



MARCH NEWSLETTER VOLUME 3 – ISSUE 3

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear Friends,

The first two months of 2018 have proved to be very busy and from the looks of the calendar of activities for March we will keep up the momentum. For those of you who missed coming to the Blue-Chip Casino Celebration, you missed a good time. Wayne Levy kept everyone entertained with music and humor. We also had the opportunity to hear several people tell us about their memories of the Blue Chip. Ms. Deanna George remembered having her Senior Prom at the Blue Chip and told everyone about her mail order dress that cost her \$13.95. It was purple – of course.

It was fun to hear Wayne talk about getting to slip in and play with the big boys. He reminded us all that we were talking about his history. Linda Ivory was dressed in a beautiful African inspired outfit and let the music move her!

Make certain to look for another intriguing evening next February as we celebrate Black History Month with a Lake City flair.

March will bring the gathering of another group of ladies from local churches. They compete in a table decoration event; share lunch; enjoy a motivational speaker and are entertained by Revelation. Please reserve a space for your ladies and join us for the March Tea Party.

I continue to have the honor of living with my 92 years old mother. She looks good and generally feels well. If she had not lost her vision she would be unstoppable. We have fun together, however, it took some adjustment. I had to change any expectations I had and realize that it is easier at this point for me to work on changing rather than expect Mama to do so. I am happy to have the ability; health and opportunity to take care of her.

There are many elderly people in our community who may need help; food or fellowship. Please let us know if you know someone who fits this description, we can help.

Enjoy the beautiful weather but don't put away the blankets yet!

Regards,

Deborah Freeman
Executive Director

Development News and Announcements



Welcome to March! It seems like February came and went very fast. February being the month of Love, we had a beautiful wedding reception at the Lifestyle Enrichment Center on Valentine's Day. We enjoyed celebrating with the Happy couple and their friends and family. Also, the Blue Chip Casino Dinner and Live Music by Wayne Levy was a success. Development is working on Mobile Van Advertising, if you have a Business and would like to advertise, please call soon, as space is limited.

We are gearing up for the Annual Breakfast to kick-off the Annual Campaign. Please mark your calendar for May 15, 2018 at 7:00 A.M. Invitations will be mailed. We will also be having a Bowl-A-Thon on July 14, 2018. If you would like to sponsor a team or donate prizes for a raffle, please contact Development.

We are very thankful for our Board, Donors and Volunteers that help enrich the third-third. If you have not been to the Lifestyle Enrichment Center for one of our events, or you are one of our Seniors, please stop by and take a tour. It is exciting to see the Seniors enjoying their time here, whether it is socialization, exercise, or one of our many classes. We also have dances on Friday nights with pot luck and a DJ...lots of fun.

Last year 2017 was a trailblazing year for us at CCSS, we look forward to 2018 being a year of growth for our Center, we have come to a place where we need to expand and move forward with a bigger vision.

Donna Bowen
Development Director



The focus for March is celebrating Spring by learning more about flowers and trees. Also, to be celebrated is St. Patrick's Day and the first day of Spring. On the last Friday of the Month, we will honor Good Friday.

Carolyn Tarkington will be the guest speaker. Carolyn is a nature photographer, and she has won numerous awards and recognitions.

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

Retail and Fundraising Endeavors

Stop in and shop our retail gift shop at the Lifestyle Enrichment Center. We have lots of handcrafted items, as well as other items that are very unique and make a great gift for yourself or someone on your gift list. We are fortunate to have so many local talented people who have donated beautiful one-of-a-kind treasures to our Heirloom Gift Shoppe.

Several collectible dolls have been added to our inventory, stop in and be amazed!



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



How did we get to March so fast? WOW!!!! Well here we are looking at green clover and Easter baskets. The flowers are beginning to bloom and people are sneezing. St Patrick's day is almost here, and we will be hunting shamrocks at the center. Prizes to all who find a clover marked for a gift.

However, the best way to celebrate spring is to have a Tea Party, and that is just what we are doing. On March 24th we are having our 2nd annual Church Tea Party. Each group can reserve their own table for only \$20.00. You will decorate the table centerpiece and bring place settings for your group. I am asking every table to bring one dish to share (I have many super recipes from our seniors to give you) and wear a spring hat if you have one. We have a fantastic speaker names Vanessa Jackson and the entertainment is a group called Revelation. Call 755 – 0235 to get the set-up time. I can't wait to see all the creativity.

Easter is right behind St Patrick's day and guess what!!!! It landed on April Fool's Day this year. OK that is too weird for me. We are going to show off our Easter bonnets this year. Come join us on March 29th and wear your Easter Bonnet.



