



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

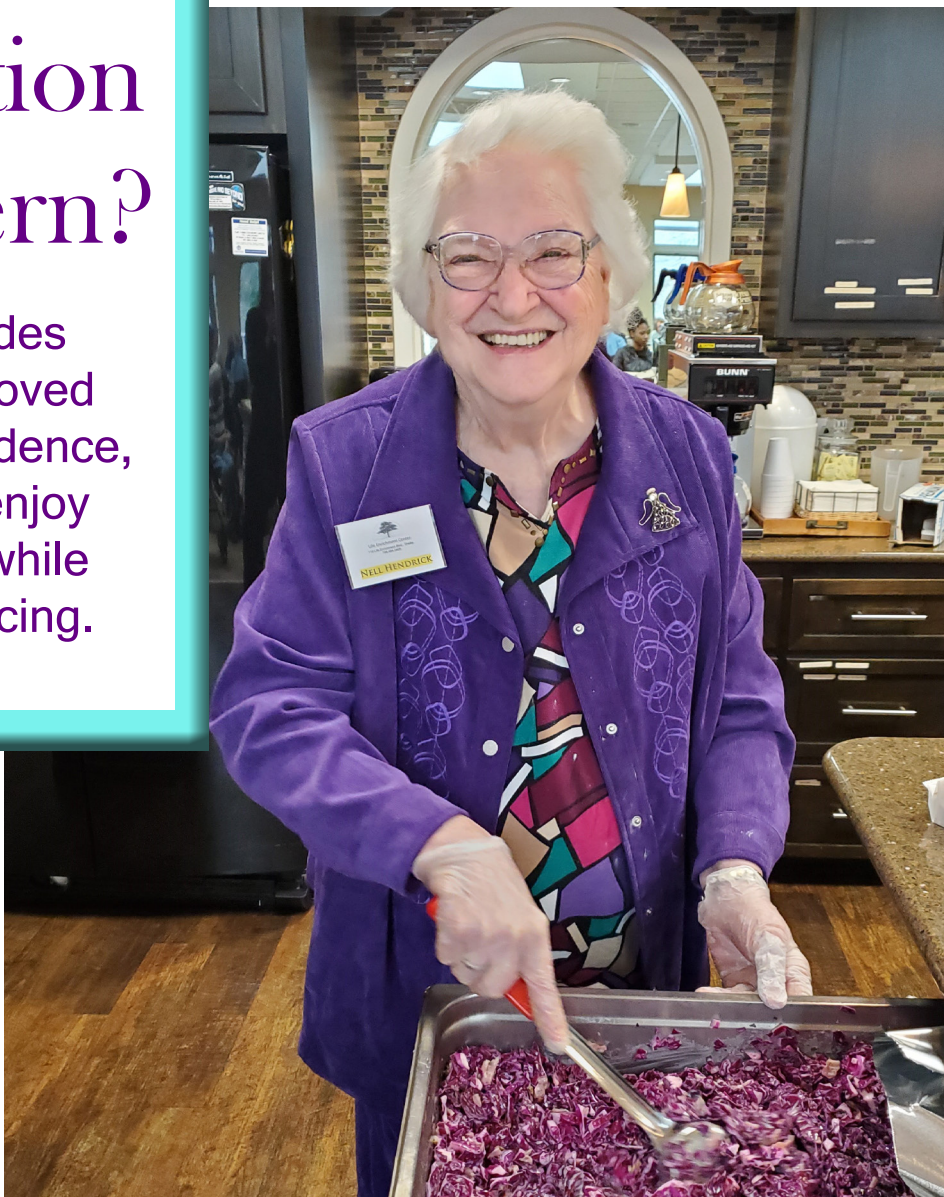
www.LifeEnrichmentCenter.org

September 2020

Is Her Isolation Your Concern?

Life Enrichment provides opportunities for your loved one to maintain independence, build friendships and enjoy meaningful programs while practicing social distancing.

Call Today!



Shelby participant, Nell, prepares purple coleslaw for LEC's cook day.

