



NOVEMBER NEWSLETTER VOLUME 2 – ISSUE 11

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Deborah Freeman,
Executive Director

My colleague, Jerri Disbrow, RN, and I had the opportunity in late October to attend a three-day workshop on Dementia Capable Care. This workshop was looking at the aging of the Intellectually Disabled population in our communities. This is a time when ID and Aging professionals must come together and share their knowledge for the enrichment of people who may not always get the best of care.

One of the major take-away’s from these three days was the reinforcement of the idea that “all behavior has meaning.” This may sound like common sense but when a person has a condition which causes confused thinking they often react to stimuli differently than those of us who are “normal”. Too often a person who cannot interpret their surroundings has a catastrophic reaction to stimuli which causes him/her to be labeled as combative. Many times, this person is put on drugs which only exacerbate the problem. The goal of this training was to teach a group of interested professionals how to be trainers in the community to pass along this knowledge.

Speaking of dementia, we will be focusing on the caregiver in the patient/caregiver scenario on Saturday, November 4th. We will have a wonderful speaker, Tom Rinkoski. Tom has been through this several times with his family. He is an excellent and engaging speaker. Don’t Miss this opportunity. We will also be doing a walk we are calling “Walk a Mile in My Shoes”. Won’t you join us at 8 am on Saturday, November 4th?

Happy Thanksgiving,
Debby

Development News and Announcements



Donna Bowen
Development director

November is Alzheimer Awareness Month, we are planning to bring awareness to the Community for the patients and caregivers of Alzheimer by having a walk/run on Saturday, November 4, 2017 from 8AM-12:00PM. “Walk a Mile in My Shoes” information is available at (386) 755-0235 Ext. 108, Donna Bowen. Registration is \$25.00.

In Florida, more than a half-million people are currently diagnosed, making Florida the second highest state in the country dealing with Alzheimer's and Caregiver Burnout.

More than 5.5 million people in the US are living with Alzheimer's disease. Over the course of the next several years, this number is expected to reach over 16 million!

Alzheimer's disease is the only top 10 leading cause of death in America without a prevention, treatment, or cure and is currently the most expensive disease in the country.

The "Walk" will be one-mile long. There will be drawings, prizes and refreshments. Help us tell others about this devastating illness and its effect on Caregivers! Spreading the knowledge is the first step to awareness.

This event is an excellent opportunity for businesses to become a sponsor, or build a team as a way of recognizing and helping to fight this disease not only within our community but throughout the world.

With the holidays approaching, our facility rental calendar is filling up fast so call me (386-755-0235 Ext. 108) with your dates as soon as possible to schedule your event.



The Club at the Lifestyle Enrichment Center is a "Memory Care" facility for participants who are dementia specific. Our goals are to meet the ongoing needs of the individual, their family and caregivers and to assist in supporting the quality of their life, and lifestyle.

We set specific goals when establishing the Dementia Specific Adult Day Care program:

- To provide healthcare monitoring;
- To meet nutritional needs;
- To provide an educational environment;
- To enable an interactive social atmosphere;
- To provide recreation, stimulation and entertainment;
- To provide a respite for the family, loved ones, and caregivers;
- To stimulate reality orientation;
- To provide a regular exercise routine;
- To make caregiver and family support, education and community resources available;
- and
- To make these services available at an affordable cost (\$10.00 per hour).

One of the ways we can help our seniors access this program is through our “Scholarship” Program. It cost money to provide the services which benefit not only the participants, but the families, loved ones, and caregivers.

The fee to provide these services for one week, for one participant, is \$300; for one month, \$1200; and, for one year, \$14,400. Not every senior in the Third-Third of their life is able to afford these services. Community sponsorship is needed to provide these much-needed services to patients and their families.

The professional medical staff at The Club has one goal in mind - to provide the care, compassion and understanding appropriate to their patients. The Club is not a “custodial” adult day care, but one with multiple activities designed for successful completion by the patient. As a "memory care" facility we strive to enhance “daily life” for people who have lost so much.

If you have or know of a loved one who can benefit from the services offered, contact our staff at 386-438-8621. If you do not have a loved one who would benefit from this program, but would like to support the program, you may make donations or help by funding or contributing to our Scholarship Program. To learn more about donations or the Scholarship Program, contact Donna Bowen, Development Director at 386-755-0235 x 108.

Board Member of the Month



Deserrai Davis

The most influential person in my life has been my grandmother. Although I lost her at the early age of 70, I learned from her that those who are in their 'third third' have vast amounts of wisdom and life experience. They should be cherished, respected and most of all listened to and learned from.

