



DECEMBER NEWSLETTER VOLUME 3 – ISSUE 12

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Deborah Freeman
Executive Director

Greetings to All,

Very soon we will have celebrated another joyous Christmas holiday with friends and family. We will have put up the tree, decorated with great enthusiasm, wrapped those special gifts and found the recipe for Grandmother's sweet potato casserole. In the blink of an eye we will be in the last week of 2018. It will be time to look back on the good and the bad of another year passed. What will 2019 look like? What would I like to accomplish? When I count my blessings what will I be most thankful for?

I can only guess at what 2019 might bring, however, the things I want to accomplish may have a bearing on how things look next December. I want to keep sharing my home with my 93 year old mother and our menagerie of pets. I want to see my granddaughters well on their way to careers of their choice. I want to see my favorite son and my favorite daughter healthy and happy. By the way, I only have one of each. I want to see Columbia County Senior Services, Inc. celebrate its 48th year of service in our community. I want to see the agency expand its services to dementia patients and their families. We have outgrown the space at the LifeStyle Enrichment Center. We need a larger facility for The Club. The LifeStyle Enrichment Center will be 12 years old in April of 2019 – who can believe that? The 60+ population will continue to grow. We need larger areas for this group to recreate and exercise mind and body. Life is good when we belong!

I will be thankful for the blessings of faith, family and friends. I will be thankful for the 27 years which I have spent working with the 60+ population of Columbia County. I will be thankful for donors who have been kind to this program throughout the years. I will be thankful for a loving, caring staff. There are many things which you can give older people, but the best gift is one of recognition. Recognize when they are not well. Recognize when they are so excited, they need to tell someone about their joy. Older people often get looked through as if they were not there. Help us this season of giving to “see” older people and to provide them with services which we cannot provide on our own.

May you have a joyous Christmas and a blessed New Year!

Debby

Development News and Announcements



Donna Bowen
Development Director

Happy Holidays!

It is December and I Love this time of year. I Love the Holiday Cheer and the joy and laughter that brings friends old and new back together. I Love the sparkle in the young ones eyes as they see the Christmas lights. It can also be a sad time, for those who have lost Loved ones and are alone during the Holiday Season.

We have been enjoying watching the Season unfold, as Deanna and others at the Lifestyle Enrichment Center have decorated our Facility so beautiful in the theme of Fire and Ice. Take some time to come by and visit the Center and take a tour.

Our 2nd Annual” Walk A Mile In My Shoes Alzheimer’s Caregiver Awareness Walk was held on Saturday, November 16, 2018 from 8:00 AM until 12:00 PM and was well attended by members of the Community. This year our major Sponsor was Community Hospice. Solaris Healthcare, Kindred at Home and Multi-Specialty Research also helped to sponsor this event.

We are so thankful to everyone who gave their time and donations to this much needed cause. We had a wonderful and talented speaker, Dr. Leilani Doty, PhD, Associate Director of Programs Central and North Florida Chapter of Alzheimer Association from Gainesville, Florida. Breakfast was provided by Chick-Fil-A and Panera Bread. Gift cards and other items were given away as raffle prizes.

In December, we will be busy wrapping up the year with the Annual Board and Donor Dinner. We will also host a Volunteer Christmas Party; Senior Christmas Party; United Way Luncheon and our A2Z rental parties for businesses and individual groups.

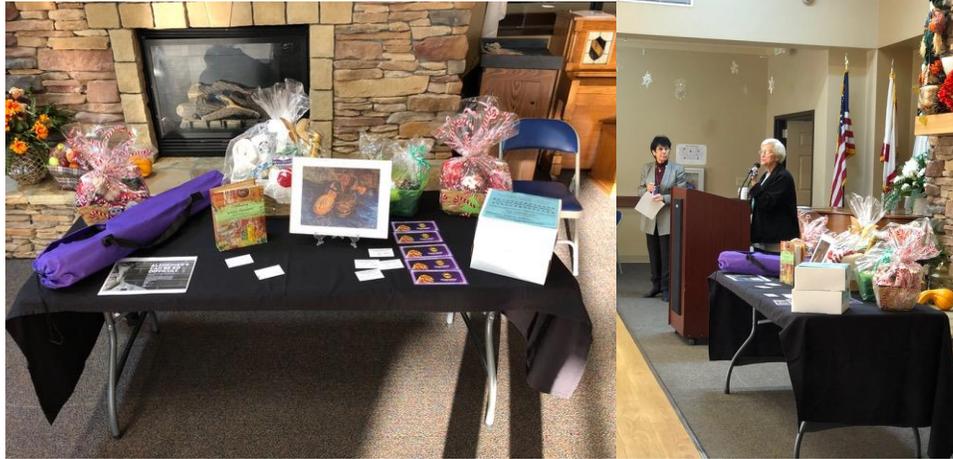
Please mark your calendar for the Christmas Dance to be held on Friday, December 14th from 6:00PM until 9:00PM. Call Deanna and make your reservation early and invite someone for a festive time.

