



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

June 2021

Trying to
balance
work and
caregiving?

Call Life
Enrichment
Center!



Adult Day Program

*Schedule a **FREE** trial visit today!*

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.*

Is it safe?

This is a question that many caregivers often ask themselves. As dementia or Alzheimer's disease progress, home safety becomes extremely important. Founder & CEO of Project Life Saver, Gene Saunders, has put together a list of important questions to ask yourself that may help with your decision when choosing to leave your loved one home alone.

How can we help?

Life Enrichment provides a day program that is safe and reliable. You will have peace of mind while at work, running errands, or just getting a needed break as a caregiver!

Ask Yourself...

Does Your Loved One...

- Become confused or unpredictable under stress?
- Recognize a dangerous situation, such as a fire?
- Know how to use a telephone in an emergency?
- Know how to get help?
- Stay content within the home?
- Wander or become disoriented?
- Show signs of agitation, withdrawal, or depression when left alone for any period of time?
- Attempt to pursue former interests or hobbies that may now warrant supervision, such as cooking, appliance repair, or wood working?



Participant Claudia enjoys reading in the greenhouse.



Everyone deserves a spa day! Right John?



Participant Wayne is a grill master!

Every day at Life Enrichment participants enjoy meaningful programs such as Music Therapy, Horticultural Therapy, personal care, arts and crafts, quality health care, daily mental & physical exercise, nutritious meals, and opportunities for socialization. Participants can enjoy their favorite hobbies and interests safely!

**Enhance quality
of life!**



Participant A.C. plays harmonica.