Life Enrichment Adult Day Care

The best choice for keeping families together and at home!

*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 Life Enrichment ?

Recent studies as stated by the Center for Disease Control and Prevention show that loneliness and social isolation can lead to serious medical conditions in older adults.

- ◆ Depression
- ◆ Cognitive Decline
- ◆ Poor Eating and Nutrition
- ◆ Anxiety

How can
we help
you?

By providing a safe environment, LEC participants are able to maintain their mental and physical well being during these uncertain times. Socialization during isolation is possible!



- Safe Socialization ◆
- Mental & Physical Stimulation ◆
- Nutritious Meals ◆
- Purpose ◆



(Left to right) Participant Sandy gets ready for fall with a beautiful center piece. Participant Jane plants seeds in the greenhouse. Participant Myrna shows off her crafty door sign.



Though things may look a little different with Covid precautions, participants still enjoy the benefits of music and the garden from six feet apart!



(Left to right) Participants John, Maxine, and Charles each enjoy spending time in the LEC healing garden.

Meaningful Programs Quality Healthcare Specialty Therapy



Horticultural Therapy & Music Therapy are offered every day at LEC.

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

SEPTEMBER

Shelby Activity Highlights



	<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> ♦ "Past, Present, & Future" How Did We Live Without? ♦ Learning About The Titanic Discovery <p>🎵 Music Therapy with Hannah <i>Smoked Sausage & Sauerkraut-Potatoes-Green Beans-Pineapple</i></p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Board Game Bonanza ♦ Anniversary of V-J Day ♦ History Of The Moon Pie <p> Horticultural Therapy with Debra <i>Baked Chicken Legs-Scalloped Potatoes-Spinach-Pears</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> ♦ Remembering Frank Sinatra ♦ LEC's Election ♦ "Bullseye" Dart Contest <p> Horticultural Therapy with Debra <i>Tomato Soup-Grilled Cheese-Tomato Slices-Yogurt w/Mixed Berries</i></p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> ♦ Corn Hole Tournament ♦ LEC Walking Club ♦ Practicing The LEC Christmas Program <p>🎵 Music Therapy with Hannah <i>Meatloaf-Roasted Potatoes & Carrots-Roll-Peaches</i></p>
<p><i>7 Monday</i></p> <p> Closed</p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Morning Devotion With Chadrick Roseboro, Sr. ♦ LEC Walking Club ♦ Health Fair <p>Horticultural Therapy with Debra <i>Fish Sandwich-Coleslaw-Tater Tots-Applesauce</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> ♦ All About Carter G. Wilson ♦ Reminiscing Of The General Store ♦ Happy Birthday Colonel Sanders <p>🎵 Music Therapy with Hannah <i>Pork Tenderloin-Black Eyed Peas-Vegetable Medley-Biscuit-Mandarin Oranges</i></p>	<p><i>10 Thursday</i></p> <ul style="list-style-type: none"> ♦ LEC Morning Dance Party ♦ "Sew Bee It" Remembering Elias Howe ♦ Indoor Volleyball <p>🎵 Music Therapy with Hannah <i>Chicken Tenders-Macaroni & Cheese-Green Beans-Roll-Mixed Fruit-Sherbet</i></p>	<p><i>11 Friday</i></p> <ul style="list-style-type: none"> ♦ A Taste Of Local Honey ♦ Coach "Bear" Bryant Day ♦ Spelling Bee LEC Edition <p> Horticultural Therapy with Debra <i>Ham & Potato Soup-Garden Salad-Bread Stick-Peaches w/Whipped Cream</i></p>
