



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

February 2021

Looking For The Perfect Valentine For Mom?



How About:

- ♥ Safety
- ♥ Friendships
- ♥ Meaningful Programs
- ♥ Quality Healthcare

Call Today!

Participant Lorraine makes Valentine's Day decorations.

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 safe place for adults to go while their families work, run errands, or take a break. The participants come in the morning, enjoy meaningful programs throughout the day, and go home at night.



Participant Mary makes a puzzle picture frame.

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 leaves the person isolated.



Participant Helen samples tea for National Hot Tea Day.



Participant Daniel enjoys music therapy at LEC!

Horticultural Therapy Tip:



Caregiver burnout has been a topic of conversation among therapists and care providers due to altered schedules and more time at home. Practicing self-care by viewing nature scenes, even through a window, which can decrease anxiety, improve concentration and decrease errors of omission. Innovative thinking and creative problem solving may also increase by simply viewing a plant or flower. Recent research says that we tend to underestimate how much better we will feel when we walk in nature. So, enjoy nearby nature in your daily life to feel calmer, happier, and restored! This will also help you provide more rested and attentive care for your loved one!

Music Therapy at LEC!



This month's music therapy feature is our LEC Tone Chime Choir. Participants are selected based upon interest and attention skills. Being a part of the tone chime choir allows participants to learn a new instrument, to learn music skills, to work on attention skills, and to boost self-esteem, just to name a few. Our goal is to work towards a spring performance!

Participant Arlene plays Amazing Grace using the tone chimes.



