

LIFE *line*



"The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart." Helen Keller

**MARCH
2011**

Whatever it takes!

Coltrane LIFE Center, Inc. is a non-profit organization dedicated to providing quality daytime care to older and disabled adults since 1974.

We serve participants from Cabarrus and surrounding counties.

Our mission is to improve the quality of life for frail and impaired adults and their families through specialized adult daytime services.

321 Corban Avenue, SE
Concord, NC 28025
(704) 788-1215
(704) 788-1209 fax
www.coltranelifecenter.org



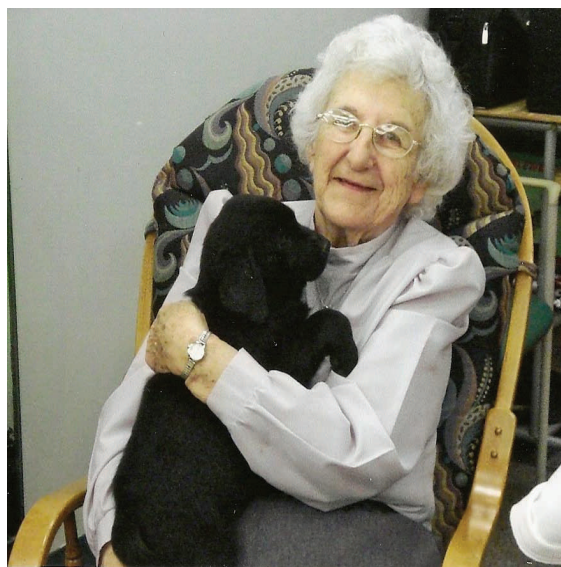
**United Way
of Central Carolinas**

**Coltrane LIFE
Center is a
United Way
Agency**



Meeting
new friends
at
Coltrane LIFE
Center is a
common
occurrence!

Come join
us for some
"Puppy Love"
during
the day!



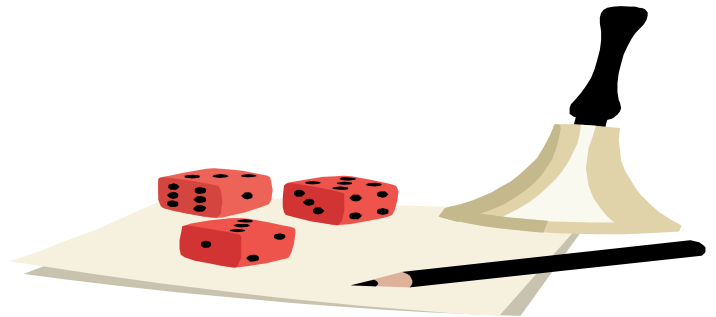
For more information about how the Center's services can help give you peace of mind knowing your loved one is safe, cared for and with friends, call Carrie Holt at 704-788-1215.



Our BUNCO party on February 17th was a tremendous success! We would like to thank everyone who participated and those who donated items for the party and the auction.

- Advanced Home Care
- Ben Mynatt Family of Dealerships
- Cabarrus Meals on Wheels
- Chef's Choice Gourmet Pastries
- Chocolatier Barrucand
- Crescent Heights
- Elizabeth's Treasures
- Embassy Suites
- Faith Prosthetic-Orthotic Services
- Flowers by Oralene
- Gentiva Home Health
- Harrisburg Hometown Pharmacy
- Honda of Concord
- Horizon Bay
- Irresistible Portraits
- Jason E. Martin, DDS
- Jennie Martin Tomlin Galleries
- Kent Carpenter, Message Therapist
- Melvin's Exxon
- Mudslingers Pottery
- O'Charley's Restaurant
- Old Courthouse Theater
- Panera Bread
- Polka Dot Bake Shop
- Sam's Club
- SOGO Japanese Seafood Steakhouse
- SportClips Haircuts
- Starbucks
- Target
- Troutman's BBQ

