

## Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

February 2020

**When You Love  
Her Enough...  
Give Her The  
Very Best!**

**A  
National  
Model**



*Participant Kimmie helps with Valentine's Day decorations.*

# Adult Day Care

*The best choice for keeping families together and at home!*

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.*

# Why Choose Life Enrichment?

LEC offers quality, compassionate adult day care and support services to meet the needs of families and their loved ones. We strive to meet the needs of every participant, providing them with a safe environment where they can maintain a sense of dignity. While attending LEC, your loved one will benefit from the following...

- Meaningful Programs
- Safety
- Quality Healthcare
- Socialization



*(Left) Participants, Denver & Charles, work together to make mason jar centerpieces for the dining room tables. (Above) Participant Betty has her blood pressure checked by LEC nurse, Christy Pearson.*







*Miracles happen every day at LEC! Coach, and trainer, Dobson Collins **volunteers**, working with participant Wesley once a week to help him reach his ultimate goal, to walk again. With focus on strength building, breathing exercises, and Wesley's determination, all things are possible!*



- Continued Therapy
- Music Therapy
- Horticultural Therapy

*(Above) Participants, Cathleen & Jane, keep close watch on the orchids growing in LEC's healing garden greenhouse.*

*(Right) Music therapy brings participants, Dale & Earnest, together for an instrumental duet.*



