



JUNE NEWSLETTER VOLUME 3 – ISSUE 6

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear Friends,

The other day I was reading an article which used the Serenity Prayer to make a point. While we know this famous prayer as one we use to get us through some tough situations I began to see it in a broader sense. Let me remind you of the shorter version which we all know:

“God grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.”

On May 15, 2018 we had our Annual Meeting to report the accomplishments of 2017 and the services provided to the 60+ community.

Our **first accomplishment** was SURVIVAL. On July 7, 2018 we will have served the senior adult population of Columbia County for 46 continuous years. This has not always been an easy task. Changes in funding, such as the loss of the Medicaid Waiver program could have been devastating, however, we could not change it. We were blessed by the County, the City of Lake City and a generous donor to be able “to change the things we can”.

Our **second accomplishment** was celebrating 10 years in the Lifestyle Enrichment Centers in Ft. White and Lake City. The philosophy of these facilities accept that aging is inevitable, however, we can change the way in which we think about the process. We developed a way in which to think of the additional years which we have been given by the advances in medicine and technology as the Third-Third of our lives. This more positive approach helps us to want to adapt “life style” changes which will keep us strong and engaged. Our LEC’s offer dance, Tai-chi, stretching, flex yoga and a Nautilus equipped gym.

Our **third accomplishment** was sustaining the growth of The Club, a dementia specific adult day care program. In four years we grew from “I wonder if we will be able to support this program” to “we have reached our maximum of clients in the space which we have currently.” We know that we *cannot* “cure” dementia, but we know that a well-trained staff and engaging programs can allow dementia patients the opportunity to celebrate the life and memories they retain.

Our **fourth accomplishment** was that of our Volunteer Staff. These talented people donated over 4500 hours of service to Columbia County Senior Services, Inc. in 2017. Imagine the dollars they saved us in personnel costs!

Our **fifth accomplishment** was becoming affiliated with St. Leo University and Capella University as part of their internship and graduate projects programs. The opportunity to impart our philosophy of aging to young professionals is wonderful. Again, we cannot change aging or dementia, but we can change the experience and the way in which younger professionals perceive what is possible.

Our **sixth accomplishment** was providing “person centered care”. No two of us are just alike. Our life experiences influence how we respond to illness and disability. It is our intent to “know” our clients well so that we can provide care the way in which they can accept it.

And, our **seventh accomplishment** was the development of a “like minded” staff who support “person centered care”.

As you can see there are many things we cannot change, but we can change how we approach some of the inevitable situations in life. We have begun an Annual Campaign which emphasizes leaving a **legacy gift**. A Legacy gift is a means of “changing the things we can”.

Would you like to support “person centered care”? A happy and normal environment for patients with dementia? A campus where you can choose a variety of things to do? We believe in the possibilities for changing what we can. Your Legacy gift could give you the serenity of knowing you have helped to change what can be changed. I would love to talk with you about this opportunity.

Regards,

Debby

(PS – Mama is well!)

Deborah Freeman
Executive Director

Development News and Announcements



Happy June!

It's Summer time and we have good things happening at The Lifestyle Enrichment Center. May was a busy and eventful month! It all started with our Annual Breakfast on the 15th which was well attended.

Our 2017 Annual Report was highlighted, and we revealed the fundraising theme for our 2018 Campaign, ***"Leaving your Footprint by...Leaving a Legacy"***.

Other notable events included, "Recognizing our Ladies" for Mother's Day, A Relaxation Day for Caregivers, Open House, Patriotic Bingo and Ice Cream Social" honoring our Veterans for Memorial Day.

We had a special guest at our dance on May 11th, Elvis was in the house! You will not want to miss our Prom this year, it will be on Saturday, June 9th from 7 P.M. until 10 P.M., please register early and invite a friend.

Development is working hard on preparing for our July 14, 2018 Bowl-A-Thon Fundraiser. Sponsors, donations and volunteers are needed. See our Flyer for more information.

Donna Bowen
Development Director

Historical Myth ...

America became independent on July 4, 1776

Hold the fireworks! As most American school children (and many non-American ones) are aware, America's founding fathers signed the Declaration of Independence on July 4, 1776. However, the war raged for another seven years before independence from England was finally granted on September 3, 1783. On that day, Britain's George III and US leaders signed the Definitive Treaty of Peace.

Where Did That Fact Come From?

Pork was not always available so when it was, people would feel special and want to celebrate. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could bring home the bacon. They would cut off a little to share with guests and would all sit around and "chew the fat".

Columbia County Senior Services, Inc.