I love that there is a place that caters to them. A place they can go have fun and obtain assistance, when necessary. And I know I'll be in my third third soon enough and I need CCSS to be there for me too!

I went to the University of Florida and have been with Odom, Moses & Company for 17 years. I have two daughters and one granddaughter.

Heirloom Gift Shoppe



We are constantly getting new and different merchandise. This month we are featuring a variety of “goat milk” and skin sensitive products.

Surprise!!!! You do not need to go out and fight the crowds on November 24th, we have the perfect gift for family members or co-workers. LEC is printing its first calendar for the 2018 year. It will have pictures of our center and its favorite seniors interacting with their friends and spouse’s.

The price is right and it’s a **fundraiser**. If you look close you might even find a Sheriff, Police Chief, Hospital CEO, Councilmen, Preacher; and lots of smiles.

This is a one of a kind. You can even preorder today. For more information call Deanna Law at 755-0235.

Activities News



Deanna Law
Activities Director

I can’t believe it, November already. I am sooo ready for winter I say - bring it on. So, what is going on in November? On Nov. 1st we are showing our team colors. It is “Wear Your Team Shirt” day. We will see what team has the most fans here at LEC. Then Nov. 4th is our first ever “Walk a Mile in My shoes” walk to bring awareness to the stress of being a patient and the caregiver of a patient with Alzheimer’s Disease. This is such a critical issue we need to bring more attention to the issues with which so many of our friends and neighbors are dealing. Let’s all “Walk a Mile” in their shoes.

Every year the Moose lodge invites our seniors to eat Thanksgiving lunch with them. What a blessing this is for us. Our seniors have been asking for the sign-up sheet for over a month. They are ready and so am I. Thank you, guys.

We have a special day coming up this month, it is called the Roger Shingleton day. Roger passed away this past year and he has left a permanent imprint on our minds. We have many pieces of his work that will be on exhibit and some will be for sale. He was a talented artist and woodworker. Come in on Nov 15th and look at what this amazing man did for us and other organizations here in Columbia County. You don’t want to miss this.

We will be closed for Thanksgiving and Friday, November 24th. I know my kitchen will be open for business. I love the smell of turkey and dressing cooking. It is a time to be thankful for all we have and I for one have been very blessed with a great family and amazing friendships.

I am especially thankful for all those who have donated to our Friday garage sale and for all those who have shopped with us. You are the ones who make it possible for the activities program to continue to grow. Thank you so much.

One of the activities we have here at the center that you may not know about and could be missing out on some real fun is... the Friday night dance. It is so much fun with good music, tasty food and good friends. It starts at 6 and ends at 9. It is every Friday night except on Nov 24th because of Thanksgiving. Great exercise. Spread the word and bring a friend. See you there.

We are starting a new painting class on Friday at 9:30 till 10:30. Join us and express yourself.

And talking about expressing yourself the seniors are making plastic sleeping mats for the homeless. They are turning out nice. We need plastic bags from the grocery store. If you have any just drop them by and someone will be sleeping on it soon.



Homeless plastic sleeping mat

We are also moving the Tai Chi class back to 3 till 4. That means you may be able to take advantage of this class. It is great for balance and many other issues. Try it you'll like it.

There will be no rest after we eat the leftovers after Thanksgiving because it is on to Christmas and getting into the mood. We have big plans for decorating the LEC this year. You should come by and check out what's up.

When I give tours, I tell people that our center is like an adult YMCA. We are the life in the senior's day. Thanks to our director, our board, our staff and our donors we are making a difference. Don't forget our famous Christmas bazaar Nov 27th through the 30th. I hope I get to see you this holiday season. Come by and join us.

Deanna Law
Activities and Volunteer Director

Volunteer of the Month



Celestine Levy

Celestine Levy was born in Columbia County where she attended Kindergarten through 10th grade at Canes Welcome School then finished her high school days at Richardson High School. She then attended Edwards Waters College for 2 years and finished up her Home Economics degree at Florida A&M with a minor in science. She did not stop with attaining just one degree, she went on to get her Master's degree from Tuskegee Institute.

She started her teaching career in 1952 at Richardson where she taught home economics. She moved from there to the 7th and 8th grade center and then on to our very own Columbia High School. 1988 she retired from the Columbia County School System.

Celestine met a very popular man here in Columbia county by the name of Alfonzo Levy. They were married in 1968. So, you know there was allot of music around their house.

