



AUGUST NEWSLETTER VOLUME 3 – ISSUE 8

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear Friends,

We will be moving into Fall soon!

Some of the events you can look forward to:

There will be events to challenge your mystery solving abilities.
A unique event to share with your grandchildren for Grandparent's Day.
Special dances.
Lots of Friday Market Days.
The annual Christmas Craft Sale.
New items coming to the Heirloom Gift Shop.
Our Fifth Year Anniversary Party for The Club.
In December we will magically turn our main hall into a Winter Wonderland.

We invite you to join with us in celebrating the Third-Third of our lives at the LifeStyle Enrichment Centers. The LEC's give you the opportunity to learn new skills; improve your body; sharpen your mind and acquire new friends. If your personal community of family and friends have become smaller, please come and join our "community". I look forward to seeing you soon.

Warm regards,

Deborah Freeman
Executive Director

PS Mama is doing well and will celebrate her 93rd birthday on August 23rd!

Development News and Announcements



Happy August!

We had a lot of fun times in July, with our Patriotism at the LEC, Friday Night Dances and Annual Bowl-A-Thon. On Saturday, July 14th was the CCSS Annual Bowl-A-Thon. The Bowl-A-Thon was held as a fundraiser for our “Home Delivered Meals Program”. Thank you to everyone who participated and donated to this Cause.

As we move into August we have more events to mark on your calendar. Our Murder Mystery Dinner Theatre will be held on Saturday, August 18th; call for early reservations. Development will be hosting a night of Painting with a Purpose on Thursday, August 30th from 6:00 p.m. to 8:00 p.m. at our local Painting with a Twist Studio. This will be a fundraiser for the 2018 Annual Campaign. Please invite a friend and join us for a night of fun and painting. For more information about this event click on this link:

<https://www.paintingwithatwist.com/studio/lake-city/event/1699020/>

There are so many needs for our 60+ Community; donations and volunteers are critical to meeting the demands to provide needed programs in Columbia County. To learn more contact me at (386)755-0235.

Your donations for our Friday Market Day sales are always welcome and appreciated. If you are downsizing or summer cleaning please call or drop off your donations at the Lifestyle Enrichment Center Monday through Friday from 8:00 A.M. until 4:00 P.M.

It is time to renew van advertising contracts and sell new space. We will continue to work on this important asset to our businesses in the Columbia County area. If you would like to advertise, please contact me and help support Columbia County Senior Services. Enjoy August!

Donna Bowen
Development Director

Activities News



August is here, and we are already getting ready for Margaritaland. Once a year we create a setting for a murder mystery fundraiser and this year it is going to be a Caribbean hotel.

You do not have to memorize any lines, but you do dress in character and play that character until you find out who is the killer. This year our characters range from Jack Daniels (the bartender) to a lottery winner.



The cost is \$25.00 a person which is a bargain considering you get to participate in this wonderful, who done it, and have a delicious Caribbean meal. Call Deanna at 755-0235 to make your reservation and get your character part.

Do you know a funny joke? Well you need to come to the center on August 16th. We are having our first Joe Miller's Joke telling contest. This is open to anyone and there will be 3 prizes given for the best jokes. Hope you come join us even if it is to only sit, listen and laugh.

National Senior Citizens Day is August 21st which is a Tuesday. We have several seniors at the LEC who have done interesting things. On this day we will be doing a tribute to our 60+ adults and sharing their experiences. Our seniors have traveled to many states and had many adventures. Everyone is invited to join us as we relive history through eyes of the LEC participants.

I know this month will go by as fast as July did, so hang on to your hat because in a couple of months you will see a blizzard in the lobby of LEC. Make sure you take the time to stop and smell the roses because we are half way through 2018.

Have a blessed August.

Deanna Law
Activities Director

Volunteers Are Needed



The Club is committed to supporting the human value and dignity of persons suffering with dementia, regardless of age, sex, race, cultural heritage and cognitive limitations. We are also committed to enhancing the quality and meaning of life for both the individuals and their families.

Volunteers are critical to the success of The Club and needs individuals who share our Philosophy and Mission:

- remediate or maintain optimal mental functioning and cognition for persons with Dementia
- to reinvigorate a demented person's feelings of usefulness, sociability and capacity to celebrate life;
- and to help the caregiver by providing support, counseling and training to cope with the care and responsibilities of a loved one suffering with Dementia.



The Fitness Center is an active and essential area of the Center and the service we are providing to our participants. A volunteer must be present during the hours of operation which is from 8:00 AM – 11:30 AM on Monday, Wednesday and Friday and from 8:00 AM – 11:00 AM on Tuesday and Thursday. The volunteers will have to be taught the basic operation of the various pieces of equipment within the Fitness Center.

A volunteer does have to be present during the full time the Fitness Center is open, any portion of the schedule will be greatly appreciated.

We would love to hear from you if you are able to donate your time. To learn more about volunteering, call 386-755-0235.

The Club News



The Club is popping into August with National Popcorn Day, there will be yummy taste testing of different flavor popcorn. The participants will have a cool and refreshing time enjoying Watermelon Day on August 3rd.