- The Medicine Shoppe
- Union Street Bistro
- Wendy's
- Barbara Overcash
- Sheila Howell
- Tina Ettesen
- Vicki Harris Proctor
- Betty Williams
- Carol Peck
- Christa Hager
- Cindy Widenhouse
- Donna Anderson
- Debbie Carter
- Esther Boger
- Gary Sheetz
- Jan Foster
- Janet Lowder
- Jeff White
- John Griffin
- Joy Simpson
- Judy McDonald
- Judy Hager
- Foster & Vanessa Lynch
- David & Beverly Maulden
- Coltrane LIFE Center Participants
- Kathy Holt
- Kari Gainer
- Mitzi Malone
- Susan Caudle
- Katie Warlick
- Barbara Widenhouse
- Jeanne Boswell
- Katie Freeman
- Kathryn Jay-Young
- Kathy Waters
- Steve Baldon
- Sheila Howell
- Arlene Harris
- Rita Basinger
- Sheila Chapman
- Nancy Rogers
- Nancy Caudell
- Mem Luther
- Mary Whitaker
- Louise Martin
- Kim Lyda



PODIATRIST

Dr. Melissa Hill, Podiatrist, will be at Coltrane LIFE Center on March 31, 2011, at 11:00 am. Please call Regenia Helms to make an appointment.
(704) 782-1215



