



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

October 2020

Is Dad
Spending Too
Much Time
Alone?

Call Today!

Adult Day Care

The best choice for keeping families together and at home!

Schedule a **FREE** Trial Visit Today!

*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.*

Friendships Are Important Now More Than Ever!

At Life Enrichment, your loved one can experience all of the benefits of socialization in a safe, clean, and most of all FUN environment.

Even brief periods of isolation and loneliness can have negative consequences on both physical and mental well-being. The American Psychological Association reports that social isolation carries a number of health risks. Feeling isolated can lead to poor sleep, poor cardiovascular health, lower immunity, depressive symptoms, and impaired executive function.



Retired Veterans relax in the shade, while keeping six feet apart, sharing stories of their military service.

A Song In My Heart...



Participant Charlene gets creative with her song writing.

Whether composing our own song or rewriting words to familiar tunes, our participants love to engage in song writing. It gives them the opportunity to express themselves, to have choices and make decisions, to work together, and it boosts self-esteem. They always love to have a final product and are able to say "we wrote that song!"

A Seed For My Soul...

The participants are looking forward to fall-and that means a lot of garden clean-up! Working hard to prepare for fall, participants have been busy removing over grown flower beds, rearranging the green house, and repotting plants for the LEC Fall Plant Sale!



Participant Trey fills a pot for the plant sale.

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

OCTOBER

Shelby Activity Highlights

Dates to Remember

Dress to Impress! Participant Portraits, **Friday, Oct 23**
Fall Festival & Costume Contest, **Friday, Oct 30**