JUNE

Shelby Activity Highlights

<p>LEC Spirit week</p> 	<p>1 Tuesday ♦ Wacky Tacky Day! ♦ Mix & Match Fashion Show ♦ "Who Wore It Best?"</p>  <p>Horticultural Therapy with Debra <i>Chicken Sandwich-Potato Salad-Peaches</i></p>	<p>2 Wednesday ♦ Super Hero Day! ♦ "Who Is Your Super Hero?" ♦ "Super Hero" Haiku Competition</p>  <p>Music Therapy with Hannah <i>Lasagna-Garden Salad-Garlic Bread-Pears</i></p>	<p>3 Thursday ♦ Farm Day! ♦ "Guess That Animal Sound" Trivia ♦ Reminiscing About Days On The Farm</p> <p>Music Therapy with Hannah <i>Pinto Beans-Cabbage-Cornbread-Oranges</i></p>	<p>4 Friday 2021 LEC Prom!</p>  <p><i>Baked Chicken-Sweet Potatoes-Asparagus-Roll-Pineapple</i></p>
<p>7 Monday ♦ "Hats Off" Virtual Program With Debbie Vaughan ♦ "Ensie Weesie" Spider Day ♦ Who Can Make The Best Pudding?</p> <p><i>Meatloaf-Scalloped Potatoes-Lima Beans-Roll-Applesauce</i></p>	<p>8 Tuesday ♦ LEC Bingo ♦ Tom Wood & Friends Virtual Concert ♦ How To Make Chocolate Ice Cream</p>  <p><i>Grilled Cheese Sandwich-Tomato Soup-Broccoli-Fruit Cocktail</i></p>	<p>9 Wednesday ♦ Magazine Scavenger Hunt ♦ Happy Birthday Donald Duck ♦ Volleyball Fun</p>  <p>Horticultural Therapy with Debra <i>Baked Chicken-Garden Salad-Baked Potato-Roll-Mandarin Oranges</i></p>	<p>10 Thursday ♦ Decorating & Flying Kites ♦ Virtual Vacation To Jamaica ♦ Family Feud Competition</p>  <p>Horticultural Therapy with Debra <i>Tuna Salad Sandwich-Baked Chips-Beets-Peaches</i></p>	<p>11 Friday ♦ Meet & Greet Good Morning ♦ How To Make A German Chocolate Cake ♦ Shelby Police Department K-9 Search And Retrieve</p> <p><i>Hamburger Steak w/Peppers & Onions-Tater Tots-Green Beans-Pears</i></p>
<p>14 Monday ♦ United States Flag Day ♦ Happy Birthday United States ♦ Garden Clean Up Day</p> <p>Horticultural Therapy with Debra <i>Chicken & Grits-Garden Salad-Roll-Fruit Cocktail</i></p>	<p>15 Tuesday ♦ "Top Shot" Photo Shoot ♦ "Hee Haw" Trivia ♦ Pound Cake Competition</p> <p>Horticultural Therapy with Debra <i>Fish Sandwich-Coleslaw-Baked Fries-Applesauce</i></p>	<p>16 Wednesday ♦ "Trash Bag" Fashion Show ♦ National Fudge Day ♦ History Of Cracker Jacks</p>  <p>Music Therapy with Hannah <i>Bologna & Cheese on Wheat-Baked Chips-Cottage Cheese-Pears</i></p>	<p>17 Thursday ♦ Making "Walk Of Fame" Stars ♦ Egyptian Mask Making ♦ Making "Mummys"</p> <p>Music Therapy with Hannah <i>Baked Ham-Mac & Cheese-Broccoli-Roll-Peaches</i></p>	<p>18 Friday ♦ LEC "Walk Of Fame" ♦ Recognizing All CNA's ♦ Making Father's Day Cards ♦ Autism Awareness Day</p> <p>Horticultural Therapy with Debra <i>Chicken Salad on Pita-Cucumber Salad-Mandarin Oranges</i></p>
<p>21 Monday ♦ Participant Council Meeting ♦ "Tie Dye" Fun ♦ LEC Monthly Birthday Party</p>  <p>Music Therapy with Hannah <i>Salmon Patty-Boiled Potatoes-Lima Beans-Roll-Mixed Fruit</i></p>	<p>22 Tuesday ♦ Making Blue Butterflies ♦ Butterfly Watching In The LEC Healing Garden ♦ Making Homemade Cinnamon Butter</p> <p>Music Therapy with Hannah <i>Turkey & Provolone on Wheat-Baked Chips-Broccoli Salad-Pears</i></p>	<p>23 Wednesday HEALTH FAIR DAY</p> <p>Horticultural Therapy with Debra <i>Chicken Tenders-Caesar Salad-Tater Tots-Pineapple</i></p>	<p>24 Thursday ♦ Making Homemade Biscuits ♦ History Of The Strawberry Moon Pie</p>  <p>Horticultural Therapy with Debra <i>Roast Beef-Mashed Potatoes & Gravy-Pears-Roll-Mandarin Oranges</i></p>	<p>25 Friday ♦ Early Morning "Dance Off" ♦ Jamaican Zumba With Alicia Mone't ♦ History Of Basketball</p> <p>Music Therapy with Hannah <i>Hot Ham & Cheese on Wheat-Potato Salad-Peaches</i></p>
<p>28 Monday ♦ "Weights On The 8's" ♦ "Name That Tune" Johnny Cash Edition ♦ Wedding Day Reminiscing</p> <p>Horticultural Therapy with Debra <i>Mexican Beef Casserole-Lettuce & Sour Cream-Refried Beans-Applesauce</i></p>	<p>29 Tuesday ♦ "Name That Tune" Hymnal Edition ♦ Wheelchair Relay</p> <p>Horticultural Therapy with Debra <i>Sloppy Joes-Garden Salad-Cottage Cheese-Pears</i></p>	<p>30 Wednesday ♦ Willie Wonka 50th Anniversary ♦ "Backyard Fishing" Game ♦ The Corvette Is Born</p> <p>Music Therapy with Hannah <i>BBQ Chicken-Baked Beans-French Fries-Roll-Fruit Cocktail</i></p>		

