

Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

November 2019

Are You Caring For A Veteran?

Did you know that veterans may be eligible for benefits that cover the cost of services provided by Life Enrichment Adult Day Care?

Call Today!



Army Veteran, Wayne, prepares rotisserie chicken during the LEC men's cooking group. Life Enrichment salutes our veterans for their service and sacrifice by providing quality healthcare, continued therapies, and stimulating programs.

Serving Veterans Since 1980

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.

Every Day is Veteran's Day At Life Enrichment!



LEC Adult Day Care provides veterans opportunities to socialize with other veterans. Other benefits include meaningful activities, personal care, nutritious meals, and top notch healthcare.

(Left) Veterans, John & Garland, became good friends while sharing stories of their service. (Below, left to right) Army Veteran, Eugene, joins Navy Veteran, Jim, for a stroll around the garden. Army Veteran, Frank, enjoys the outdoors.



Did you know...

The profession of music therapy is rooted in service to military men, women, and veterans? The profession began after WWI and WWII when community musicians of all types went to Veterans hospitals to play for veterans suffering from physical and emotional trauma.

The patients' notable physical and emotional responses to the music led nurses and doctors to request the hiring of musicians by the hospitals. It was soon evident that the hospital musicians needed prior training before entering the facility and so the demand for the music therapy curriculum and training began.



Retired Veteran, Carl, dedicated 20 years of service to the US Airforce. He has a passion for music, especially the guitar. Each week he and LEC Music Therapist, Hannah Coleman, spend time practicing new chords, playing new songs, and reminiscing through the power of music.



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



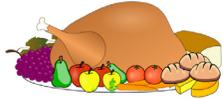
November

Shelby Activity Highlights



Veterans Day Celebration
November 11
 Life Enrichment will be **CLOSED**
November 28, 29

1 Friday
 ♦ Bell Choir Practice
 ♦ Football Friday Fun Day
 Pep Rally
 ♦ Men's Woodworking Project
 Loaded Baked Potato w/Chili, Cheese,
 Broccoli, Bacon, & Sour Cream-Fruit Cup

