

# LIFE *line*



***Together we can make a difference!***

## ***Stop Cuts to Adult Day Services!***

Governor Perdue has proposed cuts of \$1,106,000 to State Adult Day Care funding which supports aging adults and people with disabilities who need supervised care. Family caregivers and adult day services supporters are encouraged to tell our legislators and the governor to support the aging and stop cuts to adult day services!



*Staff member Jo Ann Queen assists participant Bill Barnes with writing a letter to our governor and legislators letting them know the value of the LIFE Center. Bill wrote in his letter, "Please do not cut our program, it's my home."*

**How does this affect Coltrane LIFE Center?**

Over 60% of the current participants at Coltrane LIFE Center utilize state financial assistance. These funds are at risk of being reduced or eliminated.

**This could cut attendance at the LIFE Center in half.**

Please ***let your voice be heard*** by letting our legislators know the value of Adult Day Services to you and your loved one.

***Together we can make a difference!***

Visit <http://www.ncadsa.org/> to read more about the budget cuts and to sign a petition.

For information about how Coltrane LIFE 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.

**MAY  
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](http://www.coltranelifecenter.org)



**United Way  
of Central Carolinas**

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



### **Fashion Show Extravaganza**

*Coltrane LIFE Center's Participant Fashion Show was a huge success, & we thank the volunteers & staff who worked so hard. A very special thanks to Jo Ann Queen for the decorations; Rita Basinger for loaning us dresses; Ann Sifford for make-up for our participants; and for all the escorts: JT Thomas, Jason Howie, Tom & Jan Foster, John Long, Wayne Miller, Tom Whitaker, Hugh & Mitzi Malone, Ron Staley, Katie Freeman, Barbara Dorty, Sandra Prete & Mr. Tucker.*

*A big thanks to Donna Anderson, emcee & the organizer of the event!*



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

**was held on MONDAY, MAY 2ND.**

**We are so grateful for the many sponsors, players, volunteers, Board members and staff who gave their help and worked tirelessly to make this event a huge success. We will list all of our sponsors in our June newsletter.**

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Carolinas Medical Center  
NorthEast

