



DECEMBER NEWSLETTER VOLUME 4 – ISSUE 1

A MESSAGE FROM THE EXECUTIVE DIRECTOR



Deborah Freeman
Executive Director

Dear Friends,

Please join with me in welcoming in a new year. In 2019 we will continue to put the 60+ community and its needs at the heart of everything we do. Our mission has always been to provide programs, services and advocacy for the older adult in Columbia County. It is our mission to support the needs of the care giver as well as the care receiver

In 2019 we will sponsor Open House events which will be targeted to specific professional groups within Columbia County. On January 10th we have invited the Healthcare Professional Groups to join us for a tour of the facilities and an introduction of what we can do to help support the care of their 60+ patients in Columbia County.

In 2019 we are planning improvements in the outdoor area of The Club and developing a more permanent and attractive space for the Friday Market. Friday Night Dances will continue with a “special” dance planned once a month. For those of you with “phones” which seem to be smarter than you, we will be offering classes in how to take charge of technology and make your smart phone work for you.

We will continue to honor the special people whom we serve like January’s Senior of the Month - Bernice Brown. Ms. Brown is very special to me personally. She is such a fighter when the chips are down. After she had a stroke a few years ago she worked hard to get back to the LC-LEC. Her smile and the joy she receives from life are uplifting. I begin most days with one of her hugs and a smile. My favorite way to start the day!

Our caring and creative staff will continue to bring you programs and activities geared to enriching your Third-Third. We look forward to sharing 2019 with you All!

Debby

Development News and Announcements



Donna Bowen
Development Director

Happy 2019!

Goodbye to 2018 and excited to see what the new year will bring! Columbia County Senior Services and the Lifestyle Enrichment Center are getting ready for a busy and fun year ahead! The calendar is filling up, as there will be new classes and programs that will be offered to the Seniors of Columbia County.

The Business and Professional Organizations will be invited in for Open Houses that have been scheduled to tour the Facility and learn more about what Lifestyle Enrichment Center offers the 60+ Community.

Columbia County Senior Services has been serving the needs of Seniors for over 46 years. It is an Organization, that unless you have had someone close to you up in age or maybe yourself, you would not have experienced the wonderful acceptance and a place to spend time with others that become family.

As the 60+ generation continues to grow and become a larger part of our population, we plan to grow in reputation and strength to provide the supportive services needed by an aging population to remain independent and enjoy the third-third of their lives.

If you would like to be a part of this Organization, by becoming a member, volunteer, using the Dementia Specific Daycare, or Extended Family Services with Certified Nursing Assistants or in monetary funds, please contact us at (386) 755-0235.

On January 10th there will be an Open House for Healthcare Professionals with a slideshow, tour and snacks. The Friday night dances will begin, with a Western Dance Theme on Friday, January 18th from 6-9 PM, please come and bring a friend.

Looking forward to meeting and seeing a lot of new friends this year. Hope 2019 is healthy and prosperous for everyone!



Open House

For

Healthcare Professionals

Please Join us

Thursday, January 10th

5pm to 6 pm

Lifestyle Enrichment Center

628 S.E. Allison court

Lake City Florida

Phone 386-755-0235 ask for Donna ext. 108

Tour the facility. Visit the gym, checkout classrooms and the activities available. Learn about Dementia Specific Adult Day Care. See meal menus and ask about our home delivered meal programs. Enjoy a slide presentation. Snacks will be provided. See what Columbia County Senior Services, Inc. offers the 60+ community.



Deanna Law
Activities Director

Activities News



A new year. Did you make any New Year's Resolutions? Not me, I can't seem to keep them - so I don't go there. However, I would like to keep my office a little cleaner 😊.

We are starting off 2019 with dancing on our minds. We have Friday night dances starting back again with the specialty dance being a western dance on Jan. 18th. Come join us.

Friday January 4th is Trivia day. Of course, we are challenging our seniors with questions all the way back to the 50's. If you like a challenge, please join us and maybe you will win some cool prizes. After that we have National Hat Day on Tuesday, January 15th. I can't wait to see what shows up here at the LC-LEC. I will post pictures next letter.

We are trying some new classes at the LEC. On Thursday from 12:30 till 1:00 the seniors are doing a chair interpretive dance class. This exercises the mind and the arms, which is good for you physically and mentally. No charge just come by and check it out.

I am excited about a new year. Great things are coming our way. We want to make this the best year ever. Look for the Quilt show during - Black History Month in February, and the Church tea party – enjoying eating God's food in March. Come by and see our facilities. I love to give tours and tell people about what is happening in Lake city for everyone. May God bless you and yours in 2019.

