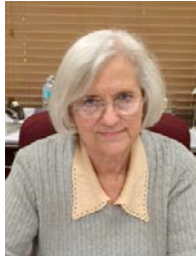




SEPTEMBER NEWSLETTER VOLUME 2 – ISSUE 8

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Deborah Freeman,
Executive Director

Greetings Friends,

This month I am excited to tell you that my 92 years old mother finally decided that it was time for her to stop living alone. Over the course of the past three years my mother has lost her sight to Glaucoma and a stroke which affected her optic nerve. She would not give up her independence nor her home of the past 60 years as long as she could get around in that home. Several weeks ago Mama suffered from another stroke which affected the area of her brain involved with spatial recognition. She no longer knew her own home and having very little sight could not re-orient herself to it. This is when she said I know that I can no longer live alone. My mother is a great model for dealing with the aging process. When one obstacle has been thrown in her way she has overcome it and gone forward without whining and making her children miserable. Mama loved to read

but it is hard to do when you cannot see. Thanks to my baby sister, Becky, Mama learned to listen to her books. Once a week Becky would go to the Library in Jacksonville and pull cd's for Mama's entertainment. I hope that I will be able to accept the challenges of aging with the grace our mother has shown as the challenges of aging are thrown my way.

There are many aging neighbors, friends and family in Columbia County who we may not know about or who have no one to notice when the challenges of aging begin to slow them down. As we approach a potentially frightening weekend of visitation by Hurricane Irma, please check on your aging friends, family and neighbors. Let them know that you are aware of their challenges and that you are there to help. Be safe and pray for God's protection.

Regards,

Debby

“Department News”

Development News and Announcements



Donna Bowen
Development Manager

Greetings! As you can see we are making changes in our Newsletter. We are excited to send it out at the first of the month so that we can let everyone know what is happening during the month. September has already proven to be busy in the Development Department.

Thanks to Charles Peeler and Kevin Kirby of the Columbia County Public Works Department, we had trees trimmed and debris removed so that our

street lights in the parking lot are more visible for our Seniors and visitors to the LEC at night.

We have updated our Extended Family Services Brochure and it is now at the printer. Please call Nancy at 755-0235 X 120 to schedule care for yourself or your loved one.

We are now set up to take credit and debit card transactions which will assist our donors and our Heirloom Gift Shoppe customers.

On October 21st from 10:00 AM-2:00 PM Women In Business will be having their Expo to raise money for Purses of Destiny. You don't want to miss this event.

Please call early for reservations to participate in our Annual Wealth of Information Fair scheduled for Thursday, October 26th from 9:00 AM-12:00 PM. To reserve a table for your organization, call Donna Bowen at 755-0235 X 108. This year it will cost \$20.00 to host a table, and we request that each organization have an item to raffle.

President Reagan designated November as National Alzheimer's Disease Awareness Month in 1983. On Saturday, November 4th from 8:00 AM until 12:00 PM we will sponsor our First Annual Alzheimer Awareness Walk/Run beginning here at the LEC. There is more information to come!



The Club will be celebrating its fourth anniversary on Saturday, September 9th.

and will be studying people who have become famous in the Third-Third of their life, such as Grandma Moses.

Participants will also study yoga and experience chair yoga.

Congratulations!

In September, the Club participants will be participating in a community service project;

For information about the Dementia Specific Adult Day Care, you can call 386-438-8621.



A copy of our new brochure is attached. Please feel free to share with your friends and family.

Information on the EFS service is available by calling: 386-755-0235 or email: inhome@ccseniors.com

Activities News



Deanna Law
Activities Director

I found this quote the other day and I think it fits our present 2017 September.

“Remember to be your brother’s keeper in September”, Ernest Agyemang Yeboah

All you have to do is watch the tv news channel or read our local paper to see people helping other people. I love to see so many reaching out and helping others. We are truly being our brother’s keeper. LEC is no different. Daily we hear remarks like “How are you doing?”, and “Where are you going to go during the storm?” and “Lets pray for the people in Houston.” “We have so many seniors at our facilities that have a caring heart. They are the best!

Even though we are in September we are celebrating Oktoberfest. On September 22, we are going to taste German food and listen to their unique music. It is a celebration of bringing in the harvest. We love doing things that promote diverse cultures.

Because the kitchen band has been such a success this year we have been invited back to Avalon for another concert. The band members are always up for entertaining others. My favorite song they sing is “Happy Trails to You”. It always brings a mental picture of Roy Rogers and Dale Evans riding on horseback.

The Geriactors are going to entertain us with another one of their performances. If you have never seen them perform, come to the center on Septembers 20th at 11:15 and be prepared to laugh.

I know this month will go by fast so make sure you come by our center and say Hi. We are fortunate to have several organizations who provide support and counseling to CCSS LEC. Some of these organizations are:

PEARLS, counselors provide grief support.

Caregivers Group, a group of people who wish to share their experience with caring for a loved one, who is ill, and, to learn from other’s experiences.

Family Caregiver Support Group (FCSG), support for individuals who wish to share their experiences while caring for loved ones and to learn from other’s experiences.

Alzheimer Support Group, group support for caregivers of dementia or Alzheimer loved ones.

SHINE, Medicare and supplemental insurance counseling.