*Uncompromising Excellence. Commitment to Care.*



# MAY 2011 MENU

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p><b>2</b> PB WW Toast, Mandarin Oranges, Milk</p> <p><b>Chicken Breast, Creamed Corn, Green Beans, WW Roll, Milk</b></p> <p>Tomato Soup, Milk</p>	<p><b>3</b> Sausage Biscuit, Banana, Milk</p> <p><b>Macaroni &amp; Cheese, Greens, Black Eyed Peas, Cornbread, Milk</b></p> <p>Blueberries, Milk</p>	<p><b>4</b> Cream of Wheat, Pears, Milk</p> <p><b>Roast Beef, Baked Sweet Potato, Broccoli, WW Roll, Milk</b></p> <p>Cantaloupe, Milk</p>	<p><b>5</b> Grits, Peaches, Milk</p> <p><b>Salmon Patties, Stewed Potatoes, Cabbage, Cornbread, Milk</b></p> <p>PB Graham Crackers, Milk</p>	<p><b>6</b> Scrambled Eggs, WW Toast, Pineapple, Milk</p> <p><b>Hamburger on WW Bun, Lettuce/Tomato, Sweet Potato Fries, Pickle, Strawberries, Milk</b></p> <p>Cheese, Saltine Crackers, Water</p>
<p><b>9</b> Cheese Toast, Pineapple, Milk</p> <p><b>Sliced Turkey Sandwich on WW Bread, Lettuce/Tomato, Vegetable Soup, Sliced Apples, Milk</b></p> <p>Animal Crackers, Milk</p>	<p><b>10</b> Oatmeal, Blueberries, Milk</p> <p><b>Chicken Noodles, Mixed Vegetables, WW Bread, Strawberries, Milk</b></p> <p>1/2 Pimento Cheese Sandwich on WW Bread, Milk</p>	<p><b>11</b> Bran Cereal, Banana, Milk</p> <p><b>Pork Loin, Stewed Potatoes, Broccoli, WW Roll, Milk</b></p> <p>Tacos, Mandarin Oranges, Water</p>	<p><b>12</b> Scrambled Eggs, WW Toast, Applesauce, Milk</p> <p><b>White Beans, Okra &amp; Tomatoes, Cabbage, Cornbread, Milk</b></p> <p>Bran Muffin, Milk</p>	<p><b>13</b> Gravy &amp; Biscuit, Cantaloupe, Milk</p> <p><b>Fish Nuggets, Potato Patties, HM Slaw, Hushpuppies, Milk</b></p> <p>1/2 PB &amp; Jelly Sandwich on WW Bread, Milk</p>
<p><b>16</b> WW Toast &amp; Jelly, Mandarin Oranges, Milk</p> <p><b>Chicken Breast, Limas, Carrots, WW Roll, Milk</b></p> <p>Tomato Soup, Milk</p>	<p><b>17</b> Grits, Banana, Milk</p> <p><b>BBQ on WW Bun, HM Slaw, Tater Tots, Milk</b></p> <p>Blueberries, Milk</p>	<p><b>18</b> Scrambled Eggs, WW Toast, Pineapple, Milk</p> <p><b>Chicken Casserole, Green Beans, Peaches, WW Bread, Milk</b></p> <p>PB Graham Crackers, Milk</p>	<p><b>19</b> Waffles, Strawberries, Milk</p> <p><b>Cubed Steak, Squash Casserole, Broccoli, WW Roll, Milk</b></p> <p>1/2 Pimento Cheese Sandwich on WW Bread, Milk</p>	<p><b>20</b> Oatmeal, Pears, Milk</p> <p><b>Sliced Ham, Potato Salad, Beets, WW Bread, Milk</b></p> <p>Cheese, Saltines, Water</p>
<p><b>23</b> PB WW Toast, Peaches, Milk</p> <p><b>Pinto Beans, Okra &amp; Tomatoes, Greens, Cornbread, Milk</b></p> <p>Cheese Its, Milk</p>	<p><b>24</b> Gravy Biscuit, Applesauce, Milk</p> <p><b>Chuck Wagon Steak on WW Bun, HM Slaw, Fries, Milk</b></p> <p>Sweet Potato-Pineapple Casserole, Milk</p>	<p><b>25</b> Bran Cereal, Banana, Milk</p> <p><b>CULTURE DAY: MEXICO</b> Mexican Casserole w/Beef, Black Beans, Salad, Mexican Rice, Milk</p> <p>1/2 PB &amp; Jelly Sandwich on WW Bread, Milk</p>	<p><b>26</b> Grits, Sliced Strawberries, M</p> <p><b>Spaghetti w/HM Meat Sauce, Tossed Salad, Garlic Toast, Blueberries, Milk</b></p> <p>Pear Salad w/Shredded Cheese, Milk</p>	<p><b>27</b> Scrambled Eggs, WW Toast, Pineapple, Milk</p> <p><b>Roast Beef, Squash Casserole, Broccoli, WW Roll, Milk</b></p> <p>1/2 Egg Salad Sandwich on WW Bread, Milk</p>
<p><b>30</b> <b>CENTER CLOSED FOR MEMORIAL DAY HOLIDAY</b></p>	<p><b>31</b> Toast on WW Bread, Mandarin Oranges, Milk</p> <p><b>HM Vegetable Soup, Grilled Cheese Sandwich on WW Bread, Blueberries, Milk</b></p> <p>PB Graham Crackers, Milk</p>			<p><i>Legend</i> M=Milk PB=Peanut Butter HM=Homemade FF=French Fries WW=Whole Wheat</p>