We hope that you have enjoyed the newsletter all year and look forward to a busy year in 2019. We will be updating you in January for the yearly events that will be taking place at the Lifestyle Enrichment Center. Please mark your calendars and plan on an exciting and fun year.

Wishing you and your family, Health and Happiness during the Holiday season and in the coming year!

Merry Christmas and Happy New Year!

Walk-A-Mile In My Shoes



Activities News



Deanna Law
Activities Director

Just thinking about what Mary and Joseph went through to give birth to Jesus is overwhelming. Christmas has always been special to me and I love sharing the joy that comes with this time of year with others. If you come to the center in December, you will see decorations everywhere. We have a full schedule planned for our seniors this month so make sure you open the calendar and look for things you want to attend.

We are trying something new with our Friday Night Dance this year. Instead of a dance every Friday we are having a specialty dance on the 3rd Friday of every month. We have the Christmas dance on Dec 14th from 6 till 9:00. Cost is \$10.00 we have a live band, and some Christmas drawings. Come join us each month, it is great exercise, wonderful fellowship and yummy snacks to eat. See you there. For more information please call me at 755-0235

Last month we were invited to the Moose Lodge for a Thanksgiving meal and this month we are invited for a Christmas dinner. The food is always fantastic, and the spirit of these people is so uplifting. Thanks for including us in your plans.

We have an open house on Dec 13th so please make plans to stop in and see what we have to offer you. We have many different activities and lots of interesting people to talk to. Come see us.

I want to leave you with one last thought. Jesus is the reason for the season, He is the King of Kings and He loves you. Happy birthday Jesus.

Deanna Law



Senior Recognition



Senior for the month of December

Joanne Yeaton

Joanne Yeaton was born at North Kingston, Rhode Island. She attended and graduated from North Kingston High school. She was the youngest child of 3 girls. Joanne has always been shy but a great listening post for anyone who needed a friend.

After graduation she attended Glencove Bible College in Rockland, Maine. While attending the school for 1 ½ years she met and married Larry Yeaton who was studying to be a youth minister.

Soon they were doing full time ministry, which led them to many different states. Here are some of their locations – Maine, Vermont, New Hampshire, Illinois, Iowa, and finally they landed in Lake City, Fla, where Joanne has lived for the past 16 years.

Joanne has 1 son named John who is married and has 2 children.

Joanne has 2 cats that she loves. One is a long-haired Siamese named Roy. The other is a short haired feral cat named Flash – who gets her name honestly because of her speed.

I asked Joanne what she liked to do, and she said help people, read books, crafts and work with wicker. She also likes to decorate houses for her friends.

Joanne says that the Center is like a 2nd home to her. She likes the people, the classes and even the food.

Joanne has been a blessing to all of us here at LEC. We are pleased to see her receive the title of Senior of the Month for Dec.

“Wednesday Homecooked Meals”

The price of a Wednesday Homecooked Meal is \$6.50. Meal is to be paid for in advance, no later than the Monday before by 2:00 p.m. There will be no exceptions.

December 5th

Chili
Crackers
Dessert

December 12th

Chicken Alfredo
Broccoli
Roll
Dessert

December 19th

Vegetable Soup
Grilled Cheese
Dessert

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.

Extended Family Services (EFS)

“Aging-In-Place”

“Aging in Place” refers to living where you have lived for years, using the products, services, and conveniences which allow you to remain, as your circumstances change. In other words, you continue to live in the home of your choice safely and independently as you get older.

Nearly 90 percent of seniors want to stay in their own homes as they age.

Even if they begin to need day-to-day assistance or ongoing health care during retirement, most (82 percent) would prefer to stay in their homes. Only a few express a preference for moving to a facility where care is provided (9 percent) or for moving to a relative’s home (4 percent).

Living under one’s own rules is a key reason for staying in one’s own home, with 42 percent of seniors choosing it as one of their top three considerations.

Extended Family Services (EFS) offers a full range of in-home services, tailored to provide the appropriate support needed to provide independent living at home.

Services can be scheduled, as needed, to provide family caregivers time to run errands, go shopping, get some much-needed rest, spend quality time with friends, or just play in the sun. Each **Extended Family Service**’s client has unique care needs and our goal is to help families meet those needs.

Our Certified Nursing Assistants (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

December

4th – Board and Donor Dinner

12th – Volunteer and Senior Christmas Luncheon

14th – Christmas Ball Dance 6:00-9:00 p.m.

The Friday Market Day sales continue to do well. We will be taking a break until January. Thank you for your donations and support. We look forward to starting up again in the new year!

Aging Resources – Caregiver feedback requested

Good afternoon,

We are doing a survey monkey to get feedback from Caregivers in our area. It is only 8 questions and the link for the survey that you can include in an email is below. Thank you so much in advance.