Have a Blessed Day!

Deanna Law
Activities Director

CNA of the Month – Jacquelyn Graham



Jacquelyn has been working with C.C.S.S for 8 months. She became a C.N.A because she loves helping people that need help. Her previous jobs included working for the Department of Corrections and as an EMT.

In 2002 she worked as a marriage license clerk until she retired in 2014. She loves caring for her clients, making them happy and talking to them about their lives. She cares for them just like she would want to be taken care of. She wants them to be able to feel safe while she takes care of them and gives them the best care she can.

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.

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 this valuable service would not be available. Current hours of operation are 8-11:30 AM on Monday, Wednesday and Friday and 8-11 AM on Tuesday and Thursday.

Board Member of the Month – Annie Winnett, RN



Meet Annie Winnett, RN who is currently serving her 2nd year as a Board Member for Columbia County Senior Services, Inc.

Annie began her career with a Bachelor of Science in Human Services and Studies at Florida State University in 1997. She worked many years in healthcare sales and marketing in Tallahassee, FL before changing her career focus. In her love for taking care of others, she pursued her nursing degree, graduating from Presbyterian Hospital School of Nursing/Queens University in 2004.

As an RN, Annie has had the opportunity to expand her skills and career. Over the past 14 years, she has worked in direct patient care, education and management. She is currently the Clinical Director of Company Care Occupational Health Services.

For her, it is all about “making a difference” in the lives of others. She is an active Altrusan with a servant’s heart and her leadership role at Lake City Medical Center allows her the opportunity to serve the community.

Away from work and serving others, she loves being a mother to her beautiful daughter and son. Together, they enjoy many adventures and love spending weekends at their home away from home on the Suwannee River.

Volunteer for the Month - Deanna George



Deanna was born in Columbia County and graduated from Richardson High School. After graduation from RHS Deanna went on to LCCC, then started working for GE as a supervisor.

Deanna married a locomotive engineer who worked at Oxy named Leroy George Sr. They started a family here in Columbia County. She is most proud of the family and how successful they are which includes 4 boys, 1 girl, 16 grand kids and 3 great grandkids and many nieces and nephews.

One of the highlights of her life was when she was chosen to be Ms. Bethune Cookman Maroon Queen. A great honor, and because she is so pretty and kind I know she was a great queen.

Today Deanna spends much of her time as the Church School Superintendent at NEW MT. PISGAH AFRICAN METHODIST EPISCOPAL CHURCH. A job she takes very seriously. God is the force that leads Deanna.

Deanna has been coming to LEC for many years and is an outstanding supporter. You can see her on many of our advertisements. The last big project she was involved with is the 2018 Calendar. Her picture is in the Month of February. She is always smiling and dressed like a model.

The reason why Deanna is the Volunteer for the month of March is because she was such an advocate for the Blue-Chip Casino project. She advertised, did research, sold tickets, and spoke at the event. She also helps with the daily prayer and pledge at lunch time.

Deanna is a bright ray of sunshine for our center. It is not the same when she is out of town or gone. We are so grateful that she has joined our family. Thank you, Deanna, for being my twin sister.

Meet One of our Drivers – Rose Taylor



Born in Plant City where she lived until she was 14 years old, when her parents moved the family to Lake City. Rose graduated from Columbia High School in 1983. She has 2 boys the oldest is Jay Porter who is married to Caley and her younger son, Justin Porter who is married to Ashley. Her pride and Joy is 3-year-old Emma her only granddaughter. Rose is married to Allen Taylor.

Rose is an experienced bus driver. She drove a school bus for Columbia County for 16 years then Suwanee Valley Transit for 6 and ½ years. We have been fortunate to have her drive our seniors for 3 ½ years.

Not only does Rose like to drive vehicles, she like to watch them race, especially Nascar racing. I bet she would be a great Nascar driver.

Some of the things you would see Rose doing with the seniors here at LEC is driving them to doctor appointments and taking them to Florida Gateway College to get their hair done or shopping at the local Dollar General. She has also been known to cheer on the bowlers as they score strikes and spares with the X-box bowling game.

Rose is really a blessing to be around. She cares about our seniors and has fun with them. Without her smile and cheery “good morning” the day would have a slow start. Thank you Rose for being the catalyst for the start of a good day.

Where Did That Fact Come From?

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell so brides carried a bouquet of flowers to hide the body odor. Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, next all other men; next the women and, then the children and finally the babies; by then water was so dirty you could lose someone in it; hence the saying, “Don’t throw the baby out with the bath water”.