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

# February

## Shelby Activity Highlights

<p><b>3 Monday</b></p> <ul style="list-style-type: none"> <li>♦Music With Beth Hamrick</li> <li>♦"My Right To Vote"</li> <li>♦Bingo With Bayada</li> <li>♦Making Homemade Cole Slaw</li> </ul> <p>🎵 <b>Music Therapy with Hannah</b> <b>Participant Cook Day</b></p>	<p><b>4 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦A Visit From Stan Lowery From The Don Gibson Theater</li> <li>♦Recognizing Rosa Parks</li> <li>♦Mailman Thank You Notes</li> </ul> <p>🎵 <b>Music Therapy with Hannah</b> Lasagna Alfredo-Cucumber &amp; Tomato Salad-Garlic Bread Sticks-Strawberry Yogurt</p>	<p><b>5 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦Literacy Event With Marlene Willis</li> <li>♦History Of Hank Aaron</li> <li>♦Tanzy Wallace Shares History Of Frank Barrow</li> </ul> <p>Pork Roast -Apples &amp; Sweet Potatoes-Collard Greens-Roll-Fruit</p>	<p><b>6 Thursday</b></p> <ul style="list-style-type: none"> <li>♦History Of Babe Ruth</li> <li>♦Remembering Authur Ashe</li> <li>♦Frozen Yogurt Party</li> <li>♦Making Peach Cobbler For Friday's Lunch</li> </ul> <p></p> <p>Chicken Parmesan Over Rotini-Chopped Italian Salad-Garlic Bread-Yogurt Cup</p>	<p><b>7 Friday</b></p> <ul style="list-style-type: none"> <li>♦"Friday Frinzee" Games</li> <li>♦Pharmacy Talk With Tom Martin</li> <li>♦Carson &amp; Son's Grading Show Off Their Tractor</li> </ul> <p>Ham &amp; Potato Soup-Oyster Crackers-Chef Salad-Peach Cobbler w/Ice Cream</p>
<p><b>10 Monday</b></p> <ul style="list-style-type: none"> <li>♦Pen Pal Letters To The Neisler Center</li> <li>♦Recognizing Barack Obama</li> <li>♦Fellowship With Blessed Coverings</li> </ul> <p>Shepards Pie w/Vegetables-Broccoli-Biscuit-Fruit Cocktail</p>	<p><b>11 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦Remembering Thomas Edison</li> <li>♦Honoring Nelson Mandela</li> <li>♦Guitar Favorites With Eddie Cook</li> </ul> <p></p> <p>Honey Baked Ham-Cheesy Scalloped Potatoes-Sugar Snap Peas-Roll-Peanut Butter Cookies</p>	<p><b>12 Wednesday</b></p> <p></p> <ul style="list-style-type: none"> <li>♦National Jello Day</li> <li>♦Founding Of The NAACP Discussion</li> <li>♦"Thumbs Up" Trivia</li> </ul> <p>🎵 <b>Music Therapy with Hannah</b> <b>Participant Cook Day</b></p>	<p><b>13 Thursday</b></p> <ul style="list-style-type: none"> <li>♦Katelynn Grigg Makes Chocolate Roses</li> <li>♦Making Decorations For The LEC Seasonal Tree</li> <li>♦Recognizing The National Negro Baseball Leauge</li> </ul> <p>🎵 <b>Music Therapy with Hannah</b> Smoky Maple Salmon-Rissoto-Braised Vegetables-Parker House Rolls-Chocolate Cherry Cake w/Chocolate Glaze</p>	<p><b>14 Friday</b></p> <p>Valentine's Day Dance &amp; Celebration</p> <p></p> <ul style="list-style-type: none"> <li>♦Makeovers With Vibe Hair Lounge</li> </ul> <p>Shrimp Cocktail-Chicken Condon Bleu-Buttered Egg Noodles-Asparagus-Mini Croissant-Cherry Cheesecake</p>
<p><b>17 Monday</b></p> <ul style="list-style-type: none"> <li>♦Participant Council Meeting</li> <li>♦Michael Jordan: "The Greatest Of All Time"</li> <li>♦Fellowship With Glenda Greene</li> </ul> <p><b>LEC Monthly Birthday Party</b></p> <p>🎵 <b>Music Therapy with Hannah</b> Meat Loaf-Mashed Potatoes-French Green Beans-Roll-Fruit Cocktail</p>	<p><b>18 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦Piano Favorites With Carol Champion</li> <li>♦A Visit From Shelby Towing</li> <li>♦Remebering Malcolm X: Speech At Ford Auditorium</li> </ul> <p>🎵 <b>Music Therapy with Hannah</b> Beef Tips w/Gravy-Mashed Potato Casserole-Brussel Sprouts w/Red Grapes-Pineapple Upside Down Cake</p>	<p><b>19 Wednesday</b></p> <p></p> <p>Tuna Noodle Casserole w/Peas &amp; Mushrooms-Garden Salad-Cristy Garlic Bread-Apple Crisp</p>	<p><b>20 Thursday</b></p> <ul style="list-style-type: none"> <li>♦Fellowship With Bethel Baptist</li> <li>♦Roger Perry Plays The Native Flute</li> <li>♦Painting With Jack Woods</li> </ul> <p><b>Participant Cook Day</b></p>	<p><b>21 Friday</b></p> <ul style="list-style-type: none"> <li>♦Recognizing Floyd Mayweather</li> <li>♦Ukelele Music With Tom Wood</li> <li>♦"Name That Tune"</li> </ul> <p>Vegetable Soup-Grilled Cheddar &amp; Turkey Sandwich-Pickle Chips-Chocolate Caramel Pudding Cake</p>
<p><b>24 Monday</b></p> <p></p> <ul style="list-style-type: none"> <li>♦Cupcake Decorating For National Cupcake Day</li> <li>♦Music With Jim McCurry And Friends</li> </ul> <p>Loaded Baked Potato w/Chili Cheese, Broccoli, &amp; Sour Cream-Coconut Cake</p>	<p><b>25 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦Music Trivia With James Brown</li> <li>♦Making Cheery Cheesecake</li> </ul> <p><b>Mardi Gras Celebration</b></p> <p>Lemon Chicken Riccota-Penne Pasta-Spinach Salad-Roll-Brownies</p>	<p><b>26 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦Jazz Standards With Yael</li> <li>♦Remembering Michael Jackson</li> </ul> <p></p> <p>🎵 <b>Music Therapy with Hannah</b> Beef Nachos w/Mexican Salad-Pico de Gallo-Strawberry Oatmeal Bars</p>	<p><b>27 Thursday</b></p> <ul style="list-style-type: none"> <li>♦Winter Bi-folkals</li> <li>♦Men's Woodworking Group</li> <li>♦Board Game Stations</li> </ul> <p>🎵 <b>Music Therapy with Hannah</b> Pork Chops-Mashed Sweet Potatoes-Vegetable Medley-Apple Cinnamon Muffin-Fruit Parfait</p>	<p><b>28 Friday</b></p> <ul style="list-style-type: none"> <li>♦Making A Chocolate Souffle</li> <li>♦"What's A Leap Year?"</li> </ul> <p></p> <p><b>Participant Cook Day</b></p>