Volunteer for the month of January 2019

Martin Feagle



Martin was born right here in Lake City Fla. He attended school in Mason City, Fla. until it closed. He then had to travel by bus to Lake City Middle school and Columbia High School. After graduation he went into the Navy where he spent 6 years. After his years of service, Martin went to work in Jacksonville with JEA. Where he spent the next 34 years. During this time, he married and had 2 girls and 2 boys. Martin got his first guitar at the age of 14 but didn't play in front of an audience until 2003. He has played in many different venues. He mainly plays the guitar and mandolin.

Martin is a collector of many things. He has around 150 old cars. My favorite car he owns is a 1961 thunderbird convertible. I Love that car. He recently acquired a 1940 pickup truck but because he has been so busy it is still on the trailer. He also collects instruments. He has around 30 guitars.

Martin has been playing once a month on Wednesdays here at LEC for around 6 years. When I asked him why he volunteered he said He enjoys performing for the seniors because they enjoy listening to the music.

We are very fortunate to have Martin performing for us. One of the things I like about him is he always brings others to play with him. One time he came to perform with about 6 young kids. It was awesome.

We are blessed to have Martin Feagle as one of our entertainers. Just to watch the smiles on the seniors faces when they play their bluegrass music is something special. Thank you, Martin, for all you do for our seniors. You have a special gift, thank you for sharing.

Senior Recognition



Senior of the Month for January

Bernice Brown

Bernice was born in Americus Georgia but moved to Lake City Florida at a young age. She attended school in Lake City and graduated from Richardson High School. After graduation she was hired as a cook and server at a local restaurant. She later went to work at a company known today as Nutrien. While at OXY She met another worker name Mark Hunter. She taught this young man the in's and out's of working with and driving the heavy equipment.

Bernice married a young man named John Henry Brown and they had 3 children. 1 girl and 2 boys. These 3 babies were born 7 years apart, so she had children around the house most of her life. Traveling was something that Bernice loved to do. She has traveled to New Jersey, Chicago and many other places.

Have you ever heard of a Buckeye tree? Well that is Bernice's favorite tree. She loves to garden and in order to have nice gardens I know she must have a green thumb.

Bernice has been around the Columbia County Senior Services for many years. She started coming and participating in programs when they were offered over by Lake Alligator. She has seen many changes and improvements for the Columbia County Senior Community. As a regular attender Bernice participates in many of our classes. I think her favorite is the Kitchen Band. You can find her with a spoon in her hand and a wash board on her lap. Yep she keeps perfect time for the singers.

For me, what I love the most about this amazing lady is her smile. She has the most contagious smile I have ever seen. We are happy to recognize Bernice as the Senior of the Month here at the LC-LEC. If everyone had the attitude, she has, this world would be a better place. Thank you, Bernice for bringing sunshine to our center.

“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.

January 9th

Shepherd’s Pie
Roll
Dessert

January 16th

Vegetable Beef Soup
Crackers
Dessert

January 23rd

BBQ Pork Sandwich
Chips
Dessert

January 30th

Chicken Alfredo W/Broccoli
Garlic Bread
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**

2019 Planned Events and Activities

January

10th – Open House for Healthcare Professionals 5:00PM-6:00 PM

18th – Western Dance 6:00 PM-9:00PM

The Friday Market Day sales continue to do well, they will resume Friday, January 4th. Thank you for your donations and support!

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

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January brings in the winter season. The Club is excited about the upcoming new year, 2019. We will enjoy reminiscing about granny's quilt history, of the post office and the famous Elvis Presley. Pie, pie, and more pie will be up for the tasting as we celebrate National Pie Day on Jan 23rd. The Club has lots of fun crafts planned for January – magnets, community projects for our mailman and making our own pie's. We are looking forward to a fantastic New Year. Come by and visit our facilities. I look forward to showing you around.



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 – 1:00 Music Interpretation Movement- 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



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

*Happy
New Year*

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 – Corn Hole Game 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 – Line Dancing
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

EVERY FRIDAY IS OUR YARD SALE – 8:00 A.M. - Noon



Choosing to Enrich the Third Third

2019 Officers & Board of Directors

Sammie Everett, President – Teacher, Retired
Renee’ Faulkner Williams, Vice President - First Federal Bank
Charles Peeler, Treasurer – Peeler Construction
Maggie Bennett, Secretary – Ameris Bank
Kathy Verchick - Retired
Lorraine Zarrella – New Millennium Building Systems
Dr. Ivan A. Lopez – Neurologist, Retired
Deserrai Goosen – Odom, Moses & Company
Roger Whiddon – Whiddon Construction
Alisa Epperson – Edward Jones

CHRISTMAS 2018



Look who showed up at LEC



“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 January 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.