<p>4 Monday</p> <ul style="list-style-type: none"> ♦ Piano Favorites With Beth Hamrick ♦ Building Dreamcatchers ♦ Bingo With Bayada <p>♦ Visit To Marion School To Present Lunch Table Centerpieces</p> <p><i>Ham & Potato Soup-Salad-Roll-Pumpkin Spice Cupcakes</i></p>	<p>5 Tuesday</p> <ul style="list-style-type: none"> ♦ History Of Nat King Cole ♦ "Wildlife" With Sammy Proctor ♦ Christmas Play Rehearsal <p>LEC ELECTION</p> <p>Participant Cook Day</p>	<p>6 Wednesday</p> <ul style="list-style-type: none"> ♦ Christmas Play Rehearsal <p>Health Fair</p> <p>🎵 Music Therapy with Hannah <i>Spinach Lasagna Alfredo w/Diced Tomatoes-Garlic Bread Sticks-Jello w/Whipped Cream</i></p>	<p>7 Thursday</p> <ul style="list-style-type: none"> ♦ Old Country Music With Jim Kester ♦ Native American Heritage With The Kings Mountain Museum <p>🎵 Music Therapy with Hannah <i>Beef Nachos w/Lettuce & Cheese-Pico de Gallo-Kale Salad-Melon Combo</i></p>	<p>8 Friday</p> <ul style="list-style-type: none"> ♦ History Of Margaret Mitchell ♦ Homemade Snacks With Anne Parker ♦ A Visit With Wildlife Officer Issac Hannah <p><i>Pinto Beans-Cabbage-Beets-Diced Onion-Chow-Chow-Corn Bread-Apple Crisp</i></p>
<p>11 Monday</p> <ul style="list-style-type: none"> ♦ Veteran's Day History ♦ Recognizing LEC Veterans ♦ Devotions With Roselyn Sinkler And Blessed Coverings <p>🎵 Music Therapy with Hannah <i>Hot Chicken Salad w/Potato Chip Topping-Peas & Carrots-Biscuit-Yogurt w/Mixed Berries</i></p>	<p>12 Tuesday</p> <ul style="list-style-type: none"> ♦ Music With David Melton ♦ Christmas Play Rehearsal ♦ Guitar Favorites With Eddie Cooke <p>🎵 Music Therapy with Hannah <i>Meat Loaf-Mashed Potatoes-Lima Beans w/Diced Tomato-Roll-Banana Bread</i></p>	<p>13 Wednesday</p> <ul style="list-style-type: none"> ♦ Centerpiece Creations For Local School Lunch Tables ♦ Christmas Play Rehearsal ♦ Making Indian Pudding <p>Participant Cook Day</p>	<p>14 Thursday</p> <ul style="list-style-type: none"> ♦ Making Thanksgiving Day Placemats ♦ National Pickle Day  <p><i>Honey Baked Ham-Cheesy Scalloped Potatoes-Vegetable Medley-Roll-Cherry Cheesecake</i></p>	<p>15 Friday</p> <ul style="list-style-type: none"> ♦ Dental Care With Joy Shuford ♦ Ukulele Music With Tom Wood ♦ Bell Choir Practice <p><i>Fish Sandwich w/Tartar Sauce-Broccoli Slaw-French Fries-Pineapple Upside Down Cake</i></p>
<p>18 Monday</p> <ul style="list-style-type: none"> ♦ Participant Council Meeting ♦ Devotions With Glenda Greene ♦ LEC Monthly Birthday Party  <p><i>Oven Baked Chicken Legs-Mashed Potato Casserole-Sauteed Sugar Snap Peas-Strawberry Fluff</i></p>	<p>19 Tuesday</p> <ul style="list-style-type: none"> ♦ Piano Favorites With Carol Champion ♦ A Visit From Mardet Family Farm ♦ Crafts With Ashley Hall And GWU Nursing Students <p>🎵 Music Therapy with Hannah <i>Spaghetti w/Italian Sausage-Italian Chopped Salad-Garlic Bread Sticks-Ice Cream Cups</i></p>	<p>20 Wednesday</p> <ul style="list-style-type: none"> ♦ Christmas Play Rehearsal <p>Health Fair</p> <p>🎵 Music Therapy with Hannah <i>Vegetable Beef Soup-Grilled Cheese Sandwich-Oatmeal Raisin Cookie</i></p>	<p>21 Thursday</p> <ul style="list-style-type: none"> ♦ Fellowship With Bethel Baptist ♦ Christmas Play Practice ♦ Making Ginger Bread Cookies <p>🎵 Music Therapy with Hannah <i>Chili Dog-Slaw-Onions-Sweet Potato Fries-Pickles-Apple Brown Betty</i></p>	<p>22 Friday</p> <ul style="list-style-type: none"> ♦ Decorating For Thanksgiving ♦ Baking Sweet Potato Pies ♦ Fire Safety With Chris Martin  <p>Participant Cook Day</p>
<p>25 Monday</p> <ul style="list-style-type: none"> ♦ Rewriting "Rudolph" ♦ Music With Jim McCurry And Friends <p>🎵 Music Therapy with Hannah <i>Roast Pork w/Gravy-Mashed Potatoes-Roasted Brussel Sprouts w/Red Grapes-Roll-Diced Pineapple</i></p>	<p>26 Tuesday</p> <ul style="list-style-type: none"> ♦ Christmas Play Rehearsal ♦ "I Am Thankful For..."  <p>🎵 Music Therapy with Hannah <i>Beef Tips w/Gravy-Mushroom Rissotto-Lettuce Pear Cheddar Salad-Banana Pudding</i></p>	<p>27 Wednesday</p> <ul style="list-style-type: none"> ♦ Making Homemade Bavarian Cream Pies ♦ Preparing For LEC's Thanksgiving Feast <p><i>Roast Turkey & All Of The Fixins'-Pies, Pies, & Pies!</i></p>	<p>28 Thursday</p> <p>CLOSED</p>	<p>29 Friday</p> <p>CLOSED</p> 