JUNE

Neisler Center

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

Monday, June 14th Wear Your Red, White, & Blue! Wednesday, June 23rd Wear Your Pink!	1 Tuesday <ul style="list-style-type: none"> ♦Writing To Our Shelby LEC Pen Pals ♦Chair Zumba ♦LEC's American Idol  Music Therapy with Hannah <i>Chicken Sandwich-Potato Salad-Peaches</i>	2 Wednesday <ul style="list-style-type: none"> ♦History Of The Doughnut ♦"Crazy For Coffee And Doughnuts" Activity ♦How To Make Homemade Doughnuts Horticultural Therapy with Debra <i>Lasagna-Garden Salad-Garlic Bread-Pears</i>	3 Thursday <ul style="list-style-type: none"> ♦LEC Fashion Show ♦Chair Yoga ♦LEC Arts & Crafts  Horticultural Therapy with Debra <i>Pinto Beans-Cabbage-Combread-Oranges</i>	4 Friday <ul style="list-style-type: none"> ♦String Paint Creations ♦Tai Chi ♦"Name That Tune" Trivia Health Fair <i>Baked Chicken-Sweet Potatoes-Asparagus-Roll-Pineapple</i>
7 Monday <ul style="list-style-type: none"> ♦How To Make An Applesauce Cake ♦Parachute Fun ♦Virtual Visit With Our Friends From LEC Shelby Horticultural Therapy with Debra <i>Maatloof-Scalloped Potatoes-Lima Beans-Roll-Applesauce</i>	8 Tuesday <ul style="list-style-type: none"> ♦"What's Your Flavor?" Reminiscing About Homemade Ice Cream ♦Balloon Volley ♦How To Make Homemade Ice Cream Horticultural Therapy with Debra <i>Grilled Cheese Sandwich-Tomato Soup-Broccoli-Fruit Cocktail</i>	9 Wednesday SPA DAY! <ul style="list-style-type: none"> ♦Tai Chi ♦Manicures & Pedicures  <i>Baked Chicken-Garden Salad-Baked Potato-Roll-Mandarin Oranges</i>	10 Thursday <ul style="list-style-type: none"> ♦Let's Make A Kite ♦Paper Plate Exercise ♦Who Can Fly The Highest Kite?  <i>Tuna Salad Sandwich-Baked Chips-Beets-Peaches</i>	11 Friday <ul style="list-style-type: none"> ♦Back Yard Games ♦Nature Walk Exercise ♦LEC "Fishing" Game  Horticultural Therapy with Debra <i>Hamburger Steak w/Peppers & Onions-Tater Tots-Green Beans-Pears</i>
14 Monday <ul style="list-style-type: none"> ♦History Of American Flag ♦LEC Flag Parade ♦Name That Flag Trivia Wear Your Red, White, & Blue!  Music Therapy with Hannah <i>Chicken & Grits-Garden Salad-Roll-Fruit Cocktail</i>	15 Tuesday <ul style="list-style-type: none"> ♦Food Pyramid ♦Balloon Volley ♦Wedding Day Bifolkals   Music Therapy with Hannah <i>Fish Sandwich-Coleslaw-Baked Fries-Applesauce</i>	16 Wednesday <ul style="list-style-type: none"> ♦Participant Council Meeting ♦Seated Drumming Aerobics ♦Skin Cancer Awareness Health Fair Horticultural Therapy with Debra <i>Bologna & Cheese on Wheat-Baked Chips-Cottage Cheese-Pears</i>	17 Thursday <ul style="list-style-type: none"> ♦"When Candy Cost A Penny" Reminiscing ♦Hand Weight Exercise ♦Making Father's Day Cards Horticultural Therapy with Debra <i>Baked Ham-Mac & Cheese-Broccoli-Roll-Peaches</i>	18 Friday <ul style="list-style-type: none"> ♦LEC Limbo Competition ♦Musical Instrument Exercise ♦Jamaica Day History Of Jamaica  Music Therapy with Hannah <i>Chicken Salad on Pita-Cucumber Salad-Mandarin Oranges</i>
21 Monday <ul style="list-style-type: none"> ♦Summer Time Bifolkals ♦"Newspaper" Exercise ♦"Do You Hear What I Hear?" Trivia Horticultural Therapy with Debra <i>Salmon Patty-Boiled Potatoes-Lima Beans-Roll-Mixed Fruit</i>	22 Tuesday <ul style="list-style-type: none"> ♦Shaving Cream Art ♦LEC Spelling Bee ♦Monthly Birthday Party  Horticultural Therapy with Debra <i>Turkey & Provolone on Wheat-Baked Chips-Broccoli Salad-Pears</i>	23 Wednesday National Pink Day <ul style="list-style-type: none"> ♦Pink Parade ♦Pink Paint Abstract Art  Music Therapy with Hannah <i>Chicken Tenders-Caesar Salad-Tater Tots-Pineapple</i>	24 Thursday <ul style="list-style-type: none"> ♦LEC "Price Is Right" ♦Chair Zumba ♦Corn Hole Tournament   Music Therapy with Hannah <i>Roast Beef-Mashed Potatoes & Gravy-Pears-Roll-Mandarin Oranges</i>	25 Friday <ul style="list-style-type: none"> ♦Nature Walk Scavenger Hunt ♦Tai Chi ♦"Let's Plan A Vacation" Collage Horticultural Therapy with Debra <i>Hot Ham & Cheese on Wheat-Potato Salad-Peaches</i>
28 Monday SPA DAY <ul style="list-style-type: none"> ♦Chair Yoga ♦Manicures & Pedicures  Music Therapy with Hannah <i>Mexican Beef Casserole-Lettuce & Sour Cream-Refried Beans-Applesauce</i>	29 Tuesday <ul style="list-style-type: none"> ♦"Can You Picture This?" Trivia Game ♦LEC Zumba ♦Musical Bean Bag Toss  Music Therapy with Hannah <i>Sloppy Joes-Garden Salad-Cottage Cheese-Pears</i>	30 Wednesday <ul style="list-style-type: none"> ♦How To Pitch A Tent ♦Camping Clues Word Game ♦Making Homemade S'mores Horticultural Therapy with Debra <i>BBQ Chicken-Baked Beans-French Fries-Roll-Fruit Cocktail</i>		



