



**Life Enrichment Center**

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

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

April 2023

# Do You Want The Best Care For Dad?



*"I greatly appreciate the care that Life Enrichment Center provides my patients."  
Dr. Mike Ribadeneyra*

*Call Today!*



# Life Enrichment Center

Enjoy The Benefits Of Adult Day Care **AND KEEP** Your Primary Care Physician.

*For 42 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.*

Whether its going to work, a break in your caregiving role, or much needed rest... you will have peace of mind knowing that your loved one will have safety, healthcare, continued therapies, nutritious meals and a chance to make new friends!



(Left) Participant Harold uses the stationary bike during physical therapy. (Right) Staff member Tammy assists participant Richard with a shave.



Certified Nurses and trained staff are available every day for medical needs.



# Hello Spring



(Left) Participant Ann picks the first blooms of the season.  
(Left to right) Ann, Cathy, and Lizzie enjoy the new swing.



(Left) Participants Guy & Cindy work together along with friends to assemble the new swings.



Throughout the year participants grow a variety of house plants to sell in the annual LEC Plant Sale. The proceeds are used to buy supplies for the Horticultural Program. This year, participants chose to use the money to purchase two beautiful swings for LEC's Healing Gardens!

# APRIL

## Shelby Activity Highlights

<p><b>3 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Making Spring Time Collages</li> <li>♦ "Rainbow" Scavenger Hunt</li> <li>♦ Chair Zumba</li> </ul>  <p><i>Cheesburger w/Lettuce &amp; Tomato, Baked Beans, Peaches</i></p>	<p><b>4 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Music With The Burns Middle School Chorus</li> <li>♦ Tai Chi</li> <li>♦ "Dry Erase" Board Games</li> </ul>  <p><i>Loaded Tater Tots w/Chili &amp; Broccoli, Bread Stick, Pineapple</i></p>	<p><b>5 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Music With The Carolina Singers</li> </ul> <p><b>Health Fair</b></p>  <p><i>Pinto Beans, Cornbread, Coleslaw, Applesauce</i></p>	<p><b>6 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Making Paper Plate Bunnies</li> <li>♦ Dyeing Easter Eggs</li> <li>♦ LEC Easter Egg Hunt</li> </ul>  <p><i>Chicken Tenders, Green Beans, Mashed Potatoes, Mandarin Oranges</i></p>	<p><b>7 Friday</b></p>  <p><b>Good Friday</b></p> <p><b>CLOSED</b></p>
<p><b>10 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Parachute Fun</li> <li>♦ Happy "100th" Day</li> <li>♦ Virtual Trip To Jerusalem</li> </ul>  <p><i>Chicken Nachos w/Lettuce &amp; Sour Cream, Black Beans, Fruit Cocktail</i></p>	<p><b>11 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Music With Tom Woods And Friends</li> <li>♦ Practicing For The Special Olympics</li> </ul> <p><b>Special Olympics</b></p>  <p><i>Fish Sticks, Macaroni &amp; Cheese, Green Beans, Roll, Pears</i></p>	<p><b>12 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Empowering Women's Day</li> <li>♦ Devotion With Blessed Coverings</li> </ul> <p><b>Wear