Nutrition Education, discussion group exchanging food and diet information, and recipes seniors can easily prepare for themselves.

Mederi/Caretenders, perform blood pressure checks.

These organizations are there for your support and counsel. Watch our calendar or call for more information – 386-755-0235.

THERE WILL BE NO DANCE ON FRIDAY, SEPTEMBER 8TH AND SEPTEMBER 15TH!

Heirloom Gift Shoppe

The Heirloom Gift Shoppe is being re-vamped and new inventory will be added daily. Everyone should stop in frequently to see what is new! Our LEC cookbooks are available for \$20.00 each.



Interested new vendors should contact Deanna Law at (386) 755-0235 Ext. 124.

Columbia County Senior Services
628 SE Allison Court
Lake City, FL 32025
(386) 755-0235

YARD
SALE

Every Friday from 9AM - 1PM

DONATED ITEMS NEEDED!



All Proceeds Go to Columbia County Senior Services

CNA of the Month

Nell Feagle



Before becoming a C.N.A Nell was an office manager for 30 years. Prior to that her jobs included private sitting, caring for her grandchildren.

Nell has been with our company for 1.5 years, she has always wanted to help people be able to stay in their homes as long as possible, instead of having to go into a nursing home.

Nell loves working with her clients and getting to know them and have them tell her how thankful they are for helping them. She loves hearing their stories about their health and life in general.

Volunteer of the Month

Linda Marriott



Linda was born in Miami, Florida and attended school there. She graduated from Coral Gables H.S. and then continued her education at Dade

Community College where she earned a A.A. degree. She also attended FIU and U of Miami.

Linda started her working career at the Tropical Park Race track as a hot walker then progressed to a groom then to a pony girl. She admits that she is a horse person today. She then spent 5 years as an ICU technician while getting her nursing degree. She has worked in many different nursing fields such as – critical care, emergency care, and trauma.

She was married to Alberto (from Ecuador) in 1988, then in 1999 they moved to Columbia County where she worked at the Columbia Correctional Institute. Some of her most famous inmates that she had to care for were: Ted Bundy, Danny Rawlings and

the first female executed in Fla. called the Black Widow.

Linda has been a member of the Reflections which is a group like the USO. This group performed all over Florida and Georgia. She has also been active in an organization called 40/8, where she has held offices in local, state and national levels. Now, Linda volunteers at the VA and here at LEC where she teaches jewelry, arts and crafts, and calls Bingo.

Linda’s hobbies consist of deep sea fishing, card playing, video games, making items in plastic canvas, and arts and crafts. She also loves cruises and has had the opportunity to go on over 100 cruises.

We are happy that Linda has chosen LEC to be a part of her life. If you come by any day you will find her helping others which is what she does best. Thanks Linda for volunteering at LEC.

Deanna Law
Activities and Volunteer Director LEC

Kitchen Events for the Month of September



Alina Rioseco
Kitchen Manager

Fish Fry

Friday, September 8th

Men's Bible Study Luncheon

Wednesday 13th, 20th and 27th

Oktoberfest Fun

Friday September 22nd

Senior Birthday Celebration

Wednesday September 27th

Birthday Cake

Home cooked Wednesday meals

Wednesday, September 13th

Chicken Pot Pie

Broccoli with Cauliflower

Jell-O and fruit

Wednesday, September 20th

Pork Chops

Lima Beans w/Rice

Green and corn muffins

Apple Surprise

Wednesday, September 27th

Fish Fry

Cheese Grits

Cole Slaw and hush puppies





**Deborah Rhoades
Fort White Director**

**Ft. White
Lifestyle Enrichment Center**

September 2017

9-8-17 – 10 am – 11am - Altrusa
9-13-17 – 9 am - 9:30 am - Senior’s Breakfast

Mondays

8:30 am – 9:00 am - Coffee
9:30 am – 11:15 am - Line Dancing
9:00 am- 11:15 am - Crafts
11:30 am - Lunch



Tuesday

8:30 am – 9:00 am - Coffee
9 am – 11:15 am - Chair Exercises
11:30am - Lunch



Wednesday

8:30 am – 9:00 am - Coffee
9:00 am – 10 am - Word - Search Puzzle
10 am - 11:25 am - Bingo
11:30 am - Lunch



Thursday

8:30 am - 9:00 am - Coffee
9:30 am – 11:30 am - Diabetic Class
11:30 am - Lunch

Friday

8:30 am - 9:00 am - Coffee
9 am - 11:25 am - X-Box Bowling



Happy Birthday To: Ronnie Arnold 9-12



For more info contact: Deborah Rhoades - 386-497-1504
Hours: 8:30 am - 1:30 pm
Monday thru Friday

Columbia County Senior Services
Lifestyle Enrichment Center
PO Box 1772
628 SE Allison Court
Lake City, FL 32056



What better way to relax?
Enjoy the Butterfly Garden where you can sit by the fountain and smell the flowers.

386-755-0235
Website: Ccseniors.com
Facebook: Columbia County Senior Services
Email: development@ccseniors.com

We hope you enjoy the new format and information included in our September Newsletter. If you have any difficulty, please let us know.

If you wish to "unsubscribe", click on your "Reply" button and in the "Subject" box, type "Unsubscribe".

Thank you.