



## FEBRUARY NEWSLETTER VOLUME 3 – ISSUE 2

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### A MESSAGE FROM THE EXECUTIVE DIRECTOR



Hello Friends,

I hope this newsletter finds you well. Mama and I are doing fine. She has lived with me for the past five months. While I know that if she were able, she would rather be in her own home I am happy that she came to live with me. At 93 years of age Mama needs very little assistance even though she has lost her sight. Mama and I are lucky because we generally like each other and get along well. All of us will not have the same advantages that Mama and I have. Sometimes families just don't like each other.

Sometimes families are abusive to one another. Sometimes older people are kept home by family members under the guise of not being able to bear the thought of their loved one being placed in a nursing home. The reality is that the family does not want to lose the income represented by the elder's monthly check.

I often wonder how many older people there are in our 797 square mile county who are being exploited, abused by family and friends, or severely neglected by themselves. How many people are living with memory problems? Severe arthritis? Depression? How many have outlived their family and friends?

We can all learn to cope with the aging process; however, it is usually hard to do alone. I look at my very independent Mama and know that she needs me to help her maintain her hygiene; her nutrition; her medical care and her connection to normal ordinary things like the news, the weather and our family.

Columbia County Senior Services, Inc. realized a long time ago that we could become the stimulus for the 60+ population to maintain their health; nutrition; and sense of well-being. We could become the "extended family" which the 60+ could look to for support. We cherish this role. We have a staff comprised of trained and caring people. We sincerely thank you for the support you have shown in the past and hope that we can count on your support in the future.

Regards,

**Deborah Freeman**  
**Executive Director**

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## Development News and Announcements



We are so pleased that we were able to meet the needs of our Senior 60+ community by providing the events and activities they requested and enjoy.

The Staff and Board of Columbia County Senior Services has a heart for service to Columbia County’s 60+ Community. Our programs in Lake City and Ft. White are designed to support a holistic approach to health by offering: physical health, emotional health, spiritual health, mental health and nutrition, transportation provided.

We thank all of our Staff, Board, Donors, Volunteers and our Seniors for their commitment to our 60+ Community.

Here is some of what kept us all busy and “happy” last year.

Year	Date	Event
2017	1/17/2017	New Board Member Orientation
		Be A Savvy Caregiver Training Program
2017	2/7/2017	Elder Options
2017	2/17/2017	Valentine's Dance
2017	4/7/2017	Bunny Hop Dance
2017	4/8/2017	Volunteer Award Luncheon
2017	4/14/2017	Good Friday Dance
2017	4/21/2017	Fort White Open House and Country Hoedown Cookout
		10th Anniversary
		Lake City Open House, Reception and Ribbon Cutting
2017	4/25/2017	
2017	5/16/2017	Annual Breakfast
2017	5/26/2017	Senior Prom Dance
2017	5/27/2017	English Tea Party for local churches
2017	6/1/2017	7 Day/7 Nights Vacation Drawing
2017	6/20/2017	Board of Directors Luncheon
2017	6/23/2017	Sock Hop Dance
2017	6/24/2017	Car Show
2017	6/28/2017	Health Seminar & Ice Cream Social

2017	7/8/2017	Caregiver Education & Empowerment Day Alzheimer's Association
		45th Anniversary
2017	7/15/2017	Blast from the Past Taste of the Future
2017	7/15/2017	Silent Auction
2017	7/15/2017	Television Raffle
2017	7/21/2017	Christmas in July Dance
2017	7/27/2017	Senior Crime Aware Program
2017	8/12/2017	Murder at the Deadwood Saloon
2017	8/12/2017	Dementia and the Movies
		How Do You Picture Your Retirement
2017	8/16/2017	Edward Jones
2017	9/6/2017	Volunteer Assembly
2017	10/10/2017	United Way Fundraiser BBQ Dinner
2017	11/4/2017	Walk A Mile in My Shoes
2017	11/15/2017	Roger Shingleton Day
2017	12/5/2017	BOD & Donor Appreciation Dinner
2017	12/15/2017	Christmas Ball
2017	12/20/2017	Quilt Raffle
2017	12/20/2017	Christmas Tree Silent Auction
2017	12/20/2017	Volunteer and Senior Christmas Luncheon
2017	12/20/2017	2018 Calendar
2017	1/13 & 1/27	Friday Night Dance
2017	2/10 & 2/24	Friday Night Dance
	3/10, 3/24 &	
2017	3/31	Friday Night Dance
	4/14, 4/21 &	
2017	4/28	Friday Night Dance
2017	5/5, & 5/19	Friday Night Dance
2017	6/2, 6/6, & 6/23	Friday Night Dance
2017	7/7, 7/14 & 7/28	Friday Night Dance
2017	8/4, 8/11, & 8/25	Friday Night Dance
2017	9/22 & 9/29	Friday Night Dance

