



MAY NEWSLETTER VOLUME 3 – ISSUE 5

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Welcome to May!

May is a special month for many reasons. We will be celebrating National Older Americans Month. The theme for 2018 is “Engage at any Age”. At the LifeStyle Enrichment Centers in Lake City and Ft. White we thoroughly believe in that philosophy. To engage means to be actively involved. At the LEC’s, I see people actively engaged in physical fitness activities; education; music; arts and crafts; and theater. I see Support Groups in which people engage in sharing their caregiving stories- frustrations as well as successes. I see the dining room filled with people sharing conversation and a meal. In the Club I see love and empathy in action. I see people who have been struck by some form of dementia engaged in meaningful activities. Continued engagement is the goal of *ALL* the programs supported by CCSS, Inc.

May is when we celebrate Memorial Day and the men and women who have fought for our freedom. Throughout the month of May we honor these special people. Make certain to tell a Veteran “thank you”.

May is the Annual Meeting of CCSS, Inc. when we report on what we accomplished in the preceding year and what we have planned for the upcoming year. This is the time when we reach out to friends and supporters to ask for their consideration of a financial gift to assist us in this important work. The 60+ population continues to grow in numbers and years. With your support we can continue to provide programs and services which result in meaningful engagement.

I have saved the most special celebration in May for the last. Mother’s Day will be celebrated on Sunday, May 13th. I have been given the opportunity and honor to have my mother live with me. We have an enjoyable time together. Mother lost her sight within the last two years which has literally taken the “light” out of her life. I had not heard Mother laugh in a long time. My mother is a very nurturing person. She has always loved babies of any kind. Mama’s world had grown very small since she lost her sight.

Mama needed to be actively “engaged”. How do you combine her love of babies and her need to be actively engaged? You ask a friend in animal rescue to find a special baby for Mama to care for and love. A tiny long-haired buff and white kitten has joined our family. Even though Mama cannot see this adorable baby she can hold him, talk to him and love him. I have seen my mother smile much more and have heard her laugh for the first time in a long time. Mother is engaged with the care and training of this small creature. This active engagement has enlarged her small world just enough to let the light of love shine in and that is what motherhood is all about. Happy Mother’s Day!

Regards,

Deborah Freeman
Executive Director

Development News and Announcements



Happy May!

We are in full swing to get ready for our 2018 Annual Meeting Breakfast that will be hosted by our Board of Directors and held on May

15th from 7:30 A.M. until 8:30 A.M. Our Sponsor this year will be Lake City Medical Center and our Guest Speaker will be Jill Adams.

We will be reporting on our 2017 Annual Report and highlighting our 45th Anniversary of Columbia County Senior Services.

We are very excited about our upcoming Bowl-A-Thon Fundraiser that will be held Saturday July 14th at Lake City Bowl. Please contact Development at (386) 755-0235 X 108 or via development@ccseniors.com to donate

or participate in helping us to raise money for our Home Delivered Meals. We have seen an increased need for Home Delivered Meals over the past few years, and the need often exceeds the grant funds available for their provision.

We would like to give a big Thank You to Vann Carpet One for donating enough paint to paint the outside of our Building. We appreciate all our sponsors and donations; together we can continue to enrich the lives of our Seniors in Columbia County.

Learn more about our “Living a Legacy and Leaving a Legacy Campaign.” Speaking of Legacy, we would like to wish a special and a Happy Mother’s Day to all Mothers, Enjoy!

Donna Bowen
Development Director



JoAnn Flegert, the Club Director retired April 27th.

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



Where Did That Fact Come From?

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes they stew had food in it that had been there for quite a while; hence the rhyme “peas, porridge cold, peas porridge hot, peas porridge in the pot nine days old.”

Activities News



May Already!!!

I can't believe it, so who needs a break and some relaxation, I'll tell you who, "It's the caregivers". We are hosting an Alzheimer's caregivers' relaxation day on May 17th. There will be snacks, massages, and information that could change your daily routine. Don't miss this event. It will be from 1 till 3 in the Dining Hall.



May is such a beautiful month for blooming flowers and great weather but the nicest thing that happens in May is Mother's Day. We are celebrating the nurturing influence our seniors have had on the people they love. We will be Recognizing our ladies on May 11th. There will be a chocolate fountain with goodies to eat and a slide presentation just for them. We want to show our women how they have touched our hearts.

We have added some new entertainers to our family here at LEC. Dana and Lonnie Phillips will be playing the piano and saxophone on the 3rd Wednesday of each month. Come by and enjoy their music, I promise you will get a blessing. We love our volunteers.

On May 30th our very own Geri-actors will be performing from 10:45 till 11:30. You are invited to come and watch the performance. They practice two times a week and are available to perform at other functions. We love our actors. They have a dinner and a play night coming up in a couple months you don't want to miss it.

We have a new class we started last month and that is the scrapbooking class. They have added cardmaking to the class. If you are interested in learning how to do any of these skills come on in, we love teaching others.

We are having an open house on May 23rd. We would love for you to come by and get a tour of our facilities and have a snack with us. Bring a friend. There are so many people in Columbia County that would enjoy the classes and events we have here; they just need to check us out.

Remember we are here to make your life exciting and fulfilled. I tell people all the time that we are the adult YMCA. Of course, we do more than that but from our view that's what we do.

Times's up for now. I hope to see you at some of our functions.

Deanna Law
Activities Director

CNA of the Month – Glenda Roberts

Glenda has been working for C.C.S.S for 8 months and she said she loves her job because she loves to work with the elderly. Previous employment included working at a hospital. She enjoys her job because it gives her the opportunity to meet different people.

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 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.

Volunteer of the Month – Ron Pope



Ron has been a volunteer in the Fitness Center at Lifestyle Enrichment Center (LEC) for four years and is the stretch class instructor three times a week.