<div><div><div>Dates to Remember</div></div></div>			<div><div>1 Thursday</div><div>♦Baseball History : "The Day Babe Called His Shot"</div><div></div><div>Horticultural Therapy with Debra</div><div>Broccoli & Cheddar Soup-Turkey Sandwich-Beets-Pineapple</div></div>	<div><div>2 Friday</div><div>♦Recognizing Thurgood Marshall</div><div></div><div>Music Therapy with Hannah</div><div>Smoked Sausage & Sauerkraut-Potatoes-Lima Beans-Mixed Fruit-Ice Cream</div></div>
<div><div>5 Monday</div><div>♦Writing Teacher Appreciation Letters</div><div>♦LEC Relay Races</div><div>♦Participant Council Meeting</div><div>Horticultural Therapy with Debra</div><div>Chicken & Broccoli-Alfredo-Garden Salad-Garlic Bread-Pears</div></div>	<div><div>6 Tuesday</div><div>♦Christmas Play Rehearsal</div><div>♦Morning Virtual Yoga w/Latisha</div><div>♦Men's "Chair Repair" Project</div><div>Horticultural Therapy with Debra</div><div>Sloppy Joes w/Tomato Slices-Baked Beans-Tater Tots-Peaches</div></div>	<div><div>7 Wednesday</div><div>♦LEC Talent Show Practice</div><div>♦Pen-Pal Writing To The Neisler Center Participants</div><div>♦Cookie Baking Contest</div><div></div><div>Music Therapy with Hannah</div><div>Turkey Breast-Stuffing-Green Beans-Roll-Mandarin Oranges</div></div>	<div><div>8 Thursday</div><div>♦"Thankful Thursday" Sharing What We're Thankful For</div><div>Health Fair</div><div>Music Therapy with Hannah</div><div>Smothered Pork Loin-Black Eyed Peas-Sweet Potatoes-Yeast Roll-Applesauce</div></div>	<div><div>9 Friday</div><div>♦LEC Talent Show</div><div>♦LEC Chopped Finale</div><div>♦Making Homemade Applebutter</div><div>Horticultural Therapy with Debra</div><div>Macaroni & Cheese w/Ham-Steamed Broccoli-Pineapple</div></div>
<div><div>12 Monday</div><div></div><div>♦Learning All About Arthritis</div><div>♦Ladies' Walking Club</div><div>♦Celebrating Indigenous Day</div><div>Music Therapy with Hannah</div><div>Baked Chicken-Scalloped Potatoes-Green Beans-Roll-Fruit Cocktail</div></div>	<div><div>13 Tuesday</div><div>♦United States Naval Academy Birthday</div><div>♦Virtual Tour Of The White House</div><div>♦Afternoon Bingo Bonanza</div><div></div><div>Music Therapy with Hannah</div><div>Chili Beans-Coleslaw-Cornbread-Pears</div></div>	<div><div>14 Wednesday</div><div>♦LEC Dance Party</div><div>♦"Leaf Rubbing" Arts & Crafts</div><div>♦Devotion w/ Rev. Roseboro Sr.</div><div>Horticultural Therapy with Debra</div><div>Tomato Soup-Grilled Cheese-Okra-Peaches</div></div>	<div><div>15 Thursday</div><div>♦All About Patsy Cline</div><div>♦History Of "I Love Lucy"</div><div>♦Ladies' Walking Club</div><div>♦Men's Coffee Club</div><div>Horticultural Therapy with Debra</div><div>Spaghetti w/Meat Sauce-Caesar Salad-Garlic Bread</div></div>	<div><div>16 Friday</div><div>♦"Football Friday" Games</div><div>♦Biscuit Making Contest</div><div>♦Men's Walking Club</div><div>♦Ladies' Tea Party</div><div>Music Therapy with Hannah</div><div>Grilled Chicken Sandwich-Lettuce & Tomato-Pork & Beans-Mixed Fruit</div></div>
<div><div>19 Monday</div><div>♦Christmas Play Practice</div><div>♦National Doughnut Day</div><div>♦"Magic Trick" Monday</div><div></div><div>Horticultural Therapy with Debra</div><div>Ham & Potato Soup-BLT Sandwich-Pineapple Tidbits</div></div>	<div><div>20 Tuesday</div><div>♦Baseball World Series Reminiscing</div><div>♦All About "Jelly Roll" Morton</div><div>LEC Plant Sale</div><div>Fish Sandwich-Tater Tots-Pasta Salad w/Mixed Vegetables-Pears</div></div>	<div><div>21 Wednesday</div><div>♦Reptile Day w/Special Guests! Roscoe, Vinny, & Stella Visit</div><div>♦Remembering Steve Irwin "Crocodile Hunter"</div><div>♦Gator Tasting For Snack</div><div>Music Therapy with Hannah</div><div>Hamburger Steak-Roasted Potatoes-Peas & Carrots-Applesauce</div></div>	<div><div>22 Thursday</div><div></div><div>♦"Think Positive Thursday" Give Someone A Compliment</div><div>♦Ford Motors Anniversary</div><div>♦"Duct Tape" Fashion Show</div><div>Music Therapy with Hannah</div><div>Chicken Nachos-Mexican Salad-Black Beans-Peaches</div></div>	<div><div>23 Friday</div><div>♦"Walk For Heroes" Breast Cancer Awareness Program</div><div>♦Participant Portraits</div><div>Wear Your Pink!</div><div>Horticultural Therapy with Debra</div><div>Vegetable Soup-Garden Salad-Garlic Bread-Yogurt</div></div>
<div><div>26 Monday</div><div>♦Military Reminiscing</div><div>♦Wheelchair Kickball Game</div><div>♦LEC "Car Wash"</div><div>Monthly Birthday Party</div><div>Music Therapy with Hannah</div><div>Sloppy Joes w/ Tomato Slices-French Fries-Baked Beans-Fruit Cocktail</div></div>	<div><div>27 Tuesday</div><div>♦Parachute Fun</div><div>♦Recognizing Harriet Tubman</div><div>♦Let's Write a Ghost Story</div><div></div><div>Music Therapy with Hannah</div><div>Chicken Pot Pie w/Mixed Vegetables-Garden Salad-Roll-Peaches</div></div>	<div><div>28 Wednesday</div><div>♦Ladies' Cross Word Group</div><div>♦Men's Woodworking Group</div><div></div><div>Horticultural Therapy with Debra</div><div>Tomato Soup-Grilled Cheese-Okra-Pineapple</div></div>	<div><div>29 Thursday</div><div>♦Karaoke Contest</div><div>♦"Name That Food" Blindfold Taste Test</div><div>♦"Salt or Sugar?"</div><div>How Do You Take Your Oatmeal</div><div>Horticultural Therapy with Debra</div><div>Broccoli & Cheddar Soup-Turkey Sandwich-Beets-Pears</div></div>	<div><div>30 Friday</div><div>♦Costume Parade</div><div>♦Hay Rides</div><div>Fall Festival</div><div>Music Therapy with Hannah</div><div>Baked Chicken-Mashed Potatoes-Okra & Stewed Tomatoes-Roll</div></div>