# Central Activities

## MAY 2011

Mon	Tue	Wed	Thu	Fri
<b>2</b> 10:30 Word Fun with Jennifer or ♦ Deliver Meals on Wheels  2:00 May Day Craft or Current Events  4:00 Famous Pets	<b>3</b> 10:30 Bingo  2:00 Music with Tim Barnes or Word Search  4:00 May Trivia	<b>4</b> 10:30 Tone Chimes w/Jason or Puzzle Fun  2:00 Finish May Day Craft or Ante-up  4:00 Trivia	<b>5</b> 10:30 Bill Russell at the Piano or Current Events  2:00 Staying in Shape or Celebrate Cinco De Mayo  4:00 Movie	<b>6</b> 10:30 Down Memory Lane with a Mom or Movie with Gail  2:00 Devotional with Apostle Brown or Plant Flowers  4:00 Hangman
<b>9</b> 10:30 Make a Strawberry Cobbler or ♦ Deliver Meals on Wheels  2:00 Challenging Games or Walk Outside  4:00 Be It Ever So Humble	<b>10</b> 10:30 Bingo  2:00 Honoring Our Nurse or Let's Chat  4:00 Outburst	<b>11</b> 10:30 Fun with Jennifer or ♦ Walk in the Park  2:00 Participant Council or Make Tacos  4:00 Word Games	<b>12</b> 10:30 Sing Hymns with Bill or Parachute Fun  2:00 On the Move or Walk Outside  4:00 Word Games	<b>13</b> 10:30 Franklin Heights Baptist School Visits or I Spy  2:00 ♦ Shopping or Trivia with Kristen  4:00 Movie
<b>16</b> 10:30 Parachute Fun with Gail or Craft  2:00 Bingo  4:00 Royalty Quiz	<b>17</b> 10:30 Devotional w/Rev. Richard Rhoades or Scavenger Hunt  2:00 Fun w/Allstate Employees  4:00 Guess What?	<b>18</b> 10:30 Sing with Sharon or Remember with Jo Ann or ♦ Visit Horizon Bay  2:00 ♦ Walk in the Park or Afternoon Matinee  4:00 Finish Movie	<b>19</b> 10:30 Sing-a-long with Bill or Play Uno  2:00 Staying in Shape with Ellen or Walk Outside  4:00 Hangman	<b>20</b> 10:30 ♦ Visit Dan Nicholas Park or Exercise in Disguise  2:00 Game Day or Let's Paint  4:00 Trivia
<b>23</b> 10:30 Hymns with Ruth Stowe or Bake for Birthday Party  2:00 Health Education with Regenia or Play Corn Hole  3:00 Monthly Birthday Party  4:00 Clint Eastwood Day	<b>24</b> 10:30 Mexican Art or Walk in the Garden  2:00 Recital with Becky's Students or Make Sweet Potato Surprise with Sharon  4:00 Andy Griffith	<b>25</b> 10:30 Devotional w/Rev. John Miller or Cook with Jo Ann  2:00 Sing with Sunshine Girls or <u>CULTURE DAY:</u> Learn about Mexico  4:00 Let's Chat	<b>26</b> 10:30 Inspirational Thoughts and Music with Bill or Scavenger Hunt  2:00 Moving with Ellen or Walk Outside  4:00 Home Remedies 5:00 <u>CARE MEETING</u>	<b>27</b> 10:30 Visit Mexico with Kym or Walk in the Garden  2:00 Bingo  4:00 Let's Chat
<b>30</b> <b>Center Closed For Memorial Day Holiday</b>	<b>31</b> 10:30 Tone Chimes with Jason or Walk In The Garden  2:00 Bible Study with Kym or Games with Kristen  4:00 Pick A Topic		<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