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

February

Shelby Activity Highlights

<p>1 Monday</p> <ul style="list-style-type: none"> ♦ LEC Bingo ♦ Bird Nest Camera Watching ♦ Pen Pal Letters To Kings Mountain LEC Participants <p> Music Therapy with Hannah <i>Chicken Tenders-Green Beans-Scalloped Potatoes-Mixed Fruit</i></p>	<p>2 Tuesday</p> <ul style="list-style-type: none"> ♦ LEC Production Oscar Presentation ♦ Women's Word Search Group ♦ Mens Woodworking Project <p> Music Therapy with Hannah <i>Smoked Sausage-Sauerkraut-Lima Beans-Roll-Applesauce</i></p>	<p>3 Wednesday</p> <ul style="list-style-type: none"> ♦ 15th Amendment Discussion "My Right To Vote" ♦ LEC's Price Is Right <p>Horticultural Therapy with Debra <i>Swedish Meatballs Over Pasta-Sauteed Spinach-Peaches</i></p>	<p>4 Thursday</p> <ul style="list-style-type: none"> ♦ Recognizing Rosa Parks "Strong Enough To Sit" ♦ Writing Thank You Letters To The Mail Carrier ♦ Celebrating Our Teachers <p>Horticultural Therapy with Debra <i>Three Cheese Potato Soup-Turkey Sandwich w/ Lettuce & Tomato-Mandarin Oranges</i></p>	<p>5 Friday</p> <ul style="list-style-type: none"> ♦ History Of Hank Aaron ♦ Abstract Art Canvas Painting ♦ Cereal Box Puzzle Art <p>  Music Therapy with Hannah <i>Chicken Sandwich w/ Lettuce & Tomato-French Fries-Broccoli-Pineapple</i></p>
<p>8 Monday</p> <ul style="list-style-type: none"> ♦ Making Paper Cup Windchimes ♦ Virtual Guitar Program ♦ "Weights On The Eights" <p>Horticultural Therapy with Debra <i>Pinto Beans-Cabbage-Cornbread-Pears</i></p>	<p>9 Tuesday</p> <ul style="list-style-type: none"> ♦ "Thumbs Up" Music Edition ♦ Making Homemade Milk Chocolate <p> Horticultural Therapy with Debra <i>Chicken & Dumplings-Garden Salad-Biscuit-Fruit Cocktail</i></p>	<p>10 Wednesday</p> <ul style="list-style-type: none"> ♦ Recognizing President Barack Obama ♦ Coffee And Cookie Social ♦ Making Edible Jewelry <p> Music Therapy with Hannah <i>Beef Nachos-Mexican Salad-Black Beans-Mandarin Oranges</i></p>	<p>11 Thursday</p> <ul style="list-style-type: none"> ♦ History Of Thomas Edison ♦ Making Homemade Lemonade ♦ Recognizing Nelson Mandela <p> Music Therapy with Hannah <i>Tomato Soup-Grilled Cheese-Okra-Peaches</i></p>	<p>12 Friday</p> <ul style="list-style-type: none"> ♦ Valentine's Day Celebration ♦ Making Paper Plate Valentine Wreaths ♦ Making Red Jello For National Jello Day <p>Wear Your Red! <i>Sloppy Joes-Baked Beans-Tater Tots-Pineapple</i></p>
<p>15 Monday</p> <ul style="list-style-type: none"> ♦ Participant Council Meeting ♦ Create Your Own Picture Frame ♦ LEC Monthly Birthday Party <p> Music Therapy with Hannah <i>Spaghetti w/ Meat Sauce-Caesar Salad-Garlic Bread-Applesauce</i></p>	<p>16 Tuesday</p> <ul style="list-style-type: none"> ♦ Making Sock Puppets ♦ Recognizing The Negro National Baseball League ♦ Hymnal Sing-a-long <p> Music Therapy with Hannah <i>Loaded Baked Potato w/ Chili, Cheese, & Sour Cream-Broccoli-Mixed Fruit</i></p>	<p>17 Wednesday</p> <ul style="list-style-type: none"> ♦ LEC Health Fair <p> Horticultural Therapy with Debra <i>Baked Chicken-Roasted Carrots & Potatoes-Roll-Pears</i></p>	<p>18 Thursday</p> <ul style="list-style-type: none"> ♦ LEC Putt-Putt ♦ "Weights On The Eights" ♦ Malcom X Ford Auditorium Speech Discussion <p>Horticultural Therapy with Debra <i>Baked White Fish-Sweet Potato Fries-Sauteed Spinach-Pineapple</i></p>	<p>19 Friday</p> <ul style="list-style-type: none"> ♦ "Friday Frenzy" Games ♦ "Blast From The Past" Trivia ♦ LEC Auction <p> Music Therapy with Hannah <i>Baked Ham-Black Eyed Peas-Scalloped Potatoes-Mandarin Oranges</i></p>
<p>22 Monday</p> <ul style="list-style-type: none"> ♦ "You Are Kings & Queens" Creating Your Own Crown ♦ Making Our LEC Family Feud Board <p>Horticultural Therapy with Debra <i>Chicken Sandwich w/ Lettuce, Mayo, & Tomato-French Fries-Fruit Cocktail</i></p>	<p>23 Tuesday</p> <ul style="list-style-type: none"> ♦ LEC Family Feud ♦ "Can You Guess The Team" Helmet Edition ♦ LEC Bowling Tournament <p>Horticultural Therapy with Debra <i>Broccoli Cheddar Soup-Turkey Sandwich-Peaches</i></p>	<p>24 Wednesday</p> <ul style="list-style-type: none"> ♦ "Name That Spice" Blind Taste Test ♦ Theme Song Trivia ♦ Cupcake Decorating Competition <p> Music Therapy with Hannah <i>Hamburger Steak w/ Gravy-Roasted Carrots & Potatoes-Applesauce</i></p>	<p>25 Thursday</p> <ul style="list-style-type: none"> ♦ Blues Music Trivia ♦ Crossword Puzzle Competition ♦ Covid-19 Prevention "What You Can Do To Stay Safe" <p> Music Therapy with Hannah <i>Tomato Soup-Grilled Cheese-Brussel Sprouts-Pineapple</i></p>	<p>26 Friday</p> <ul style="list-style-type: none"> ♦ Indoor Scavenger Hunt ♦ LEC "Chopped" Cooking Competition ♦ Famous African American Inventors <p>Horticultural Therapy with Debra <i>White Chicken Chili-Cornbread-Coleslaw-Pears</i></p>