MARCH 2011 MENU

Mon

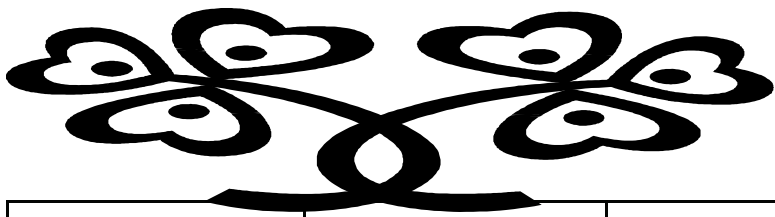
Tue

Wed

Thu

Fri

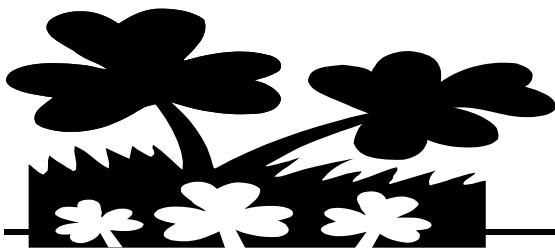
Mon	Tue	Wed	Thu	Fri
<p><i>Legend</i> <i>M =Milk</i> <i>F. C'tail = Fruit Cocktail</i> <i>AJ=Apple Juice</i> <i>PB=Peanut Butter</i> <i>HM=Homemade</i> <i>FF=French Fries</i> <i>WW=Whole Wheat</i></p>	<p>1 Grits, Sliced Apples, Milk Macaroni & Cheese, Black Eyed Peas, Greens, Cornbread, Milk Cottage Cheese & Peaches, Milk</p>	<p>2 Bran Cereal, Bananas, Milk Spaghetti & HM Meat Sauce, Tossed Salad, Garlic Toast, Pineapple, Milk 1/2 PB & Jelly Sandwich, Milk</p>	<p>3 Scrambled Eggs, WW Toast, Strawberries, Milk White Beans, Okra & Tomatoes, Cabbage, Cornbread, Milk Bran Muffin, Milk</p>	<p>4 Oatmeal, Blueberries, Milk BBQ on WW Bun, Fries, HM Slaw, Peaches, Milk Baked Sweet Potato, Milk</p>
<p>7 PB on WW Toast, Mandarin Oranges, Milk Chicken Fillet, Creamed Corn, Carrots, WW Bread, Milk Tomato Soup, Milk</p>	<p>8 Biscuit and Gravy, Banana, Milk Cubed Steak, Creamed Potatoes, Green Beans, WW Bread, Milk 1/2 Egg Salad Sandwich, Milk</p>	<p>9 Oatmeal, Sliced Apples, Milk Pork Loin, Sweet Potatoes, Broccoli, WW Bread, Milk Cottage Cheese & Pears, Milk</p>	<p>10 Pancakes, Blueberries, Milk Lima Beans, Stewed Tomatoes, Cabbage, Cornbread, Milk Saltines & Cheese, Milk</p>	<p>11 Scrambled Eggs, WW Toast, Strawberries, Milk Fish Nuggets, HM Slaw, Potato Pancakes, Hushpuppies, Milk 1/2 PB & Jelly Sandwich, Milk</p>
<p>14 Cheese Toast, Pears, Milk Sliced Turkey Sandwich on WW Bread w/Lettuce & Tomato, Broccoli Soup, Tropical Fruit, Milk Vanilla Wafers & PB, Milk</p>	<p>15 Sausage Biscuit, Sliced Peaches, Milk Chicken & Noodles, Mixed Vegetables, Peaches, Milk 1/2 Pimento Cheese Sandwich on WW Bread, Milk</p>	<p>16 Grits, Banana, Milk Sliced Ham, Beets, Potato Salad, WW Bread, Milk Bran Muffin, Milk</p>	<p>17 St. Patrick's WW Toast & Jelly, Crushed Pineapple, Milk Pancakes, Sausage, Hash Browns, Green Applesauce, Milk Saltines & Cheese, Milk</p>	<p>18 Scrambled Eggs, WW Toast, Strawberries, Milk Hamburger on WW Bun, Tomato/Lettuce/Pickle, Sweet Potato Fries, Blueberries, Milk PB Graham Crackers, Milk</p>
<p>22 PB WW Toast, Mandarin Oranges, Milk Chicken Breast, Carrots, Broccoli, WW Bread, Milk Sweet Potato, Milk</p>	<p>22 Biscuit & Gravy, Pineapple, Milk Chili Beans, Tossed Salad, WW Crackers, Sliced Strawberries, Milk 1/2 PB & Jelly Sandwich, Milk</p>	<p>23 Grits, Bananas, Milk Pork Loin, Stewed Potatoes, Cabbage, WW Bread, Milk Blueberries, Milk</p>	<p>24 WW Toast, Eggs, Sliced Peaches, Milk Chicken Casserole, Green Beans, Baked Sweet Potato, WW Bread, Milk PB Graham Cracker, Milk</p>	<p>25 PB WW Toast, Pears, Milk Tuna Salad on WW Bread, Beets, Potato Salad, Milk Saltines & Cheese, Milk</p>
<p>28 Cheese Toast, Applesauce, Milk HM Vegetable Soup, Grilled Cheese Sandwich, Peaches, Milk Cheese Its, Milk</p>	<p>29 Grits, Bananas, Milk Fish Nuggets, Potato Cakes, HM Slaw, Hushpuppies, Milk Animal Crackers, Milk</p>	<p>30 Biscuit & Gravy, Pears, Milk Sloppy Joes on WW Bread, HM Slaw, Tater Tots, Milk PB Graham Crackers, Milk</p>	<p>31 Scrambled Eggs, WW Toast, Pineapple, Milk Chicken Fillet, Stewed Potatoes, Green Beans, WW Roll, Milk 1/2 Pimento Cheese Sandwich on WW Bread, Milk</p>	