**Valentine's Day Dance Friday, February 14**





# February

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

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

<b>3 Monday</b> <b>Sewing Club with Candy</b> <b>★ Veterans Corner with Gene</b> <ul style="list-style-type: none"> <li>♦ Participant Council Meeting</li> <li>♦ Ukulele Music With Tom Wood</li> </ul> <b>Participant Cook Day</b>	<b>4 Tuesday</b> <ul style="list-style-type: none"> <li>♦ Soothing Sounds Of The Sax With Arnold Davis</li> <li>♦ "This Day In History"</li> <li>♦ "Let's Bowl A Strike"</li> <li>♦ Decorating For Valentine's Day</li> </ul> <i>Lasagna Alfredo-Cucumber &amp; Tomato Salad-Garlic Bread Sticks-Strawberry Yogurt</i>	<b>5 Wednesday</b> <ul style="list-style-type: none"> <li>♦ Starting The Day With Sunnyside Baptist Church</li> <li>♦ Crafts With Chuck Allen</li> <li>♦ Famous African Americans "Who Am I?"</li> <li>♦ Inspirational Time With Alma Adams</li> </ul> <b>Music Therapy with Hannah</b> <i>Pork Roast -Apples &amp; Sweet Potatoes-Collard Greens-Roll-Fruit</i>	<b>6 Thursday</b> <ul style="list-style-type: none"> <li>♦ Singing Jamboree With Bethel Baptist Church</li> <li>♦ Piano Favorites With Faye Bolden</li> <li>♦ Making Sweet Heart Valentines</li> </ul> <b>Music Therapy with Hannah</b> <i>Chicken Parmesan Over Rotini-Chopped Italian Salad-Garlic Bread-Yogurt Cup</i>	<b>7 Friday</b> <ul style="list-style-type: none"> <li>♦ Bingo With Caleb Whitaker</li> <li>♦ Hymnal Trivia</li> <li>♦ Photo Fun With Michelle Kibel</li> <li>♦ Makeovers with Kimberly Perkins</li> </ul> <i>Ham &amp; Potato Soup-Oyster Crackers-Chef Salad-Peach Cobbler w/Ice Cream</i>
<b>10 Monday</b> <b>Sewing Club with Candy</b> <b>★ Veterans Corner with Gene</b> <ul style="list-style-type: none"> <li>♦ "Guess That Taste" Blindfold Game</li> <li>♦ Snow Storm Reminiscing</li> <li>♦ Are You A Valentine Detective?</li> </ul> <b>Music Therapy with Hannah</b> <i>Shepards Pie w/Vegetables-Broccoli-Biscuit-Fruit Cocktail</i>	<b>11 Tuesday</b> <ul style="list-style-type: none"> <li>♦ Music With The Carolina Care Singers</li> <li>♦ History Of Rosa Parks</li> <li>♦ Paramedic Duties With EMT Sara Strange</li> <li>♦ Health Fair</li> </ul> <b>Music Therapy with Hannah</b> <i>Honey Baked Ham-Cheesy Scalloped Potatoes-Sugar Snap Peas-Roll-Peanut Butter Cookies</i>	<b>12 Wednesday</b> <ul style="list-style-type: none"> <li>♦ Valentine's Day Social With Khia Brown</li> <li>♦ Tai-Chi Exercise</li> <li>♦ Wacky Word Puzzles</li> <li>♦ Inspirational Time With Alma Adams</li> </ul> <b>Participant Cook Day</b>	<b>13 Thursday</b> <ul style="list-style-type: none"> <li>♦ "Find The Heart" Scavenger Hunt</li> <li>♦ Valentine Poetry: "How Do I Love Thee"</li> <li>♦ Piano Favorites With Faye Bolden</li> </ul> <i>Smoky Maple Salmon-Risotto-Braised Vegetables-Parker House Rolls-Chocolate Cherry Cake w/Chocolate Glaze</i>	<b>14 Friday</b> <ul style="list-style-type: none"> <li>♦ Love Songs With Mark Blanton</li> <li>♦ Making Valentine's With Gloria Huffman</li> <li>♦ Making Valentine Cookies With Candie Dreibelbis</li> </ul> <b>Wear Your Red &amp; Pink</b> <i>Shrimp Cocktail-Chicken Cordon Bleu-Buttered Egg Noodles-Asparagus-Mini Croissant-Cherry Cheesecake</i>