Life Enrichment's Valentine's Day Celebration!!
Friday, February 12



February

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

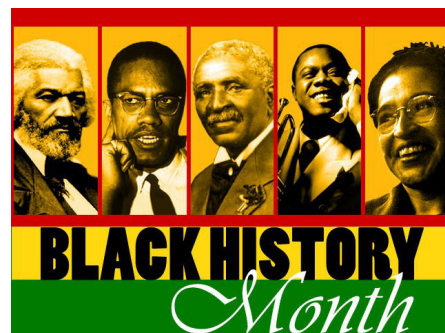
Neisler Center
by the Neisler Foundation
222 Kings Mountain Blvd.
Kings Mountain, NC 28086
704-739-4858

1 Monday <ul style="list-style-type: none"> ♦Let's Make Bookmarks! ♦Paper Plate Exercise ♦LEC Wheel Of Fortune ♦Health Fair Horticultural Therapy with Debra <i>Chicken Tenders-Green Beans-Scalloped Potatoes-Mixed Fruit</i>	2 Tuesday <ul style="list-style-type: none"> ♦History Of Groundhog Day ♦Scarf Exercise ♦Groundhog Day Scavenger Hunt Horticultural Therapy with Debra <i>Smoked Sausage-Sauerkraut-Lima Beans Lima Beans-Roll-Applesauce</i>	3 Wednesday <ul style="list-style-type: none"> ♦LEC "Good Morning" Parade ♦Chair Yoga ♦Making Heart Wreaths Spa Day Music Therapy with Hannah <i>Swedish Meatballs Over Pasta-Sauteed Spinach-Peaches</i>	4 Thursday <ul style="list-style-type: none"> ♦Morning Charades ♦Making Hand Print Heart Trees  Music Therapy with Hannah <i>Three Cheese Potato Soup-Turkey Sandwich w/ Lettuce & Tomato-Mandarin Oranges</i>	5 Friday <ul style="list-style-type: none"> ♦LEC Football Toss ♦Super Bowl Predictions ♦Super Bowl Pep Rally Horticultural Therapy with Debra <i>Chicken Sandwich w/ Lettuce & Tomato-French Fries-Broccoli-Pineapple</i>
8 Monday <ul style="list-style-type: none"> ♦History Of The Chinese New Year ♦Indoor Kickball Game ♦Making Suncatchers Music Therapy with Hannah <i>Pinto Beans-Cabbage-Cornbread-Pears</i>	9 Tuesday <ul style="list-style-type: none"> ♦"Good Morning" Simon Says ♦LEC Cornhole ♦"Name That Food" Blindfold Taste Test ♦Health Fair Music Therapy with Hannah <i>Chicken & Dumplings-Garden Salad-Biscuit-Fruit Cocktail</i>	10 Wednesday <ul style="list-style-type: none"> ♦LEC Red Light, Green Light ♦Bowling Tournament ♦Decorating Sugar Cookies Horticultural Therapy with Debra <i>Beef Nachos-Mexican Salad-Black Beans Mandarin Oranges</i>	11 Thursday <ul style="list-style-type: none"> ♦LEC Wacky Wedding ♦Chair Zumba ♦"Love Songs" Sing-a-long Horticultural Therapy with Debra <i>Tomato Soup-Grilled Cheese-Okra-Peaches</i>	12 Friday LEC Valentine's Day Party! (Wear Your Red) Music Therapy with Hannah <i>Sloppy Joes-Baked Beans-Tater Tots-Pineapple</i>
15 Monday <ul style="list-style-type: none"> ♦Spotlight Black History Month Leader: Nat Turner ♦African Culture Of The Day :  Hausa Horticultural Therapy with Debra <i>Spaghetti w/ Meat Sauce-Caesar Salad-Garlic Bread-Applesauce</i>	16 Tuesday <ul style="list-style-type: none"> ♦Spotlight Black History Month Leader: Frederick Douglas ♦African Culture Of The Day :  Maasai Horticultural Therapy with Debra <i>Loaded Baked Potato w/ Chili, Cheese, & Sour Cream-Broccoli-Mixed Fruit</i>	17 Wednesday <ul style="list-style-type: none"> ♦Spotlight Black History Month Leader: Harriet Tubman ♦African Culture Of The Day :  Himba Music Therapy with Hannah <i>Baked Chicken-Roasted Carrots & Potatoes-Roll-Pears</i>	18 Thursday <ul style="list-style-type: none"> ♦Spotlight Black History Month Leader: Thurgood Marshall ♦African Culture Of The Day :  Zulu Music Therapy with Hannah <i>Baked White Fish-Sweet Potato Fries-Sauteed Spinach-Pineapple</i>	19 Friday <ul style="list-style-type: none"> ♦Spotlight Black History Month Leader: Rosa Parks ♦African Culture Of The Day :  Southern Ndebele Horticultural Therapy with Debra <i>Baked Ham-Black Eyed Peas-Scalloped Potatoes-Mandarin Oranges</i>
22 Monday <ul style="list-style-type: none"> ♦LEC "Hokey Pokey" ♦Indoor Volleyball ♦Painting To Music ♦Participant Council Meeting Music Therapy with Hannah <i>Chicken Sandwich w/ Lettuce, Mayo, & Tomato French Fries-Fruit Cocktail</i>	23 Tuesday <ul style="list-style-type: none"> ♦"Self Esteem" Dance Party ♦Chair Yoga ♦Rock Painting ♦LEC Monthly Birthday Party Music Therapy with Hannah <i>Broccoli Cheddar Soup-Turkey Sandwich-Peaches</i>	24 Wednesday <ul style="list-style-type: none"> ♦LEC Bingo Bonanza ♦Health Fair ♦"Soul Train" Exercise Horticultural Therapy with Debra <i>Hamburger Steak w/ Gravy Roasted Carrots & Potatoes-Applesauce</i>	25 Thursday <ul style="list-style-type: none"> ♦Today In History ♦Parachute Fun ♦Decorating Mardi Gras Masks Horticultural Therapy with Debra <i>Tomato Soup-Grilled Cheese-Brussel Sprouts-Pineapple</i>	26 Friday <ul style="list-style-type: none"> ♦History Of Mardi Gras ♦Mardi Gras Parade ♦Mardi Gras Dance Party Music Therapy with Hannah <i>White Chicken Chili-Cornbread-Coleslaw-Pears</i>