He will be turning 64 years young April 27th. Ron is a Florida native, born in Pompano Beach, and graduated from Deerfield High School. He then went on to college at Morehouse College in Atlanta, Georgia where he graduated with a Bachelor of Arts degree. While in school, he played basketball, track, and football, winning an Offensive Lineman of the Year award.

Growing up, Ron would come to Lake City during the summer months to stay with his uncle and to work long days on his uncle’s farm in the tobacco field. Later in life, he married and was blessed with two children, who are now 32 and 34. He is currently single. He loves working out in the LEC gym and can press 425 pounds. Now that’s impressive!

Nine years ago, Ron decided to move to Lake City on a permanent basis. He is a handyman, doing just about anything you can think of from yard work to pressure washing. He referees softball, baseball, football, volleyball and still finds time to volunteer at LEC.

His travels have taken him to New York and the Caribbean. Hawaii and California are on his bucket list.

Some of his favorite things are: fried chicken, fresh veggies, ESPN, Young & Restless, Texas Roadhouse, water and Gatorade. Speaking of Gatorade, he also happens to be a Gator fan and enjoys going to the games when he can.

He sings bass at Antioch Missionary Baptist Church in Fort White, FL. His favorite gospel song is Mississippi Poor Boys by Canton Spiritual.

He enjoys helping others because he said it helps him in return. His biggest accomplishment: being a cancer survivor of 12 years. A quote from Ron:

“LEC gave me my life back”.

Thank you, Ron, for your contribution to LEC!

It is just a myth ...

... that growing older means the end of creativity and accomplishment!

Colonel Harlan Sanders, founder of KFC, started his dream at the age of 65. He was mad because he had to make ends meet on his \$105 monthly Social Security check. He thought restaurants would love his chicken. He was told “No” 1,009 before someone said yes to him, Kentucky Fried Chicken was born.

Older Americans Month – May

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

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.

2018 Planned Events and Activities

May

11th (Friday) – “Recognizing Our Ladies” (Noon till 1:30 with sweet treats)

15th – Annual Campaign Breakfast (7:30 AM – 8:30 AM)

20th – Open House (3:00 PM – 5:00 PM)

25th – Patriotic Bingo and Ice Cream Social (12:30 PM-1:30 PM)

June

2nd – Big Garage Sale (7:00 AM – 2:00 PM) First Saturday of Every Month

9th – Senior Prom (7:00 PM – 10:00 PM)

20th (Wednesday) – Father’s Day Cook-Out (11:45 AM – 1:00 PM)

July

14th – Bowl-A-Thon

21st (Saturday) – Geri-Actors Dinner Theater

August

18th – Ravenwood Masquerade Murder Mystery Dinner Theater

September

8th – Grandparent/Grandchild mystery dinner party – The Great Canine Follicle Debate

October

9th – United Way BBQ

November

14th – Veteran’s Day Luncheon

17th – Alzheimer Walk-A-Mile-In-My-Shoes

December

4th – Board and Donor Dinner

12th – Volunteer and Senior Christmas Luncheon

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

Ft. White Lifestyle Enrichment Center

May 2018

May 18

Monthly yard sale at the
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
9:00 am – 10:30 am – Cake Decorating 1 x month
9:00 am – 11:15 am - Crafts
11:30 am - Lunch

Tuesday

8:30 am – 9:00 am - Coffee
9:00 am – 11:00 am – Ladder Ball & Bean Toss Games
10:00 am – 11:15 am - Crocheting class
11:30 am - Lunch

Wednesday

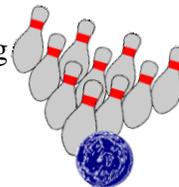
8:30 am – 9:00 am – Coffee
9:00 am – 9:20 am – Chair Exercises
10:00 am – 11:15am - Bowling
11:30 am - Lunch

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

Sheryl Marshall

5/3

Living a Legacy ... Leaving a Legacy

Legacy planning is your opportunity to plan today to support, or to continue to support, in the future, a cause or purpose you believe in strongly.

A “Legacy Plan” assures continuity of not just your assets and wishes, it preserves in your name, and things money cannot buy: values, ideals, integrity, and beliefs. Build your legacy in a way that will meet your needs, reduce your worries, and manage wishes.



Leave your “Footprint” and continue to help in matters that have been important to you. Partner our goals with those of Columbia County Senior Services, Inc.

Legacy gifting is important to the success of our organization and mission. The programs and services we provide to the 60+ seniors in Columbia County who are enjoying the Third-Third of their life are critical to their well-being and determination to continue to live independent lives within their own homes.



Choose the right time to build your Legacy Plan! Choose how you will **Live your Legacy ... Leave your Legacy!**

Sponsor a recipient in The Club

Sponsor a recipient in or for the Extended Family Care Program (EFS)

Participate in the “Brick” program

Contribute Fitness Equipment for the Fitness Center

Donate needed electronic equipment, such as color printers

Contribute toward the purchase of a freestanding building that will house the items sold in the weekly yard sale.

Sponsor Home Delivered Meals (Each meal estimated at \$8.34)

May Wednesday Meal Menus

May 2nd

**Sheppard's Pie
Green Beans
Roll
Brownie**

May 9th

**Chicken & Yellow Rice
Glazed Carrots
Roll
Apple Dump Cake**

**These are home cooked meals that can be purchased in advance for \$6.25 each.
Call and reserve your meals the day before at (386) 755-0235.**

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Lifestyle Enrichment Center
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Lake City, FL 32056
386-755-0235

Website: ccseniors.com
Facebook: Columbia County Senior Services
Email: development@ccseniors.com

We hope you enjoy our May 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.