Celebrating National Nurses Week!

What a special week for LEC! Participants & Staff shared their favorite memories, heart warming stories, and reasons for choosing such a rewarding career. We would like to thank all of the nurses for their hard work and dedication!



Nurse
Rose



Nurse
Ashley



Nurse
Christy



Nurse
Doris



Nurse
Helen



Nurse
Karen

Nurse
Toni



Nurse
Kimmie



THANK
YOU!

Lillie Hinton- Sewing Supplies
Kaye Hartman- Misc. Items
Janice Bullard- Magazines
Sharon Carey- Personal Care Items
Sheryl Leu- Magazines
Dottie Parker- Bingo Prizes
Carmen & Carol Annette- Fabric
Crystal Love- Misc. Items
Ann Jones- Bingo Prizes
Sara Hamrick- Coloring Books
Dianne Garner- Prom Decorations
Linda Goforth- Magazines
Mary Chambers & Family- Personal Care Items
David Froneberger- Body Cream
Paul & Holly Godfrey- Plastic Bags
Brenda Lovelace- Medical Supplies

Friends:

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

Christine Hinson



Your Gift Will Help Keep Families 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

BENEFIT CONCERT FOR LIFE ENRICHMENT CENTER

Friday, September 17th, 2021
Don Gibson Theatre

**OAK GROVE
STRING BAND**

*Save The
Date!*

100% Proceeds go to Life Enrichment Center

Friday, September 17, 2021. All previous ticket sales will be honored for the Oak Grove String Band Benefit Concert for Life Enrichment. Stay tuned for more details and ticket purchase information. A night of great music for a great cause! We hope to see you there!

Life Enrichment will be **CLOSED**:

Monday, July 5, 2021 Monday, September 6, 2021