<p><i>14 Monday</i></p> <ul style="list-style-type: none"> ♦ LEC Jeopardy ♦ Christmas Program Rehearsal ♦ Making Cream Filled Doughnuts For Snack <p>🎵 Music Therapy with Hannah <i>Chicken Nachos-Mexican Salad-Black Beans-Pears</i></p>	<p><i>15 Tuesday</i></p> <p> <ul style="list-style-type: none"> ♦ Indoor Wheel Chair Races ♦ Egg Toss Contest ♦ LEC Relay Races </p> <p>🎵 Music Therapy with Hannah <i>Tuna Salad Croissant-Lettuce & Tomato-Pasta Salad-Pineapple</i></p>	<p><i>16 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Music Lessons With B.B. King ♦ Making Homemade Guacamole ♦ Participant Council Meeting <p>Horticultural Therapy with Debra <i>Hamburger Steak w/Gravy-French Fries-Green Beans-Roll-Fruit Cocktail</i></p>	<p><i>17 Thursday</i></p> <ul style="list-style-type: none"> ♦ Making Apple Dumplings ♦ Pen-Pal Writing To Kings Mountain LEC ♦ History Of Brown vs. The Board Of Education <p>Horticultural Therapy with Debra <i>Beef Chili-Coleslaw-Combread-Peaches</i></p>	<p><i>18 Friday</i></p> <ul style="list-style-type: none"> ♦ Happy Birthday To The Air Force ♦ LEC Christmas Program Rehearsal ♦ Chair Yoga <p>🎵 Music Therapy with Hannah <i>Chicken Breast w/Butter Noodles-Broccoli-Pears-Garlic Bread-Vanilla Ice Cream</i></p>
<p><i>21 Monday</i></p> <ul style="list-style-type: none"> ♦ Adult Day Service Appreciation Day ♦ Christmas Program Rehearsal ♦ All About Alzheimer's <p>Horticultural Therapy with Debra <i>Open Face Turkey Sandwich-Stuffing-Green Beans-Beets-Yogurt</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Biscuit Making Contest ♦ First Day Of Autumn ♦ LEC Bingo <p> Horticultural Therapy with Debra <i>Sausage & Vegetable Pasta-Garden Salad-Bread Stick-Applesauce</i></p>	<p><i>23 Wednesday</i></p> <ul style="list-style-type: none"> ♦ LEC "Chopped" Cooking Contest ♦ Recognizing Dr. Michelle Obama ♦ Participant Silhouette Craft <p>🎵 Music Therapy with Hannah <i>Tomato Soup-Grilled Cheese-Vegetable Medley-Mixed Berries</i></p>	<p><i>24 Thursday</i></p> <ul style="list-style-type: none"> ♦ Making Cherry Jubilee ♦ Mens Group Wood Working Project ♦ Garden Scavenger Hunt <p>🎵 Music Therapy with Hannah <i>Baked Ham-Scalloped Potatoes-Black Eyed Peas-Roll-Pineapple</i></p>	<p><i>25 Friday</i></p> <ul style="list-style-type: none"> ♦ Christmas Program Rehearsal ♦ History Of Johnny Appleseed ♦ Fall Junk Drawer Detectives <p> Horticultural Therapy with Debra <i>Salmon Filet-Orzo-Brussel Sprouts-Yeast Roll-Mandarin Oranges</i></p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> ♦ Health Fair ♦ "Name That Inventor" Trivia ♦ History Of The Cleveland County Fair <p>🎵 Music Therapy with Hannah <i>White Chicken Chili-Combread-Coleslaw-Peaches</i></p>	<p><i>29 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Cuban Coffee With Matthew Bull ♦ LEC Talent Show Rehearsal ♦ Parachute Exercise <p>🎵 Music Therapy with Hannah <i>Spaghetti w/Italian Sausage-Caesar Salad-Garlic Bread-Mixed Berries</i></p>	<p><i>30 Wednesday</i></p> <ul style="list-style-type: none"> ♦ "Name That Tune" ♦ LEC Tea Party ♦ National "Mud Pack" Day <p>Horticultural Therapy with Debra <i>Baked Chicken Legs-Okra-Macaroni & Cheese-Fruit Cocktail</i></p>		