Central Activities

MARCH 2011

Mon	Tue	Wed	Thu	Fri
<p><u>WEEKDAY SCHEDULE</u> 7:15 Coffee Club 9:15 Breakfast 10:00 Morning Stretch & Devotional 10:30 Program 12:00 Lunch Continued Below</p>	<p>1 10:30 Bible Study w/Sharon or Decorate Shamrocks w/Jo Ann 2:00 Finish Shamrocks or Pig Trivia or Walk In The Garden 4:00 Occupational Puns</p>	<p>2 10:30 Devotional with First Christian Church or Word Search 2:00 Bingo 4:00 Things That Are Green</p>	<p>3 10:30 Music of Glen Miller or Let's Color 2:00 Staying in Shape with Ellen or Walk in the Hall 4:00 How's the Weather?</p>	<p>4 10:30 Game Show Trivia w/Kym or Thank You to Our Troops 2:00 Devotional with Apostle Brown or Walk in the Garden 4:00 Your Favorite Things</p>
<p>7 10:30 McClure Family Songs or Tone Chimes with Jason or ♦Deliver Meals on Wheels 2:00 Make Mardi Gras Masks or Make Pancakes 4:00 Remedies</p>	<p>8 10:30 Devotional: Rev. Rhoades or Get In Shape with Gail 2:00 Bingo 4:00 ABC's</p>	<p>9 10:30 ♦Visit Health and Wellness Day or Ante Up 2:00 Make Magnets with Kristen or Trivia with Jennifer 4:00 Blurt</p>	<p>10 10:30 Music w/Bill Russell or Bake for Birthday Party 2:00 Moving with Ellen or Walk 3:00 Monthly Birthday Party 4:00 Movie "Up"</p>	<p>11 10:30 Franklin Heights Baptist School Visits 2:00 Twenty Questions or ♦Visit Friends 4:00 Outburst</p>
<p>14 10:30 Make Irish Soda Bread or ♦Deliver Meals on Wheels or Learn About Ireland 2:00 Irish Trivia or Craft 4:00 Shades of Green</p>	<p>15 10:30 Music with Yolanda and Grace or Word Search 2:00 Pot of Gold with Kristen or ♦Shopping 4:00 Word Scramble</p>	<p>16 10:30 Devotional with First Christian Church or Connect Four 2:00 Decorate Hats with Jo Ann or Afternoon Matinee 4:00 Finish Movie 5:00 CARE Meeting</p>	<p>17 10:30 ♦Pancakes at Boys & Girls Club or Movie 2:00 Moving with Ellen or Walk 4:00 St. Patrick's Day Trivia</p>	<p>18 10:30 Bingo 2:00 Game Day 4:00 Exercising in the Afternoon</p>
<p>21 10:30 Celebrate Spring or Word Games with Jennifer 2:00 Health Education with Regenia or Take A Guess 4:00 I Remember...</p>	<p>22 10:30 Tone Chimes with Jason or Trivia 2:00 Bingo 4:00 Green Trivia</p>	<p>23 <p style="text-align: center;"><u>IRELAND CULTURE DAY</u></p> 10:30 Miller Family Sings or Puzzles 2:00 Sing with Sunshine Girls 4:00 Word Fun</p>	<p>24 10:30 Sing-A-Long w/Bill Russell or Spring Collage 2:00 Clete Trexler in Concert 4:00 New Spring Growth</p>	<p>25 10:30 Word Games with Sharon or Prepare for Red Hat Tea 2:00 Red Hat Tea 4:00 Take a Guess</p>
<p>28 10:30 Hymns with Ruth Stowe or Walk Outside 2:00 Bingo 4:00 Doctor's Day</p>	<p>29 10:30 On the Move with Gail or Outburst 2:00 Bible Survey with Kym or Jeopardy 4:00 Andy Griffith Movie</p>	<p>30 10:30 Devotional with Rev. John Miller or Current Events or Walk Outside 2:00 Doctor's Day Trivia or Parachute Fun 4:00 Let's Chat</p>	<p>31 10:30 Hymns w/ Bill Russell or Games 2:00 Moving with Ellen or Walk 4:00 I Love Lucy Marathon</p>	<p><u>Weekday Schedule Cont.</u> 1:00 Rest or Walking Club 2:00 Program 3:15 Snack 3:30 Vans Leave 4:00 Program 5:00-6:00 Small Group Discussion</p>