<b>17 Monday</b> <b>Sewing Club with Candy</b> <b>★ Veterans Corner with Gene</b> <ul style="list-style-type: none"> <li>♦ Sensory Fun With Brentley Hartman</li> <li>♦ Crafting With AnnaBeth Davis</li> </ul> <b>LEC Monthly Birthday Party</b> <i>Meat Loaf-Mashed Potatoes-French Green Beans-Roll-Fruit Cocktail</i>	<b>18 Tuesday</b> <ul style="list-style-type: none"> <li>♦ Let's Play Musical Scattergories</li> <li>♦ History Of Malcolm X</li> <li>♦ Musical Talents Of Eddie Cook</li> <li>♦ Making Mardi Gras Mask</li> </ul> <i>Beef Tips w/Gravy-Mashed Potato Casserole-Brusel Sprouts w/Red Grapes-Pineapple Upside Down Cake</i>	<b>19 Wednesday</b> <ul style="list-style-type: none"> <li>♦ Making Cookies With Mindy Walters</li> </ul> <ul style="list-style-type: none"> <li>♦ Inspirational Time With Alma Adams</li> </ul> <b>Music Therapy with Hannah</b> <i>Tuna Noodle Casserole w/Peas &amp; Mushrooms-Garden Salad-Crusty Garlic Bread-Apple Crisp</i>	<b>20 Thursday</b> <ul style="list-style-type: none"> <li>♦ Our Daily Chronicles</li> <li>♦ Chair Zumba</li> <li>♦ Pennies Worth Of Candy</li> <li>♦ Piano Favorites With Faye Bolden</li> </ul> <b>Music Therapy with Hannah</b> <b>Participant Cook Day</b>	<b>21 Friday</b> <ul style="list-style-type: none"> <li>♦ Pet Therapy With "Snookie" The Chihuahua</li> <li>♦ Art Therapy With Music</li> </ul> <b>LEC Academy Awards 2020</b> <i>Vegetable Soup-Grilled Cheddar &amp; Turkey Sandwich-Pickle Chips-Chocolate Caramel Pudding Cake</i>
<b>24 Monday</b> <b>Sewing Club with Candy</b> <b>★ Veterans Corner with Gene</b> <ul style="list-style-type: none"> <li>♦ Crafts With Wendy Howze</li> </ul> <b>Music Therapy with Hannah</b> <i>Loaded Baked Potato w/Chili Cheese, Broccoli, &amp; Sour Cream-Coconut Cake</i>	<b>25 Tuesday</b> <ul style="list-style-type: none"> <li>♦ LEC Relay Races</li> <li>♦ "Sweet Memories" Bifolkals</li> <li>♦ "Good Ole Days" Reminiscing</li> </ul> <b>Music Therapy with Hannah</b> <i>Lemon Chicken Ricotta-Penne Pasta-Spinach Salad-Roll-Brownies</i>	<b>26 Wednesday</b> <ul style="list-style-type: none"> <li>♦ History Of Barack Obama</li> <li>♦ Leaping Lizards It's Leap Year</li> </ul> <ul style="list-style-type: none"> <li>♦ Inspirational Time With Alma Adams</li> </ul> <i>Beef Nachos w/Mexican Salad-Pico de Gallo-Strawberry Oatmeal Bars</i>	<b>27 Thursday</b> <ul style="list-style-type: none"> <li>♦ Kings Mountain Historical Museum Talks About Clay Pottery</li> <li>♦ "Do You Remember This Saying?"</li> <li>♦ Piano Favorites With Faye Bolden</li> </ul> <i>Pork Chops-Mashed Sweet Potatoes-Vegetable Medley-Apple Cinnamon Muffin-Fruit Parfait</i>	<b>28 Friday</b> <ul style="list-style-type: none"> <li>♦ LEC "Price Is Right"</li> <li>♦ Plate Exercise</li> <li>♦ Piano Medley With Mike Culp</li> <li>♦ Mardi Gras Party</li> </ul> <b>Participant Cook Day</b>