November

Kings Mountain Activity Highlights

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

Veterans Day Celebration

November 11

Life Enrichment will be **CLOSED**

November 28, 29



1 Friday

- ♦Painting With Fall Colors
- ♦Making Pumpkin Rolls With Candie Dreibelbis

Loaded Baked Potato w/Chili, Cheese, Broccoli, Bacon, & Sour Cream-Fruit Cup

<p>4 Monday</p> <ul style="list-style-type: none"> ♦"Serving Over Seas" Reminiscing With Gene Bridges ♦Candi Bridge's Sewing Club Makes Turkeys ♦Christmas Play Practice <p>🎵 Music Therapy with Hannah</p> <p><i>Ham Potato Soup-Salad-Roll-Pumpkin Spice Cupcakes</i></p>	<p>5 Tuesday</p> <ul style="list-style-type: none"> ♦Soothing Sounds With Arnold Davis ♦LEC's Annual Election ♦Parachute Fun <p>Health Fair</p> <p>🎵 Music Therapy with Hannah</p> <p>Participant Cook Day</p> <p><i>Spinach Lasagna, Alfredo w/Diced Tomatoes-Garlic Bread Sticks-Tello w/Whipped Cream</i></p>	<p>6 Wednesday</p> <ul style="list-style-type: none"> ♦Starting Our Day With Sunnyside Baptist Church ♦Participant Council Meeting ♦Inspirational Time With Alma Adams <p><i>Spinach Lasagna, Alfredo w/Diced Tomatoes-Garlic Bread Sticks-Tello w/Whipped Cream</i></p>	<p>7 Thursday</p> <ul style="list-style-type: none"> ♦Singing Jamboree With Bethel Baptist ♦Holiday Crafts With Robin Gunter ♦Piano Favorites With Faye Bolden ♦A Visit From Cleveland County Herb Society <p><i>Beef Nachos w/Lettuce & Cheese-Pico de Gallo-Kale Salad-Melon Combo</i></p>	<p>8 Friday</p> <ul style="list-style-type: none"> ♦Bell Choir Practice ♦Christmas Play Practice ♦Devotion With Pastor Jack Gouge <p>LEC SPA DAY</p> <p><i>Pinto Beans-Cabbage-Beets-Diced Onion-Chow-Chow-Corn Bread-Apple Crisp</i></p>
<p>11 Monday</p> <ul style="list-style-type: none"> ♦Saluting Our Veterans With Jason Christopher ♦Peggy Worster & Grandchildren Present Veteran Gifts <p>Veteran's Day</p> <p><i>Hot Chicken Salad w/Potato Chip Topping-Peas & Carrots-Biscuit-Yogurt w/Mixed Berries</i></p>	<p>12 Tuesday</p> <ul style="list-style-type: none"> ♦Music Time With The Carolina Care Singers ♦Thanksgiving Junk Drawer Detectives <p>🎵</p> <p><i>Meat Loaf-Mashed Potatoes-Lima Beans w/Diced Tomato-Roll-Banana Bread</i></p>	<p>13 Wednesday</p> <ul style="list-style-type: none"> ♦Crafts With Najae Goode ♦Christmas Play Practice ♦Inspirational Time With Alma Adams <p>🎵 Music Therapy with Hannah</p> <p>Participant Cook Day</p>	<p>14 Thursday</p> <ul style="list-style-type: none"> ♦Bible