



OCTOBER NEWSLETTER VOLUME 2 – ISSUE 10

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Deborah Freeman,
Executive Director

Hi, Friends,

Another month is gone and we are moving into the Fall, cooler weather and the holiday season.

At the LifeStyle Enrichment Centers the seniors will be celebrating

throughout the next few months. By the time the New Year gets here they will have been treated to some lovely parties by friends in the community. They will have enjoyed our beautiful Christmas trees and shared cards, gifts and Christmas songs.

This time of the year is very happy at the LifeStyle Enrichment Centers; and a very sad time for many older people. They have outlived their families and their resources. Many are abused and exploited by trusted friends and family. Many are alone and sick.

Please look around you and be aware of someone who could use a kind word or a smile. Also note that we keep getting hints that this winter may be colder than usual. People on a fixed income often do not keep their homes warm due to the fear of not being able to pay the bill. If you think you know a senior who might be cold, hungry or in need of assistance, please call us at 386-755-0235 so that we can check on them.

On November 4th we will be sponsoring a walk/run to bring awareness to the dementia patient and their caregivers. The theme of the walk/run is “Walk a Mile in My Shoes”. We hope that you will join us for food, recreation and most of all education.

Until next time,

Debby

Development News and Announcements



Donna Bowen
Development Manager

Greetings, September came and went so quickly. I can't believe we are in October already!

Development has been busy planning upcoming events. Now that we are moving in to the last few months of the year, we will be busy with events coming up at the Lifestyle Enrichment Center as well as being a pacesetter for United Way. Mark the following dates on your Calendar:

Tuesday, October 10, 2017, 11AM-1PM B-B-Q dinner fundraiser for United Way and on Saturday, October 21, 2017, WIB Girls Day Out “Just

for her” Expo.

Our van window advertisement program is in place and “ready to roll”. Thank you to the following local Business’ that supported our Third-Third. They are Whiddon Roofing, O’Neal Companies, Raymond James/Odom Moses, Mederi Caretenders, NFR Lake City Medical Center Auxiliary, Rountree Moore-Kia, Baya Pharmacy, G. W Hunter, Inc. and The Wheeler Agency. We look forward to seeing the vans around our community taking care of our 60+ citizens in Columbia County.

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.



The Club will be enjoying several new games this month, such as ring toss, bag toss,

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

word games and puzzles.

Board Member of the Month



Maggie Bennett

I was born and raised in Miami, FL where I graduated from Westminster Christian School and attended Florida International University with a full scholarship for Volleyball and Softball. My majors were in Business Administration and Accounting. I began my

banking career at Barnett Bank in 1993.

In 1998, I took a brief break from banking to run my own business and work as a title agent alongside a group of three attorneys.

In 2008, I met and married my husband Sam. We decided to move back to his hometown in Jasper, FL where we were blessed with the arrival of our son Matthew on August 2, 2011 after undergoing months of Invitro treatments.

Four years ago, I returned to banking and am currently the AVP and Branch Manager of Ameris Bank in one of two Lake City locations where I enjoy serving our customers.

As a member of this community, I am grateful every day for having an opportunity to give-back.

Activities News



Deanna Law
Activities Director

Fall is a favorite time for me because of the colored leaves, scarecrows, and the fresh apple cider. October is going to be a very busy

month here at LEC. On October 6th, we are celebrating national Mad

Hatter day. The creative hat decorations should be awesome! Then to back that up we get even crazier...on Oct. 17th, we are observing National Gaudy Day. Yes, I said gaudy.... how fun! I know I have lots of things in my closet that fit that category.

On Oct. 24th, to recognize Breast Awareness, we are all going to wear pink to show our support for the cure.

Thursday Oct. 12th is National Stop Bullying day. This is not an issue that only affects children. It has become a major concern for our seniors. We are going to have a guest speaker address the problems and give us some suggestions to help find solutions.

This is open to anyone. We invite you to attend.

October has one day where we can officially say thank you to our bosses. We have a boss who has a heart for all of us, the seniors and all employees who work here. We want to say a special thank you to our super wonder woman boss. Thanks Debby for all you do here at LEC.

We continue to have remarkable results from our Friday garage sales. Thanks to many of you who donate items and we are also grateful for all the people who purchase things from us. This money keeps our programs going.