**Donna Bowen**  
**Development Director**

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## **Retail and Fundraising Endeavors**

January was the beginning of a busy year for Lifestyle Enrichment Center and Columbia County Senior Services. As our Calendars are still on sale for \$12.50, you can keep up with a lot of the events we will be having during the year by stopping in and purchasing one for yourself and a friend. All money goes to benefit our 60+ Community. Each Month has at least (1) one fun event that is planned, as well as outside events we will be hosting here at our Center.

Friday, February 16<sup>th</sup> from 6 PM – 9 PM we will have our Valentine’s Day Dance. This should be a fun evening with shared company and food, and entertainment for dancing.

***Revisiting the History of Lake City’s Blue Chip Casino***

***February 10<sup>th</sup> from 6:00 PM - 8:00 PM***

***Cost: \$20 per person***

***Tickets MUST BE PREPAID by February 3<sup>rd</sup>***

***Ticket Sales End February 3<sup>rd</sup>!***

***There will be entertainment by our own Wayne Levi, stories will be told about famous musicians who entertained at the Blue Chip Casino, pictures of local buildings that have been torn down, and testimonies about the Chitlin Circuit.***

***This is a wonderful bit of history that we hope you will want to share!***

***Dinner will be prepared by BobbyQue Rib Shack Restaurant.***

***Ribs, Baked Beans, Mac & Cheese, Cornbread, Dessert and Tea***

***Call Barbara for information and reservations:***

***386-755-0235***

The Friday Yard Sales continue to do well. Thank you for your donations and support. Keep them coming!

On January 18<sup>th</sup> we had the Wealth of Information program. This has been a recurring program and we continue to get valuable feedback from the vendor and visitors. We had 22 Vendors participate, giving out information, prizes and some great raffles. We also had some tasty food tastings!



If you missed this event, we will be hosting a “Resource Information Fair” on September 20, 2018 from 2:00 P.M. – 4:00 P.M. This event will be catering to a “Partnering for Positive Aging” group.

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Pearl Reed, Kenny Burt, LeRoy Newton, The Martingales, and Ron Koeler will provide entertainment for us this month.

2017 has been a phenomenal year. I thought you might enjoy reading about some of our accomplishments.

52 leadership volunteers contributed 4,504.5 hours assisting 557 participants and providing clerical support.

With a smile and kind heart the volunteers assisted the kitchen staff in serving breakfast and lunch every day, Monday through Friday, without complaint; and assisted with our special events.

**Health and Physical Fitness Programs included:**

- |                  |                |
|------------------|----------------|
| Chair Volleyball | Ladder Ball    |
| Danceroics       | Tai Chi        |
| X-Box Games      | Fitness Center |
| Flex Yoga        | Line Dancing   |
| Chair Exercises  | Lawn Dice      |

**Sewing Center Activities included:**

Crochet

Quilting

**Arts and Crafts Center Projects included:**

Ceramics

Jewelry Making

Plastic Canvas Crafts

**Educational Programs included:**

I Did Not Know That

Geri-Actor Performers

Kitchen Band

Computer Classes for Beginners

Computer Classes for Intermediate Users

Photo Club

Book Club

**We continued to work with the community to bring entertainment to our participants:**

LeRoy Newton

Martengales Bluegrass Band

High Voltage Entertainment

Bob Denny

Cassie and Friends (Dogs)