Your Pink</b></p>  <p><i>Grilled Cheese Sandwich, Tomato Soup, Pineapple</i></p>	<p><b>13 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ Prom Day Preparations</li> <li>♦ Practicing For The Special Olympics</li> </ul>  <p><i>Chili Burgers, Coleslaw, Tater Tots, Peaches</i></p>	<p><b>14 Friday</b></p> <ul style="list-style-type: none"> <li>♦ National Laughter Day</li> <li>♦ LEC Family Feud</li> <li>♦ Sharing Your Favorite Jokes</li> <li>♦ Indoor Volleyball</li> </ul>  <p><i>Chicken Pasta w/Tomato Cream Sauce, Garden Salad, Bread Stick, Mixed Fruit</i></p>
<p><b>17 Monday</b></p> <ul style="list-style-type: none"> <li>♦ Participant Council Meeting</li> <li>♦ Celebrating Jackie Robinson</li> </ul> <p><b>LEC Monthly Birthday Party</b></p> <p><i>Chicken Sandwich w/Lettuce &amp; Tomato, Baked Fries, Mandarin Oranges</i></p>	<p><b>18 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Shaving Cream Art</li> <li>♦ Chair Zumba</li> <li>♦ Herbal Tea Social</li> </ul>  <p><i>Pot Roast, Carrots &amp; Potatoes, Roll, Pineapple</i></p>	<p><b>19 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ LEC Peoples Court</li> <li>♦ Meditation Exercises</li> <li>♦ Practicing For The Special Olympics</li> </ul>  <p><i>Caesar Pasta Salad, Baked Chicken, Garlic Bread, Peaches</i></p>	<p><b>20 Thursday</b></p>  <p><i>Meatloaf, Boiled Potatoes, Lima Beans, Roll, Fruit Cocktail</i></p>	<p><b>21 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Puzzle Piece Art</li> <li>♦ Celebrating Earth Day</li> <li>♦ "Name That Tune" Trivia</li> </ul>  <p><i>Smoked Sausage w/Peppers &amp; Onions, Mashed Potatoes, Roll, Pears</i></p>
<p><b>24 Monday</b></p> <ul style="list-style-type: none"> <li>♦ "Lavender Talk" With Maureen Mazur</li> <li>♦ Prom Day Preparations</li> </ul>  <p><i>Baked Ham, Black Eyed Peas, Cauliflower, Roll, Peaches</i></p>	<p><b>25 Tuesday</b></p> <ul style="list-style-type: none"> <li>♦ Music With The McCurry Band &amp; Friends</li> <li>♦ All About DNA</li> </ul>  <p><i>Lasagna w/Meat Sauce, Garden Salad, Bread Stick, Mixed Fruit</i></p>	<p><b>26 Wednesday</b></p> <ul style="list-style-type: none"> <li>♦ Music Therapy With Paint</li> <li>♦ LEC Cornhole Tournament</li> </ul>  <p><i>Roasted Turkey, Sweet Potato Casserole, Green Beans, Roll, Mandarin Oranges</i></p>	<p><b>27 Thursday</b></p> <ul style="list-style-type: none"> <li>♦ All About Babe Ruth</li> <li>♦ Baseball Trivia</li> <li>♦ Virtual Trip To The Baseball Hall Of Fame</li> </ul>  <p><i>Chicken Tenders, Vegetable Pasta Salad, Roll, Pineapple</i></p>	<p><b>28 Friday</b></p> <ul style="list-style-type: none"> <li>♦ Junk Drawer Detective</li> <li>♦ Dress Like Your Favorite Super Hero</li> </ul>  <p><i>Cheesburger w/Lettuce &amp; Tomato, Baked Beans, Pears</i></p>

Learn to Ask for Help

Pause Between Reaction and Action

Choose Happiness

"Being a caregiver is an important and meaningful responsibility, but...it is vital that you consider your own needs and remain resilient, positive, and strong."

Ultimately, your health and the health of the person you're caring for is reliant on your emotional health to a great degree.