Halloween tops off the month of October, we have several doors around the center that are sporting unusual creatures. Watch for strange creatures lurking in the halls.

It is going to be an awesome fall at LEC. It can only be better if you come and join us.

Deanna Law
Activities / Volunteer director

CNA of the Month



Pearl Clark

Pearl came to CCSS in February 2016 and said the one thing that influenced her to become a C.N.A was the need for this profession in Nursing Homes and hospitals.

Her previous employment was working at an assisted living facility.

Pearl enjoys working with her clients and helping them to remain living in their own homes, as long as possible.

Volunteer of the Month



Carol Risk

Carol was born in Reading, Pennsylvania where she started school in Kindergarten and graduated from West Reading H.S. She then attended Kutztown State College as an Art student then changed her major to biology. Later, in life

Carol got her Masters at F.A.U. and her Specialist degree at F.S.U.

In 1968, she moved to Boca Rotan, Florida with her daughter Laura and husband. Since that time, she has taught Biology, gifted advanced placement Biology, Human Physiology, Micro Biology, Genetics, Physical science, and Chemistry. Carol has taught at Deerfield Mid., Crystal Lake Mid, Coral Springs H.S. Branford K-12; and was Assistant Principal at Suwannee H.S. and Branford K-12, Branford Fla. While in Branford she took on the task of opening their new elementary school, and her last 2 years she spent in the dist. Office at Suwannee Co.

In 2007 Carol got her certification in yoga. Then in 2010 she earned her therapy yoga certification. Carol now has over 1000 hours of teaching experience; therefore, she has earned her Yoga ERYT certification. Which means she can teach teachers. She is also a silver sneakers instructor.

With all this going on in her life I was anxious to find out what Carol did for fun. Turns out that she likes to travel and play word games with friends. She also has 3 cats, and a Pomeranian.

Carol teaches the stretch yoga class here at the center and has a room full of students. We are very blessed to have such a wonderful experienced teacher working with our people and all of this is done as a volunteer, for free.

It is people like Carol who make our center the special place that it is. We offer first class instruction to all who come to our center. Carol, you make us better than ever. Thank you for all you do at LEC.

Deanna Law
Activities / Volunteer Director

Friendship Cake

1 Cup of Greetings
2 Cups of Smiles
1 Large Handshake

2/3 Cup of Love
1 Tablespoon of Sympathy
2 Cups of Hospitality

Blend greetings and smiles together. Slowly add the handshake and stir in the love. Sift the sympathy and hospitality and then fold in carefully. Bake in a warm heart and serve often. Yields lots of friends.

What's cooking for the Month of October?



Alina Rioseco,
Kitchen Manager

October 4, 2017

Stewed Chicken & Tomatoes w/Rice
Green Beans
Dinner Roll

October 11, 2017

Ranch Pork Chops & Potatoes
Roasted Veggies
Cheddar Biscuits

October 18, 2017

Baked Spaghetti
Corn
Garden Salad
Garlic Bread

October 25, 2017

Fried Fish
Mac & Cheese
Greens
Hush Puppies

October 31, 2017

Spooky Afternoon Snacks

Heirloom Gift Shoppe



There is something that makes October a special month and that is the observance of Breast Cancer Month. Our gift shop is selling a pink

breast cancer Christmas tree that is covered with breast cancer items and topped with a Barbie doll wearing a belt that says HOPE. So cute you must come in and see it



Deborah Rhoades,
Ft. White Site Manager

**Ft. White
Lifestyle Enrichment Center**

October 2017



10/16/17 – 10:00 am – 11:00 am – Carolyn Jaeger
10/27/17 – 9:30 am – 12:30 pm – Halloween Party

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
9:00 am – 9:30 am - Chair Exercises
10:00 am – 11:00am - Crafts
11:30am - Lunch



Wednesday

8:30 am – 9:00 am - Coffee
9:45 am - 11:00 am - Bingo
11:30 am - Lunch



Thursday

8:30 am - 9:00 am - Coffee
9:45 am – 10:45 am – Walk-A-Mile Exercises
11:30 am - Lunch



Friday

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

Happy Birthday to: Joan Nano – October 30th



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

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.

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 the new format and information included in our October 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.