# Specialized Care Activities

## MAY 2011

		Wed	Thu	Fri
<b>2</b> 10:30 Table Volleyball  2:00 Mother Goose Day	<b>3</b> 10:30 All About Mothers  2:00 Time with Tim Barnes	<b>4</b> 10:30 Sing-A-Long  2:00 Celebrity Birthdays	<b>5</b> 10:30 Sing with Bill Russell or Trivia  2:00 Cinco de Mayo Celebration	<b>6</b> 10:30 Mother Knows Best  2:00 Devotions with Apostle Brown or Games
<b>9</b> 10:30 Gospel Sing-A-Long  2:00 Finish The Saying	<b>10</b> 10:30 Charades  2:00 Boating Day	<b>11</b> 10:30 Crafts: Butterflies  2:00 Hugs 4 Health	<b>12</b> 10:30 Sing with Bill Russell or Movie  2:00 This Was The Year	<b>13</b> 10:30 Spa Day  2:00 Superstitions
<b>16</b> 10:30 Exercise Fun  2:00 Card War Game	<b>17</b> 10:30 Devotions with Rev. Richard Rhoades  2:00 I Remember...	<b>18</b> 10:30 Rhythm Band  2:00 Traveling Suitcase	<b>19</b> 10:30 Sing with Bill Russell or Gardening  2:00 Science For Seniors	<b>20</b> 10:30 Laughter is the Best Medicine  2:00 Popular Pet Day
<b>23</b> 10:30 Music with Ruth Stowe or Enjoy the Garden  2:00 Shooting Gallery	<b>24</b> 10:30 What Would You Do?  2:00 Travel IQ	<b>25</b> <b>Culture Day: Mexico</b> 10:30 Devotions with Rev. Miller or Games  2:00 Music with the Sunshine Girls	<b>26</b> 10:30 Sing with Bill Russell or Walking  2:00 Side Splitters 5:00 CARE MEETING	<b>27</b> 10:30 Patriotic Sing-A-Long  2:00 Memorial Day Observance
<b>30</b> <b>Center Closed For Memorial Holiday</b>	<b>31</b> 10:30 Tooth Pick Fun  2:00 Clint Eastwood Day			<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

**YOUR HELP IS STILL 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 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!

Are you caring for a loved one who has dementia? At the next CARE meeting, on Thursday, May 19th, Sandy Mullins with Senior Helpers will be here to discuss "Brainy Day Activity Program." Come and learn about activities to keep your loved one engaged and busy while at home. 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.



Betty Godwin	5/1	Roberta Reevey	5/22
Al Watson (staff)	5/6	Carol Peck (staff)	5/23
Corinne Rhoades (staff)	5/9	Henry Dorty	5/29
Agnes Overcash	5/9	Sammie Mayfield (staff)	5/31
Maggie Alexander	5/10	Foster Lynch (vol)	5/31
Marie Russell	5/11	Jo Ann Queen (staff)	5/31
Ruby Alderman	5/20	J.T. Thomas (staff)	5/31
Judy Coble (staff)	5/22	Melvin Cureton	5/31

***SAVE THE DATE!***  
***SATURDAY, JULY 16TH***

*Carillon Assisted Living of Harrisburg will be hosting a yard sale & bake sale to benefit Coltrane LIFE Center! More details to come!*

**Special thanks to the family of Harvey Kiker for designating memorials to Coltrane LIFE Center.**

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

**WELCOME TO  
 NEW PARTICIPANTS  
 Pat Conti, Benny Drew  
 Jennifer Ray, Erna Lockwood  
 Ida Parker, Ruby Trexler  
 Richard Williams, Shirley Teeter**

**WISH LIST**

baby wipes	whole wheat bread
2x2 gauze pads	sugar free cookies
alcohol wipes	vanilla wafers
fabric 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	tri-fold paper towels
photo, copy or colored paper	BUNCO door prizes
elastic waist pants—men's or women's	
new greeting cards—miscellaneous	
subscription to Independent Tribune & Charlotte Obs.	
financial contributions for activity supplies	
financial contributions for scholarship support	

**Thank you for your donations:**

John Holmes	Carol Yehle
S & D Coffee	Barbara Overcash
Ann Sifford	Gary Sheetz
Brenda Kinney	Mahalia Connell
Claudia Foucard	Mary Whitaker
Judy McDonald	Betty McIntyre
Nancy Marlow	Rosemary Crosby
Johnsie Barringer	Quincy House
Muriel Ketay	Phyllis Rhinehart
Frank & Sandra Prete	Agnes Overcash
Lula White	Libby Furr
Billie Richards	Joyce Clinkscales
Judy & Jerry Hager	Helen Byrd
Patterson Hydraulic Shop	