Specialized Care Activities

MARCH 2011

	Mon	Tue	Wed	Thu	Fri
		1 10:30 Exercise 2:00 National Pig Day	2 10:30 Bible Study with First Christian Church or Reminiscing 2:00 Dr. Seuss's Birthday	3 10:30 Sing-A-Long 2:00 Fishing Derby	4 10:30 Table Volleyball 2:00 Devotions with Apostle Brown or Crafts
7	10:30 McClure Family Performs or Walking 2:00 Fun & Fit!	8 10:30 Devotions with Rev. Richard Rhoades or Puzzles 2:00 Mardi Gras Party!	9 10:30 Exercise 2:00 Barbie's Birthday	10 10:30 Sing with Bill Russell or Games 2:00 Clay Day	11 10:30 Salute To Dolly Parton 2:00 Irish Music
14	10:30 Irish Sing-A-Long 2:00 Irish Jokes	15 10:30 Music with Grace and Yolanda or Country/City Game 2:00 Irish Sayings & Blessings	16 10:30 Bible Study with First Christian Church or Basketball 2:00 Crafts: Shamrocks	17 10:30 Pancake Day or Movie 2:00 St. Patrick's Day Trivia 5:00 CARE MEETING	18 10:30 Play Ball! 2:00 National Quilt Day
21	10:30 Exercise in Disguise 2:00 Telephone!	22 10:30 Music Fun 2:00 Movie: Ireland	23 CULTURE DAY <u>IRELAND</u> 10:30 Miller Family Performs or Walking 2:00 Gold in the Hills	24 10:30 Sing with Bill Russell or Gardening 2:00 Clete Trexler Performs! or Walk in the Hall	25 10:30 Games 2:00 Laugh Factory
28	10:30 Music with Ruth Stowe or Movie 2:00 Inspirational Stories	29 10:30 Exercise 2:00 Birthday of Coca-Cola	30 10:30 Devotions with Rev. John Miller or Book Nook 2:00 Science For Seniors	31 10:30 Sing with Bill Russell 2:00 Let's Talk About Baseball	<u>WEEKDAY SCHEDULE</u> 7:15 Coffee Club 9:15 Breakfast 10:00 Morning Stretch & Devotional 10:30 Program 12:00 Lunch 1:00 Rest or Walking Club 2:00 Program 3:15 Snack 3:30 Vans Leave 4:00 Program 5:00-6:00 Small Group Discussion

**COLTRANE LIFE CENTER'S
11TH ANNUAL
GOLF TOURNAMENT**

Monday, May 2, 2011

The Club at Irish Creek

**SPONSORS, AUCTION ITEMS, AND
PLAYERS NEEDED...**

**For information please call
Susan Caudle or Kari Gainer
704-788-1215**



Mike Cline	3/1	Violet Sossamon	3/15
Bob Mason	3/7	Nancy Marlow	3/22
Lib Baucom (staff)	3/8	Libby Furr	3/25
Reba Whitley	3/9	Jan Foster (Board)	3/27
Esther Boger (staff)	3/13		

AVON FUNDRAISER

AVON Representative Judy Hager will give 20% of her orders to the Center during Avon's Campaign 6 & Campaign 7. Please call the Center for a product magazine and order form. 704-788-1215

**COLTRANE LIFE CENTER'S
5TH ANNUAL FASHION SHOW
PRESENTED BY OUR
PARTICIPANTS!**

**Will be held at the Center at 1:30pm
on Tuesday, April 12, 2011
We hope everyone will be able to
join us for a wonderful afternoon
affair.**

***A special thank you to Dr. Jon McKinsey
for speaking with our caregivers at our
February CARE meeting.***

***A special thank you to the family of Bill
Beck for designations to the Center.***

Are you a caregiver for a loved one?