September

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS



	<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Making Fall Collages ♦ LEC Cornhole Tournament ♦ Making Scarecrow Ornaments <p>Health Fair</p> <p>🎵 Music Therapy with Hannah <i>Smoked Sausage & Sauerkraut- Potatoes- Green Beans- Pineapple</i></p>	<p><i>2 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Bead Art Creations ♦ Indoor Ring Toss ♦ Clay Sculpting Contest <p>🎵 Music Therapy with Hannah <i>Baked Chicken Legs- Scalloped Potatoes- Spinach- Peas</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> ♦ "Dot-to-Dot" Artwork ♦ LEC Bowling Tournament ♦ Painting "Kindness" Rocks  <p>🎵 Music Therapy with Hannah <i>Tomato Soup- Grilled Cheese- Tomato Slices- Yogurt w/ Mixed Berries</i></p>	<p><i>4 Friday</i></p> <ul style="list-style-type: none"> ♦ Let's Play Charades ♦ Pool Noodle Hockey ♦ LEC Tea Party <p>Horticultural Therapy with Debra <i>Meatloaf- Roasted Potatoes & Carrots- Roll- Peaches</i></p>
<p><i>7 Monday</i></p>  <p>Closed</p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Morning Coffee Conversations ♦ Plate Exercises  <p>🎵 Music Therapy with Hannah <i>Fish Sandwich- Coleslaw- Tater Tots- Applesauce</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> ♦ "Word Story" Games ♦ Participant Council Meeting ♦ Pool Noodle Exercise ♦ "School Days" Reminiscing <p>Horticultural Therapy with Debra <i>Pork Tenderloin- Black Eyed Peas- Vegetable Medley- Biscuit- Mandarin Oranges</i></p>	<p><i>10 Thursday</i></p> <ul style="list-style-type: none"> ♦ "Story Starter" Writing Project ♦ Chair Zumba ♦ Marbled Shaving Cream Art <p>Horticultural Therapy with Debra <i>Chicken Tenders- Macaroni & Cheese- Green Beans- Roll- Mixed Fruit- Sherbet</i></p>	<p><i>11 Friday</i></p> <ul style="list-style-type: none"> ♦ Puzzle Canvas Art Project ♦ Yoga Exercise ♦ "Finish The Nursery Rhyme" Trivia <p>🎵 Music Therapy with Hannah <i>Ham & Potato Soup- Garden Salad- Bread Stick- Peaches w/ Whipped Cream</i></p>
<p><i>14 Monday</i></p> <ul style="list-style-type: none"> ♦ LEC Spa Day ♦ Science Experiment With "Dancing Raisins" ♦ LEC "Deal Or No Deal" <p>Horticultural Therapy with Debra <i>Chicken Nachos- Mexican Salad- Black Beans- Peas</i></p>	<p><i>15 Tuesday</i></p> <ul style="list-style-type: none"> ♦ "Painted Handprints" Artwork ♦ "Test Your Balance" Exercise ♦ LEC Wheel Of Fortune <p>Horticultural Therapy with Debra <i>Tuna Salad Croissant- Lettuce & Tomato- Pasta Salad- Pineapple</i></p>	<p><i>16 Wednesday</i></p>  <ul style="list-style-type: none"> ♦ Let's Make A Rainbow Windsock ♦ Strength Building Exercise ♦ Painting With Tissue Paper <p>🎵 Music Therapy with Hannah <i>Hamburger Steak w/ Gravy- French Fries- Green Beans- Roll- Fruit Cocktail</i></p>	<p><i>17 Thursday</i></p> <ul style="list-style-type: none"> ♦ Name That T.V. Show ♦ Cardio Relay Races ♦ "Guess The Slogan" Trivia Game <p>🎵 Music Therapy with Hannah <i>Beef Chili- Coleslaw- Cornbread- Peaches</i></p>	<p><i>18 Friday</i></p> <p>Wild West Day</p>  <p>Horticultural Therapy with Debra <i>Chicken Breast w/ Butter Noodles- Broccoli- Peas- Garlic Bread- Vanilla Ice Cream</i></p>
<p><i>21 Monday</i></p> <ul style="list-style-type: none"> ♦ History Of The Cleveland County Fair ♦ Lower Body Workouts ♦ "Name That Tune" Trivia <p>🎵 Music Therapy with Hannah <i>Open Face Turkey Sandwich- Stuffing- Green Beans- Beets- Yogurt</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> ♦ All About Norman Rockwell ♦ Upper Body Workouts ♦ LEC Family Feud  <p>🎵 Music Therapy with Hannah <i>Sausage & Vegetable Pasta- Garden Salad- Bread Stick- Applesauce</i></p>	<p><i>23 Wednesday</i></p> <ul style="list-style-type: none"> ♦ "Still Alice" Film For Therapy ♦ Chair Cycle Workout ♦ "Travel Hour" To Japan <p>Horticultural Therapy with Debra <i>Tomato Soup- Grilled Cheese- Vegetable Medley- Mixed Berries</i></p>	<p><i>24 Thursday</i></p> <ul style="list-style-type: none"> ♦ Spotlight Person Of The Day, F. Scott Fitzgerald ♦ Let's Play Table Games <p>Horticultural Therapy with Debra <i>Baked Ham- Scalloped Potatoes- Black Eyed Peas- Roll- Pineapple</i></p>	<p><i>25 Friday</i></p> <ul style="list-style-type: none"> ♦ LEC Karaoke ♦ Zumba Exercise ♦ Musical Word Games <p>🎵 Music Therapy with Hannah <i>Salmon Filet- Orzo- Brussel Sprouts- Yeast Roll- Mandarin Oranges</i></p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> ♦ "Finish The Lyric" Word Games ♦ Cardio Chair Exercises ♦ Blindfold Taste Testing Games <p>Horticultural Therapy with Debra <i>White Chicken Chili- Cornbread- Coleslaw- Peaches</i></p>	<p><i>29 Tuesday</i></p> <ul style="list-style-type: none"> ♦ LEC Jeopardy ♦ "Octoband" Exercises <p>Monthly Birthday Party</p> <p>Horticultural Therapy with Debra <i>Spaghetti w/ Italian Sausage- Caesar Salad- Garlic Bread- Mixed Berries</i></p>	<p><i>30 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Tongue Twisting Word Games ♦ Plate Exercises ♦ "Name That Famous Person" <p>🎵 Music Therapy with Hannah <i>Baked Chicken Legs- Okra- Macaroni & Cheese- Fruit Cocktail</i></p>	<p>If you leave home, know your <u>W</u>s !</p> <div>  <p>WEAR a cloth face covering.</p> </div> <div>  <p>WAIT 6 feet apart and avoid close contact.</p> </div> <div>  <p>WASH your hands often or use hand sanitizer</p> </div>	