Bowl-A-Thon

Support “*Home Delivered Meals*”



Saturday, July 14, 2018

Lake City Bowl



Choosing to Enrich the Third Third

**628 SE Allison Court
Lake City, FL 32056**

**Contact: Donna Bowen
Director, Development
386-755-0235 development@ccseniors.com**

Thank you for your support!



Hello to all!!

My name is Jessica Herndon. I was born and raised here in Columbia County. I am 35 years old and married to Andy Herndon, who is a firefighter for Columbia County. We have two (2) boys, Rylan 12, and Ralston 8.

I graduated from Columbia High School in 2001 and went straight into nursing. I graduated from the LPN Program in 2002. I continued my nursing career by graduating from the RN Program in 2008, all from Florida Gateway College.

My Nursing background is Long Term Care/Alzheimer/Dementia and Homecare. I truly adore and have a compassion for Geriatrics.

I am thankful and blessed for this opportunity to serve as the new RN Adult Daycare Director. I am filled with joy and happiness, as this work is very rewarding for both myself, our friends and caregivers in many ways.

I am excited to start this journey with you all, learning more and establishing a “part of the family” relationship. Most of all, being able to create a positive meaningful impact in your loved one’s life.

Thank you all for your time and cooperation.

Jessica Herndon
The Club Director

Extended Family Services (EFS)

Our CNAs can provide an increased sense of:

Self-Esteem
Safety

Security
Peace of Mind

Our Services Include:

Help with personal care
Meal preparation
Assistance with feeding
Light Housekeeping
Laundry

Companionship
Transportation
Medical reminders
Respite Care

Activities News



June at LEC

Take a deep breath everyone and get ready for a splash of summer. Our big event this month is our senior Prom. It is on Saturday June 9th starting at 6:00. It will be even prettier than last year's prom. Our theme is Under the Sea. There will be mermaids, fish, underwater plants and lots of bubbles. We have a live band coming and the meal will be provided by Bobby Que. You can choose between Shrimp pasta in Alfredo sauce with cut broccoli and a roll, or you can order chicken. All this will only cost \$15.00 a person. This will be a night to remember. Of course, we need your reservations because of the food so call in early. 755-0235. Bring a friend.



June is also Father's Day month. This year we are treating our senior fathers to a cook out Luncheon here at the Center on Wednesday the 20th. They are special, so we want to treat them like kings.

Our yard sale has been an enormous success and we want to thank everyone who has donated or supported our program in any way. We are stepping it up a little by adding an extra day a month. The first Saturday of the month (June 2nd) we are going to have a Saturday yard sale. We have saved some big items for this sale and are hoping to get some extra shoppers. Help us by passing the word to your friends. This extra money helps us do more things for our seniors. So, I am thanking you now for what you are going to do on the 2nd. Our supporters are the best.

On June 21st we have a presentation scheduled called "Stop Medicare Fraud" It starts at 12:30. Come learn about the issuance of new Medicare Cards and what is new in benefits.

A very busy month for LEC. WE want you here with us to join in the fun. Don't forget to call in your reservation for the prom. It will be amazing!

Deanna Law
Activities Director

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.

Following a couple from diagnosis to the final stages of Alzheimer's

<https://www.cbsnews.com/news/alzheimers-disease-following-a-couple-from-diagnosis-to-the-final-stages/>.

For 10 years, Dr. Jon LaPook has been checking in on Carol Daly, a woman diagnosed with Alzheimer's, and her caregiver husband, Mike. After a decade, the disease has had a devastating impact on each of them. The following is the transcript of their interviews. You can watch the recent interview or read the complete transcript of their heartwarming story on the referenced website link.

Mike and Carol Daly have been married for 53 years. Like more than five million American families, they're dealing with dementia. Carol has been suffering from Alzheimer's, the most well known type of dementia.

What makes this story so unusual is that almost every year for the past 10 years we've interviewed Mike and Carol as Alzheimer's took over her brain. Even though this is intensely personal, they wanted all of us to see the devastating impact of Alzheimer's, on each of them, over a decade.

2008

When we first met Carol and Mike in 2008, Carol was active, conversational, and determined to make the best of her failing memory.

Go to the website link to read their story.

Is Home Care the Answer?

As people age, changes in their abilities are often gradual and subtle. It can be difficult to know when a loved one needs a helping hand.

This month we are featuring our Home Management Services

Our light housekeeping services include general cleaning (vacuuming, dusting, sweeping, mopping floors, cleaning bathrooms and kitchens, windows (when a ladder is not required), laundry (including ironing) and organizing closets and drawers). Our staff will also help with seasonal and holiday decorating your home.

