> </ul>  <p><i>Loaded Baked Potato w/Chili, Broccoli, Cheese &amp; Sour Cream-Pineapples</i></p>	<p><i>17 Thursday</i></p> <ul style="list-style-type: none"> <li>♦Celebrating The Wright Brothers</li> <li>♦Gift Wrapping Contest</li> <li>♦Virtual Zoom Exercise</li> </ul>  <p><i>Chicken &amp; Broccoli, Alfredo-Garden Salad-Bread Stick-Peaches</i></p>	<p><i>18 Friday</i></p> <ul style="list-style-type: none"> <li>♦Weights On The Eights</li> <li>♦Afternoon Board Games</li> <li>♦Neisler Center Presents: "Jolly Jingles" Live On Facebook</li> </ul> <p>Horticultural Therapy with Debra</p> <p><i>Hamburger Steak w/Gravy-Roasted Carrots &amp; Potatoes-Roll-Mandarin Oranges</i></p>
<p><i>21 Monday</i></p> <ul style="list-style-type: none"> <li>♦First Day Of Winter</li> <li>♦Bah! Humbug Reminiscing</li> <li>♦Making Holiday Cupcakes</li> </ul>  <p>Music Therapy with Hannah</p> <p><i>Fish Sandwich-Green Beans-French Fries-Pears</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦Polar Express Movie Time And Trivia</li> <li>♦Making Banana Nut Bread</li> <li>♦Hanging Our "Santa Cam" Ornaments</li> </ul> <p>Music Therapy with Hannah</p> <p><i>Baked Chicken Legs-Scalloped Potatoes-Vegetable Medley-Peaches</i></p>	<p><i>23 Wednesday</i></p> <p>Ugly Sweater Parade</p> <ul style="list-style-type: none"> <li>♦All About Madam CJ Walker</li> <li>♦Reading Of "T'was The Night Before Christmas"</li> </ul> <p>Horticultural Therapy with Debra</p> <p><i>Smoked Sausage-Macaroni &amp; Cheese-Black Eyed Peas-Roll-Pineapple</i></p>	<p><i>24 Thursday</i></p>  <p>Closed</p>	<p><i>25 Friday</i></p>  <p>Closed</p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> <li>♦"Thank You Notes" To Santa</li> <li>♦"Name That Tune"</li> <li>♦All About Endangered Species</li> </ul> <p>Horticultural Therapy with Debra</p> <p><i>Sloppy Joes-Baked Beans-Tater Tots-Mandarin Oranges</i></p>	<p><i>29 Tuesday</i></p> <ul style="list-style-type: none"> <li>♦What's Your New Year's Resolution?</li> <li>♦Making Homemade Ice Cream</li> </ul> <p>Horticultural Therapy with Debra</p> <p><i>Tomato Soup-Grilled Cheese Sandwich-Okra-Fruit Cocktail</i></p>	<p><i>30 Wednesday</i></p> <ul style="list-style-type: none"> <li>♦Morning Word Search Activities</li> <li>♦Happy Birthday LeBron James</li> <li>♦Bacon Day! Making BLT's For Snack</li> </ul> <p>Music Therapy with Hannah</p> <p><i>Chili Beans-Cornbread-Coleslaw-Peaches</i></p>	<p><i>31 Thursday</i></p> <p>LEC New Year's Eve Celebration</p> <p>Music Therapy with Hannah</p> <p><i>Three Cheese Potato Soup-Ham Sandwich w/ Lettuce &amp; Tomato-Pears</i></p>	



# DECEMBER

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

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

The second week of  
December will be  
used to record the  
LEC  
Christmas Play!

### 1 Tuesday

- ♦Spotlight Person Of The Day: Rosa Parks
- ♦Plate Exercise
- ♦Clay Sculpture Christmas Decorations

### Health Fair

Baked Chicken Legs-Macaroni & Cheese-  
Green Beans-Pears

### 2 Wednesday

- ♦"Dear Santa"  
Christmas Letters
- ♦Scarf Exercise
- ♦Bake & Decorate Christmas Cookies
- ♦Virtual Music With Debbie Vaughan

Pinto Beans-Cornbread-Cabbage-  
Mandarin Oranges

### 3 Thursday

- ♦Build And Decorate A Gingerbread House
- ♦Balloon Volley
- ♦Making "Gratitude Garland"

Sloppy Joes-Baked Beans-  
Tater Tots-Peaches

### 4 Friday

- ♦Happy Birthday Walt Disney
- ♦LEC Chair Kickball
- ♦Disney Trivia



Tomato Soup-Grilled Cheese Sandwich-  
Okra-Pineapple

### 7 Monday

- ♦Christmas Play Practice
- ♦Design Your Own Christmas Cards



Minestone Soup-Italian Salad-Breadstick-  
Mixed Fruit

### 8 Tuesday

- ♦Decorating Christmas Trees
- ♦Gift Wrapping Competition
- ♦Pen-Pal Writing To Shelby LEC Participants

Fish Tacos-Coleslaw-French Fries-Pears

### 9 Wednesday

- ♦T'was The Night Before Christmas Story Time
- ♦Christmas Play Practice
- ♦Chair Yoga
- ♦Virtual Music With Debbie Vaughan

Meatloaf-Scalloped Potatoes-Lima Beans-  
Mandarin Oranges

### 10 Thursday

- ♦Christmas Play Practice
- ♦Christmas Day Reminiscing
- ♦Holiday Collages



Broccoli Cheddar Soup-Turkey Sandwich w/  
Lettuce & Tomato-Peaches

### 11 Friday

- ♦Holiday Word Games
- ♦"Name That Christmas Carol"
- ♦Shelby LEC Presents: "Santa Is Stuck In The 50's" Live On Facebook