# Valentine's Day

**Wear Your Red & Pink**

**Music Therapy Programs Provided By Hannah Coleman**  
**Sewing Club Hosted By Candy Bridges**  
**★ Veterans Corner Hosted By Gene Bridges**

**CELEBRATE BLACK HISTORY MONTH**  
FEBRUARY



## Atrium Health, Charlotte NC, Ambulatory Care Management

This Christmas, participants of both Shelby and Kings Mountain LEC, were thrilled to receive their personal Christmas gifts! Thank you to the generous and caring staff of Atrium Health for making a difference in the lives of the participants here at LEC!



# Thank You!

Austin Leatherman-Candy  
David Froneberger-Moonpies  
Kenton Schleimer-Little Debbie Snacks  
Reta Phifer-Greeting Cards  
Trudy Martin-Greeting Cards & Calendars  
Robin Mauney-Magazines  
Council on Aging-Magazines  
Marylin Stamp-Vases & Puzzles  
VA of Asheville-Veteran Gift Bags  
Rich Coiner & Family-Personal Care Items  
Lynn Spangler-Sympathy Cards  
Hugh Eaker-Clothing Items  
Kathy Davis-Magazines  
Helen Gilliatt-Magazines  
Charlie & Jean Cabaniss-Magazines  
Glenda Cline & Family-Personal Care Items  
Iris & Connie Farrington-Coconut Cake

## Wish List

### Kings Mountain

12x12, 1/2 inch Plywood  
(several) for an art project

### Shelby

Wooden Dog House (medium)  
for a woodworking project  
Itunes Gift Cards



Participant Zach is all smiles for his chance to hit the jackpot, thank you  
**Dave & Connie  
Rupprecht!**

## In Memory:

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

**David Hinson**

*by*

Christine Hinson

**Charles Fox**

*by*

Gary & Sandra Holland

**Susan Coiner**

*by*

Mason & Jill Venable  
Bruce & Jan Dumas  
Mauney-Pitt Financial Management  
Jayroe & Brian Wurst  
Michael Wurst  
Kathy Roberson  
Janet & Steve Sumner  
Julie Wolfe  
James & Catherine Roberson  
Pardee Hospital

## Gifts:

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

Paul & Margaret Porter Foundation  
Vance & Nathalie Suttle  
Becky Choate  
Linton & Sally Suttle  
Dr. & Mrs. Don Miller  
Carole & Jack Arey  
Post Polio Support Group  
Classic Lamp Company  
Becky Scism  
Shelby Presbyterian Church

## Honor:

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

**Jan Choate**

*by*

Diane Gordon

**Suzi Kennedy**

*by*

Bill & Nancy McCullough

## 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

Pete Gilbert, *President*  
Dr. Carolyn Jackson, *Vice-President*  
Evelyn Ribadeneyra, *Secretary*  
Donna Beringer, *Treasurer*  
Suzanne Amos  
Dr. David Barker  
Heather Bridges Moore  
Tommy Brooks  
Julie Bryan  
Danny Clay  
Rev. Melvin Clark  
Hannah Cyr  
Larry Dooley  
Charlene Fitch  
Chris Gash  
Rev. Eddie Gray  
Patsy Irvin  
Marie Jackson  
Melissa Jackson  
Tom Martin  
Katherine Panther Potemkin  
Russ Putnam  
Paula Ramsey  
Jonathan Rhodes  
Sharon Robbs  
Beth Thomas

## Advisory Board

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Jennipher Harrill  
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Ellis Noell  
David Pharr  
Jay Rhodes  
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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!!**

## Caregiver Support Group

**"What is normal aging,  
what is not"**

*(Teepa Snow Video Series)*

**Tuesday, February 18, 2020**  
**5:30-7:00pm**

**Life Enrichment Center**  
**110 Life Enrichment Center Blvd.**

**Shelby, NC 28150**  
**704.484.0405**

**"Coping strategies for  
the grieving caregiver"**

**Tuesday, February 25, 2020**  
**5:30-7:00pm**

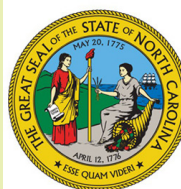
**The Neisler Center**  
**222 Kings Mountain Blvd.**

**Kings Mountain, NC 28086**  
**704.739.4858**

**Do You Need  
HELP PAYING Your  
Heating Bills?**

**Contact your local county  
Department of Social Services  
for more information.**

**The Low-Income Energy  
Assistance Program (LIEAP) may  
be able to help you.**



**NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES**