



Life Enrichment Center

Adult Day Care & Health Service

704.739.4858 (Kings Mountain) 704.484.0405 (Shelby)

www.LifeEnrichmentCenter.org

March 2022



Is Her Quality Of Life Important?

...Of course it is!

Loneliness & isolation
can lead to serious
medical conditions in
older adults.

Life Enrichment
Center offers a safe &
caring environment for
participants to
rediscover their
purpose.

"If I could get well enough to come every day, I would. I love it so much and it sure beats sitting at home staring at four walls!"

-Participant, Brenda

Adult Day Program

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.

"Handshakes became hugs"

"For years, as a volunteer, I would visit LEC to help with monthly birthday parties, bring my great niece, Tuesday, to read to the participants, and even helped with the Neisler Center Open House. As a volunteer I did whatever was needed of me and I loved every minute."

"As time went on, I didn't feel quite up to visiting. After my husband died, I was so depressed. I felt I had no reason to live. My daughter, and now Executive Director, Toni, would say, over and over again, 'Just go with me Mama, you could help the participants and give them extra love and attention.' Finally on the 100th time, I agreed. She took me to LEC, walked me into the middle of the group, I turned around, and she was gone. She knew that's what I needed."



I thought to myself, Lord help me, I don't know what to do! I felt the Lord tell me, 'Just go around and introduce yourself.' As I made my way around the circle with tears in my eyes, I quickly realized that not only was my visit a blessing to the participants, but they too were a blessing to my heart. I started coming every day. Handshakes became hugs, hugs became 'I love you'. I would sit with participants and listen to them. I will never forget one participant in particular. She communicated through sign language. She taught me to sign the words, I love you. I listened when they needed a friend. I walked with them when they needed a walking partner. Once again, I did whatever was needed of me."



"During the pandemic I became very sick and almost lost my life. For several weeks I remained at home until I was strong enough to return to LEC. I could not wait to get back. I missed everyone so much. Life Enrichment gives me purpose. I love each and every one here. I love the staff and see how wonderful they are with each participant. I listen to others, I walk with others, I do whatever is needed of me, and I still love every minute."

-Participant Brenda



"Brenda is kind, compassionate, and genuine. She goes out of her way to make each participant feel special. Helping others is her passion and it shows. She is not only a blessing to the participants, but to the staff as well."

-Program Coordinator, Chadrick Roseboro, Sr.

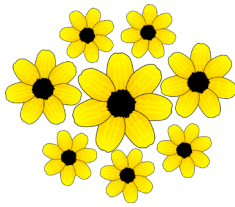


*"In conversation, mom would tell me that she'd figured out her pupose in life. To be a good wife, a good mother, a good grandmother, and a good great grandmother. Now she adds LEC to her list. Helping others makes her happy. **Despite the risk of COVID, we chose quality over quantity because it gives her purpose.** I know that when she's there, she is safe, she is taken care of, and she feels that she is needed. She truly enjoys it, what more could you ask for?"*

-Holly, daughter & caregiver



	<p><i>1 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Celebrating Mardi Gras ♦ Happy Birthday Captain America ♦ Writing "Thank You" Cards To Our Mail Carrier <p><i>Baked Salmon-Caesar Salad-Garlic Bread-Pineapple</i></p>	<p><i>2 Wednesday</i></p> <p>LEC Health Fair</p> <p><i>Chicken Tenders-Macaroni & Cheese-Broccoli-Applesauce</i></p>	<p><i>3 Thursday</i></p> <ul style="list-style-type: none"> ♦ Nerf Ball Target Practice ♦ Virtual Antique Show & Tell ♦ How To Make Homemade Cheese Doodles <p><i>Turkey Sub w/Lettuce & Tomato-Baked Chips-Cottage Cheese-Peaches</i></p>	<p><i>4 Friday</i></p> <p>Cat In The Hat Day</p> <ul style="list-style-type: none"> ♦ Celebrating Dr. Seuss ♦ Story Time Sessions: "Green Eggs & Ham" <p><i>Chicken & Dumplings-Green Beans-Roll-Pears</i></p>
<p><i>7 Monday</i></p> <ul style="list-style-type: none"> ♦ Origins Of Birth Names ♦ Happy Birthday Shaquille O'Neal ♦ Arts & Crafts Using Corn Flakes <p><i>Pot Roast-Mashed Potatoes-Peas-Roll-Mandarin Oranges</i></p>	<p><i>8 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Virtual Music With Tom Wood & Friends ♦ Celebrating Working Women Of The World ♦ Blindfold Taste Testing <p><i>Grilled Cheese On Wheat-Tomato Basil Soup-Applesauce-Milk</i></p>	<p><i>9 Wednesday</i></p> <ul style="list-style-type: none"> ♦ "Guess Who" LEC's Best Impersonations ♦ Ford Mustang Day ♦ LEC Talent Show <p><i>Cajun Chicken Pasta-Peppers & Onions-Garlic Toast-Pears</i></p>	<p><i>10 Thursday</i></p> <ul style="list-style-type: none"> ♦ Biscuit Making Contest ♦ Wheelchair Relay Races ♦ Parachute Fun <p><i>Chef Salad w/Fresh Vegetables-Garlic Toast-Fruit Cocktail</i></p>	<p><i>11 Friday</i></p> <ul style="list-style-type: none"> ♦ LEC Good Morning Compliment "Car Wash" ♦ Can You Recognize That Instrument Sound? ♦ Apple Cider With "Johnny Appleseed" <p><i>BBQ Chicken-Boiled Potatoes-Green Beans-Roll-Peaches</i></p>
<p><i>14 Monday</i></p> <ul style="list-style-type: none"> ♦ Recognizing Our K9 Veterans ♦ How To Make Homemade Potato Chips ♦ Filling Out Your NCAA Basketball Bracket <p><i>Chicken Noodle Soup-Carrots-Bread Stick-Pears</i></p>	<p><i>15 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Beginning Of "March Madness" ♦ Who's Your Favorite College Team <p><i>Lasagna w/Meat Sauce-Garden Salad-Garlic Toast-Mandarin Oranges</i></p>	<p><i>16 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Celebrating Black Press Day In Wilmington <p>Health Fair</p> <p><i>Chicken Sandwich w/Lettuce & Tomato-Tater Tots-Applesauce</i></p>	<p><i>17 Thursday</i></p> <ul style="list-style-type: none"> ♦ St. Patrick's Day Table Crafts ♦ Wear Your Green! <p>St. Patrick's Day Celebration</p> <p><i>Comed Beef w/Cabbage-Carrots & Potatoes-Roll-Mixed Fruit</i></p>	<p><i>18 Friday</i></p> <ul style="list-style-type: none"> ♦ Bingo Bonanza ♦ Celebrating Our LEC Nurses ♦ Men's Coffee Social <p>BINGO</p> <p><i>Sloppy Joes-Baked Beans-Tater Tots-Peaches</i></p>
<p><i>21 Monday</i></p> <ul style="list-style-type: none"> ♦ Participant Council Meeting ♦ French Class Via YouTube ♦ LEC Poetry Writing Contest <p><i>Chicken Taco Casserole-Black Beans-Mandarin Oranges</i></p>	<p><i>22 Tuesday</i></p> <ul style="list-style-type: none"> ♦ Recognizing The Tuskegee Airmen ♦ Reading Of Charlotte's Webb ♦ Remembering Sidney Poitier <p><i>Pinto Beans-Cornbread-Brussel Sprouts-Pears</i></p>	<p><i>23 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Dixie Cup Bowling ♦ LEC Cornhole ♦ Apple Juice "Pong" <p><i>Meatloaf-Scalloped Potatoes-Broccoli-Roll-Applesauce</i></p>	<p><i>24 Thursday</i></p> <ul style="list-style-type: none"> ♦ "Name That National Monument"- Google Earth ♦ How To Make Spinach Artichoke Dip ♦ Junk Drawer Detective <p><i>Baked Ham-Macaroni & Cheese-Black Eyed Peas-Roll-Peaches</i></p>	<p><i>25 Friday</i></p> <ul style="list-style-type: none"> ♦ LEC "Garbage Bag" Fashion Show ♦ LEC "Medal Of Honor" Service ♦ Farm Riddle Jumble <p><i>Baked Chicken & Spinach Casserole-Garden Salad-Roll-Pineapple</i></p>
<p><i>28 Monday</i></p> <ul style="list-style-type: none"> ♦ How To Make A Homemade Dump Cake ♦ Sky Diving Up Close & Personal With Toni Camp <p><i>Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll-Mixed Fruit</i></p>	<p><i>29 Tuesday</i></p> <ul style="list-style-type: none"> ♦ "Guess The State" Trivia ♦ LEC Volleyball Game ♦ Spring Time Scavenger Hunt <p><i>Beef Tips w/Gravy-Mashed Potatoes-Lima Beans-Roll-Mandarin Oranges</i></p>	<p><i>30 Wednesday</i></p> <ul style="list-style-type: none"> ♦ Hooray For Charlie Brown ♦ Virtual Vacations From Around The World ♦ LEC Jeopardy <p><i>Egg Salad On Wheat-Tater Tots-Dill Pickles-Pears</i></p>	<p><i>31 Thursday</i></p> <ul style="list-style-type: none"> ♦ Eiffel Tower Facts ♦ Opening Day Of Baseball ♦ History Of Starbucks Coffee <p><i>White Chicken Chili w/Sour Cream & Cheese-Garden Salad-Cornbread-Peaches</i></p>	