February 5: Wear Your Favorite Football Team Colors!



February 12: Valentine's Celebration
 (Wear Your Red)



In Memory:

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

Ernest Rome
by

Ken & Nell Randall
Judy Scism
Dennis & Rhonda Conner
Freida & Ronald Thomas
Bob & Jackie McRae
Corky & Barbara Fulton
Allan & Tricia Propst
David & Marie Brinkley
Cotton Gin Salon
Tonya Parker
Amy Davis
Virginia Ware

Margaret Wright
by

Mike & Phillis Robinson

Bill Richardson
by

Rebecca Whelan

Betty Weaver
by

Robyn Putnam

Caroline Godfrey
by

Josh, Tasha, & Henry
Rountree

THANK YOU!

Otho West & Family - Socks
Taylor Perry - Personal Care Items
Connie Rupprecht - Framed Art
The Major William Chronicle Chapter /DAR - Christmas
Cards For Veterans
Elevation Church - Christmas Cards
Carmelita Lovelace - Bingo Set
Beverly Rogers - Lemon Trees
Deborah Earls - Personal Care Items
Ed Patterson - Food Items
Suzi Kennedy - Ferns



(Left to right) Participants Zach & William make Valentines.



*(Left to right) Crystal & Cindy spend time
in the LEC greenhouse.*

In Honor...

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

Suzi Kennedy
by

Bill & Nancy McCullough

Tina & Will Rucker
by

Don & Emily Yelton

Hal Falls
by
Becky Scism



Friends:

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

Shelby Presbyterian Church

David Wray

Emily Rountree

Shirley Bridges

Mr. & Mrs. John B. Lattimore

Dr. & Mrs. Frank Hannah

Jim Martin

Thank you to Mike Dacus and Enerpac staff for your support and generosity. Life Enrichment Center is honored to be a recipient of the "Give Where You Live" program. Your gift will make a difference in the lives of those we serve!



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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Donna Beringer, *Treasurer*
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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!!



To schedule an appointment for the **COVID vaccine** in Cleveland County, call **704-468-8888**. Appointments can also be made by calling the COVID Hotline through the Cleveland County Health Department, **980-484-6019**. You can also visit **www.gastonsaves.com** to schedule an appointment in Gastonia, NC.