Then join us for our March CARE meeting on Thursday, March 17th at 5pm. Robin Scharding with Home Instead will discuss "Caregiving." All family members are welcome to attend this meeting and dinner will be provided. No RSVP is required. Coltrane LIFE Center's monthly CARE meetings are held on the third Thursday of each month at 5pm. During all CARE meetings, your loved one can attend an activity and enjoy dinner in a separate dining room. For more information, contact Carrie Holt at 704-788-1215.

YOUR HELP IS NEEDED!!!

For our participants' comfort and safety, Coltrane LIFE Center is facing a tremendous expense...we must replace the heating and air system that heats and cools the central dining room, surrounding rooms, and kitchen. This will be a very a large expense for us, and we are asking for your help. If you can give \$10, \$100, \$1,000 or more, it would help so much! If you know someone else who may help with this need, please let them or us know. Everyone's contribution will make a difference! Just mark your check "heat system" and we'll certainly use it for that purpose and send you a tax-deductible receipt. Thank you for caring about the well-being of the older adults and adults with disabilities who benefit from Coltrane LIFE Center!

Coltrane LIFE Center's Cookbooks are now on sale at the Center for a reduced price of \$10.

REMINDER FOR FAMILY MEMBERS

When dropping off or picking up your loved one at the Center, please park in one of the front parking spaces if you need to spend a few minutes inside the Center. In consideration of others who are dropping off or picking up their loved one, please don't park under the shelter for an extended time period. We all appreciate your cooperation! Thank you.

**WELCOME TO
NEW PARTICIPANTS
Geri Burleson Cora Mills Vera Wheeler**

WISH LIST



- | | |
|---|---------------------------|
| baby wipes | whole wheat bread |
| 2x2 gauze pads | sugar free cookies |
| alcohol wipes | vanilla wafers |
| Band-aids | sugar-free Ensure |
| Depends-adult (lg & Xlg) | 5 oz paper cups |
| bird food | zip-lock plastic bags |
| pine needles | paper towels/napkins |
| toilet paper | bran/diabetic cereal |
| dishwasher detergent | fresh/canned/frozen fruit |
| anti-bacterial liquid soap | coffee/tea (decaf) |
| legal/letter size pads | 100% fruit juice |
| family oriented DVDS | Splenda or Sweet & Low |
| bingo prizes | postage stamps |
| gasoline gift cards | |
| puzzles-100 pieces or less | |
| elastic waist pants-men's or women's | |
| greeting cards—miscellaneous | |
| photo, copy or colored paper | |
| subscription to Independent Tribune | |
| financial contributions for activity supplies | |
| financial contributions for scholarship support | |

Thank you for your donations:

- | | |
|--------------------------------------|--------------------|
| John Holmes | Rosemary Crosby |
| S & D Coffee | Colleen Goodman |
| Patterson Hydraulic Shop | Horizon Bay |
| Judy McDonald | Sue Lindberry |
| Jane Brown | Helen Johnson |
| Nancy Griffin | Ann Sifford |
| Esther Boger | Bertha Meadows |
| Claudia Foucard | Ruth Davis |
| Louise Martin | Gina Hodges |
| Dale Willingham | Rosemary Crosby |
| Nancy Marlow | Tammy Isenhour |
| Don & Arlene Harris | Carol Soucie |
| Mem Luther | Peggy Ranson |
| Beth Hutto | Emelie McNeill |
| Comfort Keepers | Kannapolis Library |
| Liberty Tax Service | Coldwater ECA Club |
| AC & Rita Basinger | |
| Coltrane Webb First Graders | |
| Exit Elite Properties/Evonne Caudill | |

We need friendly volunteers to help during field trips (especially our monthly shopping trip). For more information, call Kari Aldridge or Kathleen Furr at 704-788-1215

WE LOVE OUR VOLUNTEERS!