MARCH

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

KINGS MOUNTAIN ACTIVITY HIGHLIGHTS

Dr. Seuss Week!



1 Tuesday

- ♦ Women's Day Bookmarks
- ♦ Balloon Volley
- ♦ Crazy Hair Day



Baked Salmon-Cesar Salad-Garlic Bread-Pineapple

2 Wednesday

- ♦ Painting By Numbers
- ♦ Paper Plate Exercise
- ♦ Wear Your Wacky Socks



Chicken Tenders-Macaroni & Cheese-Broccoli-Applesauce

3 Thursday

- ♦ Forest Bingo
- ♦ Scarf Exercise



Turkey Sub w/Lettuce & Tomato-Baked Chips-Cottage Cheese-Peaches

4 Friday

- ♦ LEC Monthly Birthday Party
- ♦ Chair Yoga
- ♦ Dr. Seuss Book Character Day



Chicken & Dumplings-Green Beans-Roll-Pears

7 Monday

- ♦ Farm Riddle Jumble Games
- ♦ Parachute Fun
- ♦ Travel Log: Black Forest

Spa Day

Pot Roast-Mashed Potatoes-Peas-Roll-Mandarin Oranges

8 Tuesday

- ♦ Buzzword Two Trivia
- ♦ Chair Zumba
- ♦ How To Make Cookie Dough Bites

Health Fair

Grilled Cheese On Wheat-Tomato Basil Soup-Applesauce-Milk

9 Wednesday

- ♦ Woodland Matching Memory Game
- ♦ Indoor Walking Club
- ♦ "Name That Instrument" Sound Trivia

Cajun Chicken Pasta-Peppers & Onions-Garlic Toast-Pears

10 Thursday

- ♦ "Riddle Me This" Brain Game
- ♦ Indoor Volleyball
- ♦ Sounds Of Mother Nature



Chef Salad w/Fresh Vegetables-Garlic Toast-Fruit Cocktail

11 Friday

- ♦ Participant Council Meeting
- ♦ Chair Zumba
- ♦ Sign Language 101



BBQ Chicken-Boiled Potatoes-Green Beans-Roll-Peaches

14 Monday

- ♦ The "Write" Word Game: Mardi Gras Edition
- ♦ "Let The Good Times Roll" Dance Exercise
- ♦ Making Mardi Gras Jewelry

Chicken Noodle Soup-Carrots-Bread Stick-Pears

15 Tuesday

- ♦ "Oreo" Trivia
- ♦ "Oreo Cookie" Exercise
- ♦ Oreo Cookie Social

National Oreo Cookie Day!

Lasagna w/Meat Sauce-Garden Salad-Garlic Toast-Mandarin Oranges

16 Wednesday

- ♦ Star Of The Month: Catherine O'Hara
- ♦ LEC Cornhole
- ♦ Arts & Crafts: Lucky Shamrock Center Pieces

Chicken Sandwich w/Lettuce & Tomato-Tater Tots-Applesauce

17 Thursday

- ♦ Lucky Charms Scavenger Hunt
- ♦ St. Patrick Casino Games
- ♦ Making Lucky Charms Brownies



Comed Beef w/Cabbage-Carrots & Potatoes-Roll-Mixed Fruit

18 Friday

- ♦ World Story Telling Day
- ♦ "Who Am I?" Irish Edition
- ♦ Sharing The Works Of Famous American Writers

Sloppy Joes-Baked Beans-Tater Tots-Peaches

21 Monday

- ♦ March Madness History
- ♦ LEC Basketball Game
- ♦ College Basketball Trivia



Chicken Taco Casserole-Black Beans-Mandarin Oranges

22 Tuesday

- ♦ LEC Price Is Right
- ♦ Tai Chi
- ♦ How To Make Creamy Green Onion Dip

Pinto Beans-Cornbread-Brussel Sprouts-Pears

23 Wednesday

- ♦ Spring Junk Drawer Detective
- ♦ Facts About Garden Soil
- ♦ Farm Days Reminiscing



Meatloaf-Scalloped Potatoes-Broccoli-Roll-Applesauce

24 Thursday

- ♦ Wheelchair Relay Races
- ♦ Upper Body Exercise
- ♦ LEC Improv Show: "What's Your Talent?"