Smoked Sausage-Sweet Potatoes-  
Black Eyed Peas-Pineapple

### 14 Monday



- ♦Christmas Carol Sing-a-long
- ♦Chair Zumba
- ♦Fingerprint Tree Decorations

🎵 Music Therapy with Hannah  
Spaghetti w/Meat Sauce-Caesar Salad-  
Garlic Bread-Fruit Cocktail

### 15 Tuesday

- ♦Let's Make Christmas Ornaments
- ♦Chair Yoga
- ♦The "Twelve Days Of Christmas" Game

🎵 Music Therapy with Hannah  
Grilled White Fish-Butter Beans-Spinach-  
Roll-Pears

### 16 Wednesday

- ♦Christmas Bingo
- ♦Virtual Music With Debbie Vaughan

### Health Fair

Horticultural Therapy  
with Debra

Loaded Baked Potato w/Chili, Broccoli,  
Cheese & Sour Cream-Pineapples

### 17 Thursday

- ♦Christmas Pictionary
- ♦Plastic Plate Exercise
- ♦Craft Corner: Snowball Paintings

Horticultural Therapy  
with Debra

Chicken & Broccoli Alfredo-Garden Salad-  
Bread Stick-Peaches

### 18 Friday

"Jolly Jingles"  
presented by LEC !  
Live on Facebook at  
2:00pm

🎵 Music Therapy with Hannah  
Hamburger Steak w/Gravy-Roasted Carrots &  
Potatoes-Roll-Mandarin Oranges

### 21 Monday

- ♦LEC Polar Express Cocoa Cup Challenge
- ♦Find The Missing Bell
- ♦Pass The Present

Hot Chocolate Bar!

Horticultural Therapy  
with Debra  
Fish Sandwich-Green Beans-French Fries-Pears

### 22 Tuesday

- ♦Christmas Scattergories
- ♦Indoor Walking Club
- ♦Christmas Scavenger Hunt

### Spa Day!

Horticultural Therapy  
with Debra  
Baked Chicken Legs-Scalloped Potatoes-  
Vegetable Medley-Peaches

### 23 Wednesday

### Ugly Sweater Day!

- ♦Jingle Bell Exercise
- ♦Snowman Bowling
- ♦Indoor Snowball Fight
- ♦Ugly Sweater Parade

🎵 Music Therapy with Hannah  
Smoked Sausage-Macaroni & Cheese-  
Black Eyed Peas-Roll-Pineapple

### 24 Thursday



Closed

### 25 Friday



Closed

### 28 Monday

- ♦Making New Year's Confetti
- ♦Plastic Plate Exercise

Monthly  
Birthday Party

Horticultural Therapy  
with Debra  
Sloppy Joes-Baked Beans-Tater Tots-  
Mandarin Oranges

### 29 Tuesday

- ♦Parachute Exercise
- ♦Arts & Crafts: New Year's Eve Sparklers
- ♦Participant Council Meeting

Tomato Soup-Grilled Cheese Sandwich-  
Okra-Fruit Cocktail

### 30 Wednesday

- ♦LEC Cornhole Tournament
- ♦New Year's Word Search
- ♦Musical Bingo
- ♦Virtual Music With Debbie Vaughan

Chili Beans-Cornbread-Coleslaw-Peaches

### 31 Thursday

- ♦Happy Hour!
- ♦New Years Resolutions

LEC New  
Year's Eve  
Celebration

Three Cheese Potato Soup-Ham Sandwich w/  
Lettuce & Tomato-Pears



## Every day is Veterans Day at LEC!

We honor and thank each veteran for their commitment and dedication to our country! LEC retired veterans shared stories, pictures, and military achievements during the 2020 LEC Veterans Day celebration.

Veteran Jim Bowen



Veteran Ernest Rome



Veteran Ken Hicks



Veteran Gary Gragg

Veteran Bill Beaver

## SPRIT WEEK

Shelby participants show off their favorite sports teams, pajama sets, and their "Sunday's Best" during LEC's spirit week! (Top left) Claudia wears her favorite baseball team. (Bottom left) Martha roots for her favorite basketball team. (Top right) Mickey Mouse pajamas are the way to go for Charlene. (Bottom right) Brayden was chosen for "Best Dressed" during the LEC fashion show!



## In Memory:

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

**Wanda Propst**  
*by*

Denese & Marty Stallings

## Friends:

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

**Welcome Wagon**  
**Club Of Cleveland County**

# Thank You!!

Linda Webber - Greeting Cards  
Mark & Susan Turner - Bingo Prizes  
Ed Patterson - Blankets & Food Items  
National Society Daughters Of  
The American Revolution - Veterans Gift Bags  
Dianne Harrison - Veterans Day Cupcakes  
Travis Mangum - Organic Sweet Potatoes  
Connie Savell - Greeting Cards  
Kay Carlisle - 2021 Calendars  
Allen Propst - Medical Supplies  
Alan Cooke - Personal Care Items



Participant Ruthie says thank you!

## 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 \_\_\_\_\_

## Board of Directors

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

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## Important Announcements

Announcements of closings due to bad weather will be made on LEC's telephone answering machine, our Facebook page, WBTV television, and through the "One Call Now" service. Should it be necessary to close early, caregivers will be notified by telephone.

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

## JOIN US VIRTUALLY FOR THIS YEAR'S LEC CHRISTMAS PROGRAMS!!

Each performance will be shown via Facebook and  
Youtube on the following days:

**Shelby:**  
**"Santa is stuck in  
the 50's"**  
**December 11, 2020**  
**2pm**

**Kings Mountain:**  
**"Jolly Jingles"**  
**December 18, 2020**  
**2pm**



**Life Enrichment Center will be  
CLOSED, Monday, January 18, 2021  
in observance of  
Martin Luther King Jr. Day**