- | | |
|--|------------------------|
| Yolanda Dunmire | Katie Freeman |
| Kathy Lau | Bernice Ferguson |
| Claudia Foucard | Tennie Earnhardt |
| Emelie McNeill | Mary Godwin |
| Rev. John Miller | Grace Cranmer |
| Faye Terry | Donna Anderson |
| John Duncan | Evelyn Rinehardt |
| Ellen Adams | Ruth Stowe |
| Tanya Upton | Janie Hoyle |
| Johnny Johnson | Kelly Caudle |
| Lynn Kauffman | Madeline Fillman |
| Randy Hardy | First Christian Church |
| Ann Sifford | Megha Ganatra |
| Rev. Richard Rhoades | Aditi Mehta |
| Sunshine Girls | Darshy Mehta |
| Shaun Mehta | Jocelyn Franklin |
| Pooja Ganatra | Nancy Sloop |
| Rekha Ganatra | Mary Dulin |
| Tillie Heintz | Bill Russell |
| Belvin Terry | Sallie Staley |
| Bethsheba Carr | Olivia Smale |
| Tara Capps | Mem Luther |
| Mollie Plowman | Linda Gallagher |
| Elaine Deese | Moria Jenkins |
| Louise Martin & Gypsy | |
| Franklin Heights Baptist School- | |
| Students & Teachers | |
| Cannon School First Graders Parents & Teachers | |
| Coltrane LIFE Center Board of Directors | |
| Cy Maulden & The Singing Saints | |
| St. James Lutheran Singing Seniors | |
| Sally Bennett's Girl Souts | |

Coltrane LIFE Center appreciates our many volunteers & donations! If we missed an acknowledgment, please forgive us. We strive to make certain that all volunteers & gifts are acknowledged accurately, but it is possible errors have been made. If you discover an error, please notify us so we can correct it. Thank you for your continued support.

Coltrane LIFE Center, Inc.
321 Corban Ave., SE
Concord, NC 28025

Non-Profit Organization
U.S. POSTAGE
PAID
CONCORD, NC 28025
PERMIT NO. 211

RETURN SERVICE REQUESTED

Label Here

LIFE means Living Interests For Elderly

Thank you to the following who contributed financially to Coltrane LIFE Center!

Griffin & Elsie Kale in memory of Bill Beck; IBM Employee Services Center; Georgia Adams; Nancy P. Haywood in memory of Bill Beck; LaVerne Kepley in memory of Bill Beck; IBM Employee Charitable Contribution Campaign; John & Donna Anderson; Robert & Margie Underwood in memory of Flora Cochrane, Willie Hatley & Kent Hall; Cece Miller; Norman & Carol Soucie; Katie Warlick; Bill & Louise Martin; Sonny's Construction Co., Inc.; Concord Asbestos Abatement, Inc.; Lillie & Hudson Kilpatrick in memory of Horace Kilpatrick; Steve Baldon; Larry & Barbara Overcash; Rusty Joyner in memory of Tatem Parker; Mr. & Mrs. John Long; Ruby Alderman & Sheila Howell; Mr. & Mrs. Lonnie Hunsucker; Deborah Walters; Maggie Adams & Sue Adams; Bank of America United Way Campaign; Michael & Kim Lyda; Terry & Carolyn Crawford; Larry & Joan Kiser; Dale & Judith Willingham; Eva Brooks memory of Delphia Leigh; Don & Arlene Harris; Mr. & Mrs. Raymond Sankar; Ruth Peeler; Joanne Brown; Margaret & Leon Lockey in memory of Bill Beck; Ralph Barnhardt in memory of Bill Beck; Susan Caudle in memory of Margaret Hager; Mt. Olivet United Methodist Church K. Lee Scott Circle in honor Nancy Marlow.

I want to make a tax-deductible financial gift to Coltrane LIFE Center.

My gift of \$ _____ is enclosed.

Donor's Name: _____ **Date:** _____

Donor's Address: _____

_____ In Honor of: _____

_____ In Memory of: _____

Financial information about this organization and a copy of its license are available from the Charitable Solicitation Licensing Section at 1-888-830-4989. This license is not an endorsement by the State.