Crafts With Labrattle Twitty ♦Tai Chi ♦Piano Favorites With Faye Bolden <p>🎵 Music Therapy with Hannah</p> <p><i>Honey Baked Ham-Cheesy Scalloped Potatoes-Vegetable Medley-Roll-Cherry Cheesecake</i></p>	<p>15 Friday</p> <ul style="list-style-type: none"> ♦Seasonal Crafts With Ashley Mercer ♦Chair Zumba ♦A Visit From Foothills Weather <p><i>Fish Sandwich w/Tartar Sauce-Broccoli Slaw-French Fries-Pineapple Upside Down Cake</i></p>
<p>18 Monday</p> <ul style="list-style-type: none"> ♦Military Reminiscing With Gene Bridges ♦Sewing Club With Candi Bridges ♦Sounds Of The Hand Organ With Bob Willis <p>🎵 Music Therapy with Hannah</p> <p><i>Oven Baked Chicken Legs-Mashed Potato Casserole-Sauteed Sugar Snap Peas-Strawberry Fluff</i></p>	<p>19 Tuesday</p> <ul style="list-style-type: none"> ♦Christmas Play Practice ♦Musical Talents Of Eddie Cooke <p>LEC SPA DAY</p> <p>🎵 Music Therapy with Hannah</p> <p><i>Spaghetti w/Italian Sausage-Italian Chopped Salad-Garlic Bread Sticks-Ice Cream Cups</i></p>	<p>20 Wednesday</p> <ul style="list-style-type: none"> ♦"Signs Of Fall" Scavenger Hunt ♦LEC Monthly Birthday Party ♦Inspirational Time With Alma Adams <p><i>Vegetable Beef Soup-Grilled Cheese Sandwich-Oatmeal Raisin Cookie</i></p>	<p>21 Thursday</p> <ul style="list-style-type: none"> ♦Making A Thanksgiving Tree ♦A Visit From The Kings Mountain Military Park ♦Piano Favorites With Faye Bolden ♦Story Time With Ann Gamble <p><i>Chili Dog-Slaw-Onions-Sweet Potato Fries-Pickles-Apple Brown Betty</i></p>	<p>22 Friday</p> <ul style="list-style-type: none"> ♦Bell Choir Practice ♦Christmas Play Practice ♦Thanksgiving Craft With Angela Butler <p>Participant Cook Day</p>
<p>25 Monday</p> <ul style="list-style-type: none"> ♦Veteran's Club With Gene Bridges ♦Making Shirt Protectors With Candi Bridges <p><i>Roast Pork w/Gravy-Mashed Potatoes-Roasted Brussel Sprouts w/Red Grapes-Roll-Diced Pineapple</i></p>	<p>26 Tuesday</p> <ul style="list-style-type: none"> ♦Military Life With Donny Thorpe ♦Chair Zumba ♦Cooking Group With Sheree Brigman <p><i>Beef Tips w/Gravy-Mushroom Risotto-Lettuce Pear Cheddar Salad-Banana Pudding</i></p>	<p>27 Wednesday</p> <ul style="list-style-type: none"> ♦Christmas Play Practice ♦Decorating For Christmas ♦West Wood Heights Youth Choir Performs ♦Inspirational Time With Alma Adams <p><i>Roast Turkey & All Of The Fixins'-Pies, Pies, & Pies!</i></p>	<p>28 Thursday</p> <p>CLOSED</p>	<p>29 Friday</p> <p>CLOSED</p> <p>Happy Thanksgiving</p>

Thank You!