Baked Ham-Macaroni & Cheese-Black Eyed Peas-Roll-Peaches

25 Friday

LEC Spring Fling



Baked Chicken & Spinach Casserole-Garden Salad-Roll-Pineapple

28 Monday

- ♦ Monday Morning Mix & Match Word Game
- ♦ Drum Circle Exercise
- ♦ "Name That Smell" Blindfold Guessing Game

Roasted Turkey-Sweet Potato Casserole-Green Beans-Roll-Mixed Fruit

29 Tuesday

- ♦ Spring Flower Collage
- ♦ Creative Writing: Childhood Memories
- ♦ Chair Yoga



Beef Tips w/Gravy-Mashed Potatoes-Lima Beans-Roll-Mandarin Oranges

30 Wednesday

- ♦ LEC "Let's Make A Deal"
- ♦ Ladies Tea Time Social
- ♦ Coffee & Current Events Men's Group

Egg Salad On Wheat-Tater Tots-Dill Pickles-Pears

31 Thursday

- ♦ History Of "April Fools" Day
- ♦ Word Search Fun
- ♦ Making Sugar Cookie Surprise Bars

White Chicken Chili w/Sour Cream & Cheese-Garden Salad-Cornbread-Peaches



In Memory...

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

John Carroll Bridges

*by
Kimberly Sass*

Susan Coiner

*by
Richard Coiner*

Friends:

*The following has given a gift to
Life Enrichment Center*

Mr. & Mrs. David Wilkison



(Left to right) Participants Calvin & Kenton work together during a Horticultural Therapy program.



(Left) Staff member Karmella gives participant Sandy a fresh coat of nail polish while participant Dot enjoys a foot spa.

Thank You!

N.C. Cooperative Extension Club-
Birthday Party Supplies
Kay Hartman-Books/Magazines
Linda Willis & Family-Candy
Tracey Matthews-Puzzles
Warren Ferrell-Misc. Items
Janet Roebuck-Books
Earnest & Pam Merritt-Sweet Treats
Caesar Maddox-Birthday Cake
Shelby Food Bank-Bananas
Tom & Barb Crider-Bath Towels
Julie Brooks-Valentine Treats
Teresa Addington-Valentine Treats
Mt. Sinai Baptist Church-
Birthday Party Supplies
Ruby Friday-Valentine Treats

Let's Celebrate!



(Above, left to right) Participant Charlene celebrates her 62 birthday!



*Participant Ruthie says "Thank You for the chocolate!"
(Left) Participant Daniel reads a birthday card from members of Mt. Sinai Baptist Church.*

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

Russ Putnam, *President*
Suzanne Amos, *Vice-President*
Heather Bridges Moore, *Secretary*
Donna Beringer, *Treasurer*
Tommy Brooks
Hannah Cyr
Larry Dooley
Chris Gash
Pete Gilbert
Rev. Eddie Gray
Dr. Carolyn Jackson
Tom Martin
Katherine Panther Potemkin
Paula Ramsey
Jonathan Rhodes
Sharon Robbs

Advisory Board

Mason Venable, *Chairman*
Mary Accor
Greg Blalock
Jesse Bone
Honorable Forrest D. Bridges
David Brinkley
Tom Brooks
Cecil Burton
Wade Carpenter
David Cline
Gary Gold
Connie Greene
Jennipher Harrill
Kitty Hoyle
Patsy Irvin
Dr. Jane King
Tyler Leonhardt
Brenda Lovelace
Randy Mach
Tom McNichol
Sarah Nestlerode
Ellis Noell
David Pharr
Jay Rhodes
Dr. Mike Ribadeneyra
Gary Ritchie
Phillis Robinson
Bob Smith
John Still
Chris Turner
John Turner
Oscar Zamora

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

Address Service Requested



This institution is an equal opportunity provider/employer.

Non-Profit Organization
U.S. Postage
PAID
Charlotte, NC
Permit #4106

Important Announcements:

Announcements of closings/delays due to bad weather will be made on LEC's 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 Coats, Jackets, And Sweaters!!

Music Therapist, Hannah Coleman, sings songs of the 50's while participants join in with rhythm sticks.