Kenny Burt

Pearl Reed

**Outside organizations and groups continued to assist, enlighten and bring services to us:**

Woodcarvers

Bible Study

NARFE

Mederi Caretenders

Family Caregiver Support Group

Nutrition Education

Alzheimer's Support Group

Pearls

Duplicate Bridge

SHINE

Women in Business

Senior Crime Awareness

Stop Bullying Program

Savvy Caregivers Training Program

Diabetic Training

**We always made time for recreation:**

Movies

Bingo

Card Games

Mad Hatter Day

Ugly Sweater Day

Wear Something Gaudy Day

Pizza Day

Fish Fry

Roger Shingleton Day

Christmas Cookie Decorating Party

Christmas Hat Day

Friday Night Dances

Yard Sales

Bazaar

Oktoberfest

Puzzles

Wear Your Team Shirt Day

**Monthly outings were planned:**

Birthday luncheons at numerous local churches

St. Paul Missionary Baptist Church

Union AME Church of Lake City

New Bethel Missionary Baptist Church

Pleasant Grove United Methodist Church

New Mt. Pisgah AME Church  
Holiday luncheons at the Moose Lodge  
Haircuts at the Beauty School at FGC  
Shopping trips  
Luncheons at restaurants  
Alligator Park

**Deanna Law**  
**Activities Director**

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### **CNA of the Month – Bailey Durrance**



Bailey has worked for C.C.S.S for 8 months and has always wanted to become a C.N.A because she enjoys helping people and being there for them when they need help. It makes her feel very good to know that she puts a smile on someone's face.

Previous employment was working at Family Life Care in Live Oak. Her clients appreciate Bailey helping them and having someone there to talk to.

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### **Understanding the Third-Third of our Lives**

**First Third** – Considered age 1-30, when your life is in incubation, education, preparation, exploring identity and purpose; intimacy and relationship. This is the time when we build the foundation of who we are to be.

**Second Third** – From age 30-60 you are dominated by family and work; we define our core relationships and commit to a career path. They become our priority. We further our growth in accepting responsibility, earning trust and respect, and building integrity.

**Third Third** – From 60, you encounter the unexplored terrain of life after the working career and your children moved on to establish their own homes and families. It is your opportunity to spread your wings and explore all the things you have dreamed of doing, places you wanted to go; and concentrate on you.

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February is Black History month so we will learn about people of interest and especially talk about some of the local people who have impacted our community.

Lessons will include learning about Alaska, health and we will also cover math.



In February we will celebrate President's Day. Our program will include activities and learning about Abraham Lincoln and George Washington.

Dominos, hearts, ladder ball and soccer are some of the games we have scheduled; and we will continue our daily exercise program.

Of course, we will recognize and celebrate Valentine's Day.

Volunteers are needed in the Club. JoAnn Flegert, the Club Director, would love to hear from you if you are able to donate your time. Call her at 386-755-0235, Extension 106.

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### **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.

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### **Board Member of the Month – Kathy Verchick**



I have lived in Lake City since 1991 (27 years) and became acquainted with LEC when I needed help caring for my husband who was diagnosed with ALS in 2002. LEC provided respite care once a week, until he died in 2006.

As of now, I have been volunteering at the LEC for about 10 years. I have been active in my Epiphany Catholic Church community since living in Lake City by visiting the homebound, helping to raise funds, and by cleaning the church. For 24 years I have been a volunteer with the Guardian Ad Litem program in Lake City. We are the voice in court for children who are unable to speak in court. I have volunteered at

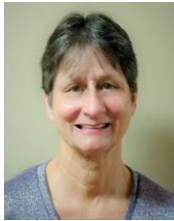


Catholic Charities for 15 years which has been very rewarding. They work in five counties to feed the less fortunate.

I will always volunteer somewhere if my health will allow. At age 78 I am grateful for being able to give back to our community.

I am fortunate to have four children, nine grandchildren and expecting the first great grandchild in March.

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### **Volunteer of the Month – Peggy Parker**

The volunteer for the month of February is Peggy Parker. She is a native of Lake City born right here at Shand’s Lakeshore Hospital. Peggy is a middle child with an older and younger sister.

While Peggy was a student in high school she followed her interest and volunteered in the CHS library until she graduated in 1979 from CHS. Peggy has always been a tiger fan but now days she has added another team the Florida Gators.