Mary Lipscomb-Fabric
 Christine Hinson-Clothing, Nametag Supplies
 Pauline Collins-Bingo Prizes
 Anitra Jones & Glenda Cline-Sweet Treats, Puzzles
 Clint Baxter-Personal Care Items
 Teresa Huggins-Magazines
 Cathleen Haynes-Birthday Cake
 Connie Willis-Fall Centerpieces
 Rainbow Connection Preschool-Personal Care Items
 Robyn Mauney-Magazines
 Bob Blakely-Food Items
 Jessie Ogburn-Supportive Pillow
 Sandy Blanton-Wii Gaming System
 Dianne Bowen-Magazines
 Mildred Howard-Bingo Prizes
 Shelia Ervin-Crafts, Bingo Prizes
 Jean Ware-Potted Plant
 Sue Drye-Greeting Cards
 Nancy Hughes-Trophies, Magazines
 Debbie Parker-Floral Arrangement
 Dale Turner-Candy
 Francis Davis & Marilyn Groce-Craft Supplies, Candy
 Michael Gaston & Family-Craft Supplies, Puzzles
 Linda Hoffman & Rhonda Hall-Cotton Candy



Fair Day At LEC!

(Left) Kings Mountain participant, Tommy, takes a pie in the face during the fair games. (Below) Shelby participant, Cathy, takes her shot at winning a prize.



THE VOICE OF HOPE

INSPIRING UNTOLD STORIES FOR CAREGIVERS

Co-authors Timothy & Tonya Arrington

This book is for caregivers who seek to reduce the stress that comes with caring for an ill or disabled loved one while living a life with purpose. The authors of this book are business builders and caregivers. They are standing united as a voice of hope and inspiration for other caregivers spreading a simple message: "There is a Reason for the Season." Through reading their experiences, you will discover valuable, easy-to-use steps to overcoming the burdens of the caregiving journey, embracing its blessings, and living a life with purpose, passion, and prosperity!
 Available at www.youinspirethemovement.com



With Cooler Weather Approaching, Please Remember To Label All Coats, Jackets, And Sweaters!!

In Memory:

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

Jimmie Turner

by

Gina Bartlett

William Harley Davidson

by

Martha Davidson & Hayley Lowery

In Honor:

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

Suzi Kennedy & Patti Thompson

by

Barbara Blackburn

Watt Jackson

by

Christine Bennett

Betty Jones' 90th Birthday

by

Paulette Putnam

Gifts:

The following have given a gift to Life Enrichment Center

Friends

by

*Dorothy Edwards Sunday School
Class-Boiling Springs Baptist Church
Bill & Virginia Story*

2019 Life Enrichment Remaining Holiday Closings:

Thanksgiving Day: November 28
Thanksgiving Friday: November 29
Christmas Eve: December 24
Christmas Day: December 25

Your gift will help a veteran stay in their home!

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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Facebook!



Life Enrichment Center
110 Life Enrichment Blvd.
Shelby, North Carolina 28150

Address Service Requested



This institution is an equal opportunity provider/employer.

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"CANDLELIGHT VIGIL"

November is Alzheimer's Awareness month. LEC will be hosting a candlelight vigil. The vigil will remember those whose lives have been touched by Alzheimer's disease.



Shelby Location

Tuesday, November 19
5:30pm - 7pm

110 Life Enrichment Blvd.
Shelby NC, 28150
704-484-0405

Kings Mountain Location

Tuesday, November 26
5:30pm - 7pm

222 Kings Mountain Blvd
Kings Mountain, NC 28086
704-739-4858

Open to all & FREE of charge!

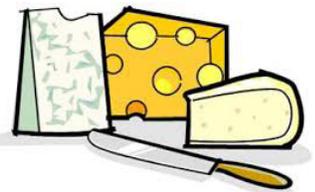
Free sitter service available upon request, please notify one week in advance

Cheese Balls For Sale

Cheddar ~ Blue Cheese ~ Orange-Date
\$8.00/each

Orders and payments by December 11
They will be ready for pickup on December 16th
Contact LEC For Additional Details
704.484.0405

Homemade By Pilot Club Members



The Pilot Club is a longstanding civic club which has a goal of service and education in the prevention of brain disorders and enriching the lives of people and their caregivers.

The Pilot Club is a big supporter of Life Enrichment Center's mission.

Wish List: Amazon & Walmart Giftcards