**FASHION SHOW DVDs ON  
SALE AT THE CENTER  
FOR \$5 EACH!**

*We need friendly volunteers to help during field trips (especially for our monthly shopping trip) and/or wash our vehicles. For more information, call Kari Gainer or Kathleen Furr at 704-788-1215.*

**WE LOVE OUR VOLUNTEERS!**

Yolanda Dunmire	Katie Freeman
Kathy Lau	Sylvia Russell
Claudia Foucard	Katie Thompson
Emelie McNeill	Mary Goodwin
Rev. John Miller	Grace Cranmer
Faye Terry	Donna Anderson
John Duncan	Olivia Smalls
Ellen Adams	Ruth Stowe
Cameron Grant	Kathy Seger
Brian McCartney	Kelly Caudle
Paul Smith	Jesse Seger
Randy Hardy	Chandler Callicutt
Ann Sifford	Cynthia Williams
Rev. Richard Rhoades	Stormi Benge
Sunshine Girls	Josey Benge
Shannon Bartlett	Clete Trexler
Alisha Bidy	Nancy Sloop
Christin Workman	Mem Luther
Tillie Heintz	Bill Russell
Belvin Terry	Sallie Staley
Bethsheba Carr	
Louise Martin & Gypsy	
Franklin Heights Baptist School-	
Students & Teachers	
Cannon School First Graders Parents & Teachers	
Coltrane LIFE Center Board of Directors	
St. James Lutheran Singing Seniors	
Sally Bennett's Girl Scouts	
Cabarrus College O.T. Students	

**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

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*LIFE means Living Interests For Elderly*

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

Mary Elizabeth Stewart memory of Bill Beck; Joe & Mem Luther honor of Mary H. Powell; Steve & Tana Kiker memory of Harvey Kiker; Emily Beaty memory of Harvey Lee Kiker; Ann Sifford memory of Blanche Drye; John & Donna Anderson; IBM Employee Services Center; Donna Anderson memory of Blanche Drye; Airheart Lawn & Landscape; Brenda Griffith memory of Hazel Drye; Susan Caudle memory of Blanche Drye; Cynthia Overcash; Elizabeth Willis; Daniel Hewins Jr. honor of Cece Miller & memory of father & uncle; Rosie Somers; Cora McEachern Trust; Bill, Kathy & Elizabeth Harris honor of Rita Basinger & Bernice Ferguson; Percy & Nancy Russell honor of Marie Russell; Mt. Olivet United Methodist Church Women; Sharon & Darrell Sides memory of Lula Barbee; Bonnie Brooks memory of Betty Morton.

**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.

Lonnie & Alberta Hunsucker

## Registration Form

*Coltrane L.I.F.E. Center*

*11<sup>th</sup> Annual Golf Tournament*

**MY SPONSORSHIP LEVEL IS:**

(Please Check)

<input type="checkbox"/> Team Entry (4 players)	\$ 400
<input type="checkbox"/> Individual Player	\$ 100
<input type="checkbox"/> Sign Sponsor	\$1,000
<input type="checkbox"/> Lunch Sponsor	\$ 500
<input type="checkbox"/> Snack Sponsor	\$ 400
<input type="checkbox"/> Hole Sponsor	\$ 300
<input type="checkbox"/> Golf Ball Sponsor	\$ 700
<input type="checkbox"/> Tee Buster Sponsor	\$ 400
<input type="checkbox"/> Longest Drive Sponsor	\$ 400
<input type="checkbox"/> Closest to Pin Sponsor	\$ 400
<input type="checkbox"/> Putting Contest Sponsor	\$ 400
<input type="checkbox"/> 19th Hole Reception Sponsor	\$ 500
<input type="checkbox"/> Mulligan Package (8 per package)	\$ 80
<input type="checkbox"/> Individual Mulligan Package (2)	\$ 20

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Golfer 1: \_\_\_\_\_

Golfer 2: \_\_\_\_\_

Golfer 3: \_\_\_\_\_

Golfer 4: \_\_\_\_\_

*\*I am unable to participate but want to make a financial contribution of \$\_\_\_\_\_.*

**Registration Form and Payment due by April 22, 2011.**