OCTOBER

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

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

dates
to
Remember

Fall Color Week: **October 12-16**

Fall Festival/Costume Parade: **October 12th-16**

<div><div>dates</div><div>to Remember</div></div> <div>Fall Color Week: October 12-16</div> <div>Fall Festival/Costume Parade: October 12th-16</div>			<div>1 Thursday</div> <div><div>♦Share Your Favorite Pumpkin Recipe</div><div>♦Chair Zumba</div><div>♦"Who Will Find The Pumpkin?" Scavenger Hunt</div></div> <div><div>🎵Music Therapy with Hannah</div><div>Broccoli & Cheddar Soup-Turkey Sandwich-Beets-Pineapple</div></div>	<div>2 Friday</div> <div><div>♦Breast Cancer Awareness Month, Wear Your Pink!</div><div>♦"Cycle Chair" Exercises</div><div>♦Overhead Projector Activity (A Walk Down Memory Lane)</div></div> <div><div>Horticultural Therapy with Debra</div><div>Smoked Sausage & Sauerkraut-Potatoes-Lima Beans-Mixed Fruit-Ice Cream</div></div>
<div>5 Monday</div> <div><div>♦Christmas Play Practice</div><div>♦Scarf Exercise</div><div>♦Let's Build A Model T Ford</div></div> <div><div>HEALTH FAIR</div></div> <div><div>🎵Music Therapy with Hannah</div><div>Chicken & Broccoli Alfredo-Garden Salad-Garlic Bread-Pears</div></div>	<div>6 Tuesday</div> <div><div>♦"Name That Candy" Trivia</div><div>♦Relay Race Exercise</div><div>♦We're Making A Scarecrow</div><div>♦Participant Council Meeting</div></div> <div><div>🎵Music Therapy with Hannah</div><div>Sloppy Joes w/ Tomato Slices-Baked Beans-Tater Tots-Peaches</div></div>	<div>7 Wednesday</div> <div><div>♦Create Your Own Fall Wreath</div><div>♦"Sit Down" Cardio Class</div><div>♦"Are You Smarter Than A 5th Grader?"</div></div> <div><div>Horticultural Therapy with Debra</div><div>Turkey Breast-Stuffing-Green Beans-Roll-Mandarin Oranges</div></div>		
<div>12 Monday</div> <div><div>♦Making A Pumpkin Volcano</div><div>♦"Pool Noodle" Exercise</div><div>♦Fall Color Of The Day! Everything ORANGE!</div></div> <div><div>Horticultural Therapy with Debra</div><div>Baked Chicken-Scalloped Potatoes-Green Beans-Roll-Fruit Cocktail</div></div>	<div>13 Tuesday</div> <div><div>♦Making A "Thankful Tree"</div><div>♦"Relay Race" Exercise</div><div>♦Fall Color Of The Day! Everything BROWN!</div></div> <div><div>Health Fair</div><div><div>Horticultural Therapy with Debra</div><div>Chili Beans-Coleslaw-Cornbread-Pears</div></div></div>	<div>14 Wednesday</div> <div><div>♦Christmas Play Practice</div><div>♦Cornhole Tournament</div><div>♦History Of Halloween</div><div>♦Fall Color Of The Day! Everything RED!</div></div> <div><div>🎵Music Therapy with Hannah</div><div>Tomato Soup-Grilled Cheese-Okra-Peaches</div></div>		
<div>19 Monday</div> <div><div>♦"Core Strength" Exercise</div><div>♦All About Julie Andrews</div></div> <div><div>Happy DAY SPA</div></div> <div><div>🎵Music Therapy with Hannah</div><div>Ham & Potato Soup-BLT Sandwich-Pineapple Tidbits</div></div>	<div>20 Tuesday</div> <div><div>♦Fall Scavenger Hunt</div><div>♦Zumba Chair Exercise</div><div>♦Halloween Bingo</div></div> <div><div>BINGO</div><div><div>🎵Music Therapy with Hannah</div><div>Fish Sandwich-Tater Tots-Pasta Salad w/Mixed Vegetables-Pears</div></div></div>	<div>21 Wednesday</div> <div><div>♦Making Fall Potpourri</div><div>♦Tai Chi</div><div>♦Harry Potter Marathon</div></div> <div><div>Health Fair</div><div><div>Horticultural Therapy with Debra</div><div>Hamburger Steak-Roasted Potatoes-Peas & Carrots-Applesauce</div></div></div>		
<div>26 Monday</div> <div><div>♦Decorating For Fall Festival</div><div>♦"How Low Can You Go?" Exercise</div><div>♦Halloween "Roll-a-Story"</div></div> <div><div>Horticultural Therapy with Debra</div><div>Sloppy Joes w/ Tomato Slices-French Fries-Baked Beans-Fruit Cocktail</div></div>	<div>27 Tuesday</div> <div><div>♦Wear Your Favorite Football Team Colors</div><div>♦Football Trivia Game</div><div>♦LEC Indoor Football Game</div></div> <div><div>Horticultural Therapy with Debra</div><div>Chicken Pot Pie w/Mixed Vegetables-Garden Salad-Roll-Peaches</div></div>	<div>28 Wednesday</div> <div><div>♦Halloween Bingo</div><div>♦Halloween "Word Games"</div><div>♦LEC "Price Is Right"</div></div> <div><div>🎵Music Therapy with Hannah</div><div>Tomato Soup-Grilled Cheese-Okra-Pineapple</div></div>		
<div>29 Thursday</div> <div><div>♦Who Can Write The Best "Scary" Story?</div><div>♦"Test Your Balance" Exercises</div><div>♦Halloween "Win, Lose, Or Draw"</div></div> <div><div>🎵Music Therapy with Hannah</div><div>Broccoli & Cheddar Soup-Turkey Sandwich-Beets-Pears</div></div>	<div>30 Friday</div> <div><div>Fall Festival</div><div><div>Horticultural Therapy with Debra</div><div>Baked Chicken-Mashed Potatoes-Okra & Stewed Tomatoes-Roll</div></div></div>			