This month is Smokey the Bear's Birthday, we all need to stay knowledgeable of fire safety. August is the last month of Summer vacations and getting the kids ready to go back to School. The Club will be going on an Imagination Vacation to Hawaii...Aloha!!!

Jessica Herndon
Club Director

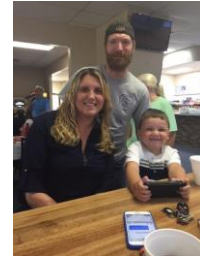
2018 Annual Bowl-A-Thon



COLUMBIA COUNTY SENIOR SERVICES Annual BOWL-A-THON was held on Saturday, July 14th. The Bowl-A-Thon was held to fundraise for our Home Delivered Meals Program. 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 started our Saturday morning with a first and second session of bowlers at Lake City Bowl. We had 13 teams bowl and really appreciate the enthusiasm and support of each person that was on these teams.

Local businesses (such as Lake City Police Department), family and friends that stopped in and made it a fun time for all; and we were supported by all age groups.



Our team sponsors were A-1 Bail Bonds (Columbia County Sheriff’s Office), The Wheeler Agency, The Mailbox Store, First Federal Bank, Columbia County Firefighters (The Herndons), Deborah Freeman, Celestine Levy, Lorraine Zarrella, and the Youngs. One of our teams bowled as a memorial to Mrs. Sara Pringle’s husband, Michael, who passed away recently.



Along with the sponsorship of teams, personal and business donations for raffle prizes, our Community really came together to support this cause.



Our sincere thank you to local businesses that gave by donating the raffle prizes. Donations will be accepted until August 31st. You can donate by calling (386)755-0235 or email Development@CCSeniors.Com.



The next time you are planning a special event we hope you will take advantage of our beautiful facility.

We rent the facility for individual and corporate events such as meetings, weddings, receptions, showers, birthdays and anniversary parties.



A2Z of Lake City, Inc. is a private for-profit organization. Earnings are donated back to CCSS, Inc.

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

2018 Planned Events and Activities

August

18th – Murder at Margaritaland 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 Market Day sales continue to do well. Thank you for your donations and support.
Keep them coming!



Murder Mystery Dinner

You are cordially invited to

"Murder in Margaritaland"
A Mystery Dinner Theater Presentation

Saturday, August 18, 2018 - 6:00 PM – 8:30 PM

Cost: \$25.00 per person, reserved by August 15, 2018

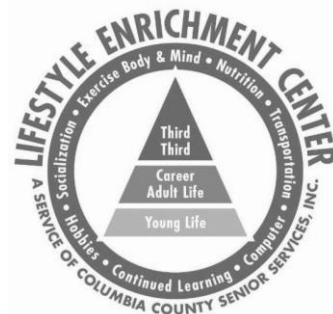
Menu: A Caribbean Feast

Plot: While most vacation at Margaritaland to get away from their troubles, for one unfortunate soul, it will mean the end of their travels altogether. At the resort, the guilty will mingle with the guests and everyone will be left with the task of deciphering between the facts and falsehoods that plaque this paradise to make a killer pay for his crime. Can you find the killer?

Attire: Play and dress for a part, participate in the cast of characters; or join in the chaos as everyone attempts to determine who the killer is.

Columbia County Senior Services, Inc.
Lifestyle Enrichment Center
628 SE Allison Court
Lake City, FL 32025

Contact; Deanna Law
386-755-0235
activities@ccseniors.com
for Information and Reservations



Choosing to Enrich the Third Third

Ft. White Lifestyle Enrichment Center



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

August 2018

Monday

8:30 am – 9:00 am – Coffee
9:00 am – 11:15 am - Bingo
11:30 am - Lunch



Tuesday

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

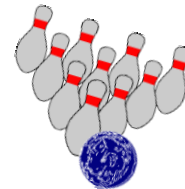


Wednesday

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

Thursday

8:30 am – 9:00 am - Coffee
9:30 am – 11:15 am – Dancing Exercises
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

Where Did That Fact Come From?

August 8th: National Dollar Day. On this day all the way back in 1786, the Continental Congress established a monetary system for the United States of America. Today, you can honor the birth of cold hard USD.

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



Have you ever considered how you will be remembered?

Columbia County.

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

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

2018 Board of Directors

Roger Whiddon, President
Sammie Everett, Vice President
Renee' Faulkner, Secretary
Charles Peeler, Treasurer
Kathy Verchick
Lorraine Zarrella

Dr. Ivan A. Lopez
Annie Winnett, RN
Deserrai Davis
Danette O'Neal
Maggie Bennett

Items Needed

Our growing needs and demands have brought us to the point where we need “two new computers. Deanna Law can provide you with the specifications (call her at 386-755-0235 or email: activities@ccseniors.com). But the basic are it needs to be a Desktop system, not a laptop, it should have a touch-screen monitor, be Wi-Fi capable and have Windows 10 installed.

Our need for a color printer has also expanded. We now need two.

.....

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 August 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.