Call Nancy at 755-0235 ext. 120





Lonnie Haltiwanger

Winner of the Health and Wellness Basket donated by lake City Medical Center at the 2018 Annual Meeting Breakfast.

2018 Planned Events and Activities

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

June 2018



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 - Bingo
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

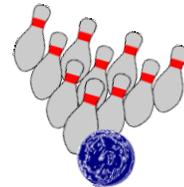


Thursday

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

Ollivia Beardsley

Yard Sale - 1st Saturday of each month

LICENSE RENEWAL FOR SENIOR DRIVERS

Florida drivers who are 80 years of age or older at the time their current driver license expires can renew their license in person at a local DHS&MV office or by phone or mail after clearing a vision test.

You may in certain situations be asked to take a written knowledge test as well. In preparation for this, you can review the Florida Drivers Handbook and take practice tests before going for your license renewal.

After clearing the vision test, you can renew your license in person, online or via phone. For faster service, Florida has developed OASIS (Online Appointment Service and Information System) where you can schedule an Online Appointment Service and Information System (OASIS) or get queries answered.

Florida drivers of age 79 or above who renew their license will be asked to undergo a basic vision test to ensure they are able to safely operate a motor vehicle. If you wear eyeglasses, be sure to bring them with you to the DHS&MV. In addition, if you have not had your vision checked recently, or if you believe your eyesight has worsened, we recommend that you make an appointment with your vision specialist before visiting the DHS&MV.

Sometimes, a physical or mental condition can impair a driver's ability to safely operate a motor vehicle. The most common of these conditions is poor vision, but others which may be age-related include cognitive skills like memory, coordination and flexibility.

In some circumstances, older drivers may have a restriction placed on their driver license. The types of restrictions vary and are based on the results of your vision test, driving test, and the driving examiner's assessment. A restricted driver license is intended to ensure that you are driving within your abilities. Some of the most common license restrictions are those that:

- Require eyeglasses, corrective contact lenses, or bioptic telescopic lens to be worn at certain times.
- Permit driving from sunrise to sunset only or prohibit driving during rush hour.
- Restrict the geographical area in which a person is permitted to drive, or prohibit freeway driving.
- Require special mechanical devices, or an additional side mirror on the vehicle.
- Require extra support to ensure a safe and correct driving position.
- Drivers with a seizure during the last 24 months need to submit a medical form and should have been seizure-free for at least 6 months before resuming driving.
- Drivers with medical conditions that may need attention can have it indicated on their licenses.

“Leaving Your Footprint By.... Leaving a Legacy”



Have you ever considered how you will be remembered?

The Board of Directors of Columbia County Senior Services, Inc. (CCSS) invites you to consider leaving a “*Legacy Donation*” to CCSS, to support the current and future services provided by our agency to the 60+ community in Columbia County.

CCSS has celebrated its 45th anniversary in Columbia County supporting the needs of the 60+ community. We have proven our ability to use the investments made by our donors in a responsible manner. We have built and maintained a facility and programs which serve the needs of the entire 60+ community.

Many senior adults in our community must stretch a small retirement to cover food, rent, insurance, medical bills and utilities. CCSS is always aware of the changing needs of senior adults who will live many years beyond retirement from an active career. While programs of recreation, education, exercise, arts and crafts, theater and kitchen band offer an outlet for any economic level of senior adult, some programs also assist the 60+ community to live on a limited income and remain independent.

Congregate and Home Delivered Meals help to stretch dollars for food (\$8.34 per meal). Personal care and housekeeping help to maintain good hygiene and a sanitary home. Respite care helps to give relief to a 24/7 caregiver. Dementia Specific Adult Day Care (The Club) gives the family afflicted with dementia relief, and a way to enjoy life every day. (Cost per individual, per week, \$300) The Lifestyle Enrichments Centers (LEC) in Fort White and Lake City are beautiful facilities staffed by compassionate and empathetic people.

How Can Your “*Legacy Donation*” Support These Crucial Programs?

- As the 60+ community grows we need to build and maintain more space.
- The Club is serving the maximum number of participants in the area available. Without more space, we cannot serve the growing number of families living through dementia.
- The Lake City LEC is ten years old and needs to have updates in equipment and furnishings.
- New vans are needed, and more drivers will be needed as the population ages.
- The Lake City LEC needs funds to build and maintain a new wing for a larger fitness center and heated therapy pool.
- Operating funds provide a consistent source of revenue for program stability.

Your “*Legacy Donation*” can insure that CCSS will provide for the needs of the growing 60+ community in a way that supports independence even if we live 40 years beyond retirement!

DOLLAR Amount of Donation: \$ _____

Signature

Phone Number

Date

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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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 June 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.