In Memory:

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

Mona Scism
by

Paulette Putnam
Mary & Gary Hoque
Truth Debaters Sunday School Class
First Presbyterian Church
Norman & Annie Blanton
Scott & Marsha Campbell
William L Hamrick

Participant Mona loved to play the piano for her friends at LEC.



(Left to right) Participant Carl prepares fresh okra for lunch. Participant Jane enjoys reading a magazine.

Donations

NC Cooperative Extension- Magazines & Greeting Cards
Gail Wilson- Personal Care Items
Travis Mangum- Fresh Squash
Dana Johnson- Personal Care Items

Thank You!!

During these unprecedented times, Life Enrichment has experienced a hardship. We are operating at a very low census and revenue has drastically decreased. We would like to thank the following for their COVID-19 relief contributions. Because of you, Life Enrichment Center is able to keep its doors open and continue the mission to support caregivers.

Anonymous
Jack & Carole Arey
The Dover Foundation
Gary & Rebecca Harden
Jay & Sandy Rhodes
Jo Ann Richards

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

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.

Please Remember To Label All Sweaters, Jackets, And Coats!!



Fall Plant Sale!

Tuesday October 20th
Morning: 8-10am; Afternoon: 2-5pm
(While supplies last)

The ladies enjoy fellowship year round in the LEC greenhouse.

The *Shelby* Center is hosting a plant sale to make room in the greenhouse for tropical plants that will need to come inside for winter. Join us to browse houseplants that the participants have propagated and nurtured all summer! Tables will be set-up at the *drop-off area*. Prices are not determined, we are accepting donations. All proceeds will go to the LEC horticultural therapy program!