- Judy Ho,

Ph.D., a 2022 Forbes Health Advisory Board member



# APRIL

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

## KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

<p>3 Monday</p> <ul style="list-style-type: none"> <li>♦NCAA Trivia</li> <li>♦History Of Basketball</li> <li>♦All About Famous College Basketball Players</li> </ul> <p><b>LEC Pep Rally</b> </p> <p><i>Cheesburger w/Lettuce &amp; Tomato, Baked Beans, Peaches</i></p>	<p>4 Tuesday</p> <ul style="list-style-type: none"> <li>♦Music With The Lawrence Patrick Senior Center Choir</li> <li>♦Tai Chi</li> </ul> <p><b>Health Fair</b></p> <p><i>Loaded Tater Tots w/Chili &amp; Broccoli, Bread Stick, Pineapple</i></p>	<p>5 Wednesday</p> <ul style="list-style-type: none"> <li>♦Dyeing Easter Eggs</li> <li>♦Easter Day Word Search</li> <li>♦Bible Verse Trivia</li> <li>♦Virtual Tour Of The Tomb Of Christ</li> </ul> <p></p> <p><i>Pinto Beans, Cornbread, Coleslaw, Applesauce</i></p>	<p>6 Thursday</p> <ul style="list-style-type: none"> <li>♦National Twinkie Day</li> <li>♦History Of The Twinkie</li> <li>♦Pajama Fashion Show</li> <li>♦LEC Easter Egg Hunt</li> </ul> <p><b>Pajama Day</b></p> <p><i>Chicken Tenders, Green Beans, Mashed Potatoes, Mandarin Oranges</i></p>	<p>7 Friday</p> <p></p> <p><b>CLOSED</b></p>
<p>10 Monday</p> <ul style="list-style-type: none"> <li>♦Reminiscing About Farm Days</li> <li>♦Virtual Visits To America's Largest Farms</li> <li>♦National Farm Animal Day</li> </ul> <p></p> <p><i>Chicken Nachos w/Lettuce &amp; Sour Cream, Black Beans, Fruit Cocktail</i></p>	<p>11 Tuesday</p> <ul style="list-style-type: none"> <li>♦"Spring Door Decor" Craft</li> <li>♦Practicing For The Special Olympics</li> </ul> <p><b>Special Olympics</b> </p> <p><i>Fish Sticks, Macaroni &amp; Cheese, Green Beans, Roll, Pears</i></p>	<p>12 Wednesday</p> <ul style="list-style-type: none"> <li>♦Let's Travel To Colorado: Virtual Tour Of Pikes Peak</li> <li>♦Practicing For The Special Olympics</li> </ul> <p><b>Health Fair</b></p> <p><i>Grilled Cheese Sandwich, Tomato Soup, Pineapple</i></p>	<p>13 Thursday</p> <ul style="list-style-type: none"> <li>♦Plant Appreciation Day</li> <li>♦All About North Carolina Plants</li> <li>♦How To Make The Perfect Peach Cobbler</li> </ul> <p></p> <p><i>Chili Burgers, Coleslaw, Tater Tots, Peaches</i></p>	<p>14 Friday</p> <ul style="list-style-type: none"> <li>♦National Gardening Day</li> <li>♦Tips &amp; Tricks For Planting The Perfect Garden</li> </ul> <p></p> <p><i>Chicken Pasta w/Tomato Cream Sauce, Garden Salad, Bread Stick, Mixed Fruit</i></p>
<p>17 Monday</p> <ul style="list-style-type: none"> <li>♦Creative Writing: Spring Time Haiku</li> <li>♦Participant Council Meeting</li> </ul> <p></p> <p><i>Chicken Sandwich w/Lettuce &amp; Tomato, Baked Fries, Mandarin Oranges</i></p>	<p>18 Tuesday</p> <ul style="list-style-type: none"> <li>♦National Exercise Day</li> <li>♦Chair Zumba</li> <li>♦Ways To Stay Happy &amp; Healthy</li> </ul> <p></p> <p><i>Pot Roast, Carrots &amp; Potatoes, Roll, Pineapple</i></p>	<p>19 Wednesday</p> <ul style="list-style-type: none"> <li>♦Making Spring Time Pin Wheels</li> <li>♦Can You Guess The Flower?</li> <li>♦Virtual Travel To Kew Gardens</li> </ul> <p></p> <p><i>Caesar Pasta Salad, Baked Chicken, Garlic Bread, Peaches</i></p>	<p>20 Thursday</p> <ul style="list-style-type: none"> <li>♦LEC "Car Wash"</li> <li>♦All About The Weather: "Storm-Chasers"</li> <li>♦Tai Chi</li> </ul> <p></p> <p><i>Meatloaf, Boiled Potatoes, Lima Beans, Roll, Fruit Cocktail</i></p>	<p>21 Friday</p> <ul style="list-style-type: none"> <li>♦LEC Tea Party</li> <li>♦All About The Importance Of Recycling</li> </ul> <p></p> <p><i>Smoked Sausage w/Peppers &amp; Onions, Mashed Potatoes, Roll, Pears</i></p>
<p>24 Monday</p> <ul style="list-style-type: none"> <li>♦Making Pigs In The Blanket</li> <li>♦LEC Monthly Birthday Party</li> <li>♦Upper Body Exercise</li> </ul> <p></p> <p><i>Baked Ham, Black Eyed Peas, Cauliflower, Roll, Peaches</i></p>	<p>25 Tuesday</p> <p></p> <p><b>SPA DAY</b></p> <p><i>Lasagna w/Meat Sauce, Garden Salad, Bread Stick, Mixed Fruit</i></p>	<p>26 Wednesday</p> <ul style="list-style-type: none"> <li>♦National Denim Day</li> </ul> <p><b>Wear Your Favorite Jeans</b></p> <ul style="list-style-type: none"> <li>♦All About Levi Strauss</li> </ul> <p></p> <p><i>Roasted Turkey, Sweet Potato Casserole, Green Beans, Roll, Mandarin Oranges</i></p>	<p>27 Thursday</p> <ul style="list-style-type: none"> <li>♦All About Babe Ruth</li> <li>♦Parachute Fun</li> <li>♦LEC's Let's Make A Deal</li> </ul> <p></p> <p><i>Chicken Tenders, Vegetable Pasta Salad, Roll, Pineapple</i></p>	<p>28 Friday</p> <ul style="list-style-type: none"> <li>♦Super Hero Trivia</li> <li>♦Fun Facts About Stan Lee</li> </ul> <p><b>Wear Your Favorite Super Hero T-Shirt</b></p> <p></p> <p><i>Cheesburger w/Lettuce &amp; Tomato, Baked Beans, Pears</i></p>