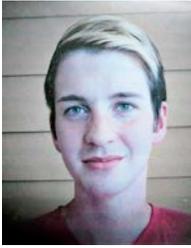
One of Celestine's favorite things is dogs but they must be people dogs, she makes sure they are children compatible. And guess what her dog is called?? *Moo-Moo. Sounds like my kind of dog.* Celestine also likes to sew. She has made many of her own clothes and sewn for several others. She also likes to travel. Some of the places she has visited are Ireland, Amsterdam and Nassau.

Celestine started volunteering for us as soon as she retired in 1988, and for the Christian Service Center. She is a member of the New Bethel Missionary Baptist Church. Our seniors are very familiar with her church because they invite us to have a birthday lunch at their church every year. *And let me say the food is great.* Celestine is just as busy in her church as she is at LEC. She sings in the choir, teaches Jr High Sunday School, and is the President of Home Mission. I am not done yet, because she has served on several boards here in Columbia County; Happy House, United Way, LEC, and the Christian Service Center are just a few.

You can see this woman really deserves many kudos. I can tell you from watching her at LEC this past year what a treasure she is. I have never seen such dedication as this woman has. God puts special people in our paths to inspire us and to show us what a Godly life looks like. I am so glad God led Celestine to our program. Thank you, Celestine, for all you do for all of us here at LEC.

Deanna Law
Activities and Volunteer Director

CNA of the Month



Darian Linder

Darian has been with CCSS since May 2016. He decided to become a C.N.A and work in the medical field when he was 14 or 15 years old after his mom became ill and had to be confined to her bed. Darian stayed home that summer and took care of her every day.

Darian was struggling to find a place he could be proud of to work as a C.N.A until he came to work for CCSS which he enjoys very much. His previous jobs were working at the library and a clothing store.

He likes that he doesn't feel rushed with his clients and is able to make a connection so that he is able to provide a better quality of care.

Make A Difference

*To the world you may be but one...
But to one you may mean the world!
Whose miracle will YOU be today?*

Author Unknown

Volunteering at the Lifestyle Enrichment Centers

The Lifestyle Enrichment Center is extremely dependent on its volunteer resources. These resources are vital to the continuation of services.

An hour of your time could benefit so many. It is easy to fall into a pattern and forget we are valuable due to our life experiences. Sharing and helping are so important to our own mental and physical health. Whether it is an hour, a morning, or a day. Your help is needed.

The Fitness Center needs committed volunteers during hours of operation for the safety and well-being of the users of the gym. We need instructional as well observational volunteers.

Without volunteers to help us this valuable service would not be available. Current hours of operation are 8-11:30 AM on Monday, Wednesday and Friday and the 8-11 AM on Tuesday and Thursday.

What's cooking for the Month of November?



Alina Rioseco

11/1/17

*Smothered pork chops
Black eyed peas with rice
Cabbage & cornbread*

11/8/17

*Our Thanksgiving Lunch
Celebration*

11/14/17

***Thanksgiving Lunch
@ The Moose Lodge***

11/15/17

*Fish Fry
Cheese grits
Coleslaw
Hushpuppies*

11/22/17

No Wednesday meal

11/29/17

No Wednesday Meal



Deborah Rhoades,
Ft. White Site Manager

Ft. White Lifestyle Enrichment Center

November 2017



11/14/17- 10:45 am – 12:30 pm
Moose Lodge

11/20/17 10:00 am -11:00 am
Carolyn Jaeger

11/22/17- 11:30 am
Seniors Thanksgiving Lunch

Mondays

8:30 am – 9:00 am - Coffee
9:30 am – 10:30 am – Miracle Mile Walking Exercises
9:05 am- 11:15 am - Crafts
11:30 am - Lunch



Tuesday

8:30 am – 9:00 am - Coffee
9:05 am – 9:35 am - Chair Exercises
10:00 am – 11:15am – Outside Yard Games
11:30am - Lunch



Wednesday

8:30 am – 9:00 am - Coffee
9:10 am – 9:45 am – Trivia Games
10:00 am – 11:15 am - Bingo
11:30 am - Lunch



Thursday

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



9:30 am – 11:00 am - Crafts
11:30 am - Lunch

Friday

8:30 am - 9:00 am - Coffee
9:30 am - 11:20 am - X-Box Bowling
11:30 am - Lunch



Happy Birthday to: Barbara English – November 5th
Legina Lee – November 15th
Joyce Jones – November 20th
Alonza Bowers – November 28th



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

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

We hope you enjoy our November Newsletter. If you have any difficulty reading it, please let us know.

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

Thank you.