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 the cause you believe wholeheartedly 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.

New Medicare Cards on the Way: Watch Out for Scams!

The Centers for Medicare and Medicaid Services (CMS) announced that it will be sending new Medicare Cards to more than 58 million enrollees starting in April. With the passage of the Medicare Access and CHIP Reauthorization Act (MACRA) of 2015 CMS is required to replace all cards that currently use a recipient’s Social Security Number with one that uses a new Medicare Beneficiary Identifier (MBI). This change was mandated by Congress to help protect citizens from identity theft and fraud.

With these new security measures comes an opportunity for scammers to take advantage of unsuspecting Medicare recipients. If you are currently receiving or plan to enroll in

Medicare, be particularly cautious if someone comes to your door or calls you and claims to represent Medicare. These people will claim to be representatives to gain your trust, so they can steal your money, personal information, or social security number. The receipt of this new card will be automatic. You don't have to do anything.

NARCOG encourages Medicare recipients to keep the following tips in mind:

- Mailing takes time. Your card may arrive at a different time than your friend's or neighbor's.
- Destroy your old Medicare card. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- Your Medicare Number is unique. Your card has a new number instead of your Social Security Number. This new number is unique to you.
- Your new card is paper. Paper cards are easier for many providers to use and copy.
- Your doctor knows it's coming. Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- You can find your number. If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.”

If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

Tips and Senior Discounts

Reveal your age at restaurants and retailers. You never know when a “Senior” discount will be available if you do not ask.

You may be able to enjoy a birthday meal, drink, dessert, or appetizer at restaurants such as Denny's, IHop, Subway, Dunkin Donuts, Panera, Baskin Robbins, Olive Garden, Jersey Mike's, Buffalo Wild Wings, and others. Asked you favorite restaurant if they have a birthday club?

Most neighborhood and franchise pharmacies have a “free” or “discount” prescription program. The next time you have a prescription that needs to be filled, asked if your prescribed medication is listed in their program.

Website Links offering Discounts and Information:

[140+ Senior Discounts 2017](#)

[aaa_map.pdf](#) – Map of Elder Affairs Resource offices

[Chapter 765 - 2016 Florida Statutes - The Florida Senate](#) - Living Will Information

[Consumer Services / Divisions & Offices / Home - Florida Department of Agriculture & Consumer Services](#) – Information on Charities
[Donate Life Florida](#) – Donor Information
[FL DOH MQA Search Portal | Home Page](#) – Look Up info on physicians
[Florida Department of Elder Affairs - Alzheimer's Disease Initiative](#)
[Florida Department of Elder Affairs - Florida's Senior Centers](#)
[Florida Department of Elder Affairs - Florida's National Accredited Senior Centers](#)
[Florida Department of Elder Affairs - Programs and Services](#)
[Florida DHSMV - Disabled Parking Permits](#)
[Florida Prescription Drug Prices](#) – Compare prices at different locations
[HUD.gov / U.S. Department of Housing and Urban Development \(HUD\)](#)
[Lists of the Best Senior Citizen Discounts in Dining, Travel, and Retail | ToughNickel](#)
[Restaurant Inspections](#)
[Senior Benefits: Find Help Paying for Everyday Needs | BenefitsCheckUp](#)
[State of Florida.com | Florida Health and Family Services](#)
[State of Florida.com | Florida Probate Guide](#)
[The Complete Guide to Senior Discounts](#)

Check our website for even more useful links.

Good Friends Seeking New Adventures



Many thanks to two volunteers who are moving on to different adventures this month. Susan Mytych has overseen the Friday Night Dance for the past 3 years. She has been the motivation and happy face that everyone has associated with the dance. She has decided she wants to travel and experience new adventures so with her new car she strikes out to see the world.

The dance will continue with some fresh faces and some of the past reliable ones. Thanks to everyone who works so hard to make the dances a success. If you like to socialize with others, eat pot luck meals, and dance to music from the past, this event is perfect for you. Come join us. Every Friday night 6 till 9.



Bill Swann has taught Tai Chi for the LEC this past year. He brought many years of experience to our program. We will miss his smile and wonderful laugh. Bill and his wife will be moving to Palm Coast, Florida to be closer to their children and grandchildren. For now, we are continuing to run his class with videos and information he has left for us. We all wish you a safe trip and blessed days.

Thank you, Susan and Bill, for your willingness to volunteer.

Ft. White Lifestyle Enrichment Center



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



Monday

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

Florence Coniglio – March 5th

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.

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 March 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.