# Mardi GRAS

(Above) Participant Missy shows off the mask she made during the LEC Mardi Gras celebration.

(Middle, left to right) Participants Lisa & Esheika enjoy the Mardi Gras Dance Party.





# Let's Celebrate!



*We love to party at Life Enrichment Center! What better way to celebrate a birthday than to have cake and ice cream with friends. We would like to thank the members of Mt. Sinai Baptist Church for hosting the LEC Monthly Birthday Party. Participants enjoyed cake, ice cream, and laughter as we celebrated those born in the month of February.*



## Looking for an opportunity to help others? 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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## Important Announcements:

Important announcements will be made through the "**One Call Now**" service, our Facebook page, and on WBTV television. Should it be necessary to close early, caregivers will be notified by telephone.

## In Memory...

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

**Ruby Friday**

*by*

*Zeta Mu Omega Chapter  
of Alpha Kappa Alpha Sorority  
Louis Hillenmeyer, III  
Ed & Karen Humphrey  
Moloch Elks Lodge, 468  
Barbara Falls & Sarah Byers  
Brenda Ballard  
Lillian Williams  
Marinda Hammett  
Orchid Temple No. 923 IBPOE*



*Participant Heather enjoys  
arranging flowers.*



*Participant Richard shows off his dance moves  
during the LEC Pep Rally.*

## THANK YOU!

Judy Franks - Greeting Cards  
Tamecia Wilson - Medical Supplies  
Marie Harrill - Bingo Prizes  
First Baptist Church of Kings Mountain,  
Charity Sunday School Class - Bingo Prizes  
Linda Rome - Magazines, Bingo Prizes  
Sue H. Drye - Greeting Cards  
Harold Davis - St. Patrick's Day Cupcakes