Kings Mountain



Participants Matt and Jerryline make beautiful tie dye masks.



LEC beach day was a huge success! Participants enjoyed music, dancing, fun, and fellowship.



Shelby



Staff members Talissa and Matt go head-to-head in the LEC "Chopped" competition with the help of participants Jane and Crystal.



Participants Zach and Crystal show off their designs for the the LEC "Trash Bag" fashion show!



In Memory:

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

Mona Scism
by

Gordon & Sherry Wright
Sarah Queen
Harry & Cathy Barrett
Lacey Moorehead

Charles & Emily Ware
John & Nancy Senter
Bryan & Elizabeth Dellinger
Jim & Ruth Stamey

Belle M. Sanders
by
Kay M. Carlisle

Gifts:

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

Christine Hinson

In Honor:

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

Suzi Kennedy
by

Barbara Blackburn



Lorraine says...



*Don & Sue Ross - Cupcakes
Connie Willis - Fresh Tomatoes
Evelyn Ribadeneyra - Snacks
John Camp - Fresh Okra*

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!

LEC will be having a "drive-through" plant sale next month!

Stay tuned to our [Facebook Page](#) for more details!

Houseplants, perennials and MORE! Donations accepted.

The event will take place outside at the Shelby LEC location, masks encouraged! Proceeds to benefit the LEC healing garden and the Horticultural Therapy program!