<https://www.surveymonkey.com/r/HX5PCZ7>

Kristen Griffis
Executive Director
Elder Options
100 SW 75th Street, Suite 301
Gainesville, FL 32607
Direct: (352) 692-5222
FAX: (352) 378-1256
www.agingresources.org

The Club News



Jessica Herndon
Club Director

The Club is beautifully decorated with a Christmas tree and warmth from the fireplace. We will be having a cookie decorating craft, photo ornament craft and a Gingerbread house craft, as well as every day there will be a special day to celebrate for the month of December.

We are very thankful for the loved ones and their families that are a part of The Club. Wishing everyone a very Merry Christmas and a Happy New Year.





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.

Lake City Lifestyle Enrichment Center

Regularly Scheduled Daily Events

Monday

8:00-11:30 – Fitness Center
8:45-9:30 – Breakfast – DR
10-11:30 – Craft Class – AR
10:00 – 10:30 Chair Stretch - DR
10-11:30 – Cards - RR
11:45-12:45 – Lunch - DR
12:30-1:30 – Bingo – DR
1:00-3:00 – Woodcarvers – AR
1:30-2:30 – Flex Yoga – DR

Tuesday

8:00-11:00 – Fitness Center
8:45-9:30 – Breakfast – DR
10:00-11:30 – Crochet Class - SR
10:00-11:30 – Ceramics - AR
10:00-11:30 – Cards - RR
10:30-11:30 – Bible Study – MR
11:45-12:45 – Lunch – DR
12:30-1:30 – Geri-Actors Theatre Practice – SR
12:45 – 1:30 – Ladder Ball - DR
1:30-2:30 – Line dancing – DR

Wednesday

8:00-11:30 – Fitness Center
8:45 – 9:30 – Breakfast – DR
10:00 – 10:30 Chair Stretch DR
10:00-11:30 – Jewelry Class – AR - \$6
10:00-11:30 – Basic Quilting Class - SR
10:45-11:30 – Live Entertainment or
 Birthday Luncheon
12:30 – 1:30 Scrap Booking/ cards - AR
12:45-1:30 – X Box Bowling – DR

Thursday

8:00-11:30 – Fitness Center
8:45-9:30 – Breakfast – DR
10:00-11:30 – Cards - RR
10-11:30 – Plastic Canvas Class
 w/Ms. Levy - AR
11:45-12:45 – Lunch – DR
12:30–1:00 Strength Class for Seniors –DR
12:30-1:30 – Geri-Actors Theater Practice
 w/Frank - SR
1:30-2:30 – Flex Yoga - DR
1:00-2:15 – Beginning Computer Class - RR
2:30-3:34 – Advanced Computer Class – RR

Friday

8:00-11:30 – Fitness Center
8:45-9:30 – Breakfast – DR
9:30 – 10:30 Painting class AR
10:00 – 10:30 Chair Stretch DR
10:00-11:30 – Cards - RR
10:30-11:30 – Kitchen Band Practice - DR
11:45-12:45 – Lunch - DR
12:30-1:30 – Bingo - DR
1:30-2:30 – Line dancing – DR
6:00-9:00 – Friday Night Dance - \$7.00

Ft. White Lifestyle Enrichment Center

December 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 – 11:15 am – Tai Chi
11:30 am - Lunch

Tuesday

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

Wednesday

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

Thursday

8:30 am – 9:00 am - Coffee
9:00 am – 11:00 am – Crafts
10:00 am – 11:00 am – Chair Exercises
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

December 7th	10am-1pm	Seniors Christmas Shopping and Luncheon
December 13th	10am-11am	Open House (Bring a Friend)
December 18th	10:45am-1pm	Moose Lodge Christmas Luncheon
December 21st	10am- Noon	Seniors Christmas Party

We will be Closed Monday 12/24 and Tuesday 12/25 for CHRISTMAS



Seniors - Age 60 and Older

Date: Wednesday 12-13-18

Time: 10am-11am

Location:

Lifestyle Enrichment Center

18829 Hwy 47 s Ft, White, Fl 32038

(Across from the Ft. White Gun Club)

We want to invite you to come join us in some fun.

Bring a friend, we have chair exercises, X-Box Bowling, Bingo,

and more fun things to do. We would like to see you!

For more info, contact Deborah Rhodes at 386-497-1504 or 352-275-7635

2018 Board of Directors

Roger Whiddon, President – Whiddon Construction Company
Sammie Everett, Vice President – Teacher, Retired
Renee’ Faulkner, Secretary - First Federal Bank
Charles Peeler, Treasurer – Peeler Construction
Kathy Verchick - Retired
Lorraine Zarrella – New Millennium Building Systems
Dr. Ivan A. Lopez – Neurologist, Retired
Annie Winnett, RN – Lake City Medical Center
Deserrai Goosen – Odom, Moses & Company
Danette O’Neal – O’Neal Companies
Maggie Bennett – Ameris Bank

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



Have you ever considered how you will be remembered?

community in 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+

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

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 October 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.