Peggy has a love for traveling. She has visited various places including San Juan, Porta Rico, and Victoria Canada. Much of Peggy’s day consists of playing with her Australian Cattle dog named Shelby. She also loves attending Christ Central church.

Volunteering must be in her blood because she started years ago volunteering for Columbia city and Niblack. In 2000 she started to help out the CCSS in the old DOT building. So, fast forward and she is still helping us out in our Lifestyle Enrichment Center. You can find Peggy in the office area doing whatever they need done. I asked her supervisor what she thought about having Peggy for a helper and she said, ” She is wonderful”.

I have never met anyone who is happier helping others than Peggy. She is the kind of person you want to have as a friend. Always smiling and positive! We are very thankful that we have her here at LEC as a volunteer. Peggy, you are a one of a kind and we Love you.

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### **Where Did That Fact Come From?**

Houses had thatched roofs (thick straw) piled high, with no wood beneath. It was the only place for animals to get warm, so all the dogs, cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof; hence the saying “**it’s raining cats and dogs**”.

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could really mess up a bed. A bed with big posts and a sheet hung over the top afforded some protection; hence, “canopy beds” came into existence.

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## **How Can You Help Support The Lifestyle Enrichment Center?**

1. Make your own gift. It is the “Feel Good” thing to do and shows your own dedication and respect for the organization and cause.
2. Spread the word. Share your knowledge and experience. Those are the best forms of advertising for an organization and cause you believe whole-heartedly in.
3. Offer to host or sponsor an event. This is an opportunity for you to introduce your friends, family and customers to the organization. It is a win-win marketing opportunity.
4. Volunteer. Bring your skills and talents into the organization. Enjoy yourself by helping others.

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## **Unleashing Philanthropy**

Philanthropy is based on the intent of doing or providing for a common good that is primary to the quality of life. The action or need is respectful and builds confidence.

When donating to an organization or cause, we are entitled to certain expectations.

1. What is the mission of the organization?
2. Who is serving on the Board? What is their background and to be their responsibilities?
3. Organizational financial disclosure.
4. How will your donation be used?
5. Will my donation be acknowledged?
6. Will my donation and support be treated confidentially?
7. Will the organization staff and representative maintain a professional attitude and demeanor?
8. Will the recipients be treated respectfully, with humility and courteously?
9. How will donations be solicited, and by whom?
10. Will I have the option of being free from future email and mailings?
11. Is the door open for questions? Will answers be receiving promptly and truthfully?
12. Where and how will services be rendered?

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## Ft. White Lifestyle Enrichment Center



**Deborah Rhoades,**  
**Ft. White Site Manager**  
**386-497-1504**  
**Hours 8:30 AM – 1:30 PM**  
**Monday thru Friday**



n- 11:00 am - 2/14/18 - Seniors Valentine's Day Dance

10:00 am - 2/19/18 - Carolyn Jaeger

### Monday

- 8:30 am – 9:00 am - Coffee
- 9:30 am – 10:30 am - 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 – 11:15 am - Crocheting class
- 11:30 am - Lunch

### Wednesday

- 8:30 am – 9:00 am - Coffee
- 9:10 am – 11:15am - 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!

**Earl Kinard – February 20<sup>th</sup>**

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## Items Needed

The Development/Marketing department is in desperate need of a color printer! The one they have been using has decided to stop printing in color, or at least in consistent color.

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A2Z of Lake City, Inc. has a new logo which we are pleased to use.



February, known as the “Love Month”, will have a lot of fun things going on around us at the Center, with a wedding reception that will be held on Wednesday, February 14<sup>th</sup>! We have such a beautiful facility and are glad we have A2Z of Lake City, Inc. as our means of renting the facility for local special events and occasions. The proceeds are a tremendous help to our seniors.

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Columbia County Senior Services  
Lifestyle Enrichment Center  
PO Box 1772  
628 SE Allison Court  
Lake City, FL 32056  
386-755-0235  
Website: [ccseniors.com](http://ccseniors.com)  
Facebook: Columbia County Senior Services  
Email: [development@ccseniors.com](mailto:development@ccseniors.com)

We hope you enjoy our February 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.