

LIFE *line*



**"To the world you may be one person,
but to one person you may be the world."**

**Want to help the LIFE Center,
but not sure how?**

**Become a Monthly
Shopping Sponsor!**

**Monthly sponsors provide groceries & supplies
for one month of operation at the Center.**

**For more information, please contact Kari Gainer or Susan
Caudle at 704-788-1215.**



*Last month, the ladies at Central United Methodist Church in
Concord donated many items from our shopping list.*

**NOVEMBER
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.

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 Cameron.

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

**"LIKE" the Center on
Facebook!**

Coltrane LIFE
Center is a United Way
Agency



**United Way
of Central Carolinas**

ACTIVITIES SPOTLIGHT!



Thank you to Central United Methodist Church for spending a Saturday morning volunteering at the LIFE Center.

Special thanks to...

- Lions Club for hosting a fun day for participants at Camp Dogwood.
- Robin Scharding with Home Instead for speaking at our October CARE meeting.
- Cabarrus County Schools, CMC-NE, S&D Coffee, City of Concord, Cannon School employees & others who washed our vehicles, painted, helped with housekeeping, played Bingo & spruced up our yard as part of United Way's Day of Caring.
- Ashley Blanton from THS in Kannapolis for calling Bingo & providing prizes.
- ACN for donating tickets to Disney on Ice.
- The Cannon Foundation & everyone else who contributed to our HVAC repair project. We could not have done it without your contribution!

Flu Shots

Coltrane LIFE Center participants may get a flu shot on November 7th starting at 9:30 am here at the Center. These will be free to those who have Medicare Part B or \$31.99 for those without Medicare.

After the Flu Shots, Pharmacist David Nguyen will provide a program about Medicare Part D for anyone interested.

Coltrane LIFE Center will be closed the following days:

Friday, **November 11th**-Veteran's Day-
Staff Work Day

Thursday & Friday, **November 24th & 25th**-Thanksgiving

Friday & Monday, **December 23rd & 26th**-Christmas

Monday, **January 2nd**- New Year's Day

Do you want to learn more about Medication Safety Tips?

Join us for our monthly CARE meeting on Thursday, November 17th at 5 pm. Lori Thompson from Medicap will discuss medication tips. All caregivers are encouraged to attend this meeting. No RSVP is required. Coltrane LIFE Center's monthly CARE meetings are held on the third Thursday of each month at 5 pm. Dinner will be provided. During all CARE meetings, your loved one can enjoy an activity and dinner in a separate dining room. For more information, contact Carrie Holt Cameron at 704-788-1215.



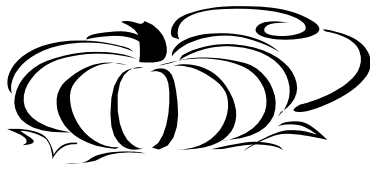
Coltrane LIFE Center promotes exercising our minds as well as our bodies. Participant Denny engages his mind in a game of checkers with staff member Sharon.

Needed: Volunteer(s) to repaint lines in our parking lot.



NOVEMBER 2011 MENU

Mon	Tue	Wed	Thu	Fri
	1 Gravy Biscuit, Sliced Apples, M Pinto Beans, Stewed Tomatoes, Greens or Green Beans, Cornbread, M PB Graham Crackers, M	2 Oatmeal, Banana, M HM Chicken Noodles, Mixed Veggies, Strawberries, WW Bread, M Sweet Potato Casserole, M	3 Pancakes, Blueberries, M Cubed Steak, Creamed Potatoes, Green Beans, WW Roll, M Pear Salad with Grated Cheese, M	4 Scrambled Eggs, Hash-brown Casserole, WW Toast, M Fish Nuggets, Fries, HM Slaw, Hushpuppies, M Cheese, Crackers, Water
7 Grits, Applesauce, M Turkey & Cheese Sandwich, Lettuce/Tomato, Potato Wedges, Pears, M Cheese-Its, M	8 Sausage Biscuit, Sliced Apples, M Spaghetti with HM Meat Sauce, Salad, Garlic Bread, Tropical Fruit, M Blueberries, M	9 Scrambled Eggs, WW Toast, Pineapple, M White Beans, Okra & Tomatoes, Cabbage, Cornbread, M 1/2 Pimento Cheese Sandwich, M	10 Cream of Wheat, Peaches, M Salmon Patties, Stewed Potatoes, HM Slaw, WW Roll, M PB Graham Crackers, M	11 Center Closed for Staff Workday
14 Cheese Toast, Mandarin Oranges, M Chicken Fillet, HM Sweet Potato Casserole, Mixed Veggies, WW Roll, M Tomato Soup, M	15 Cinnamon Oatmeal, Banana, M Mac & Cheese, Black-eyed Peas, Greens or Green Beans, Cornbread, M 1/2 Egg Salad Sandwich, M	16 Gravy Biscuit, Sliced Apples, M HM Vegetable Soup, Grilled Cheese Sandwich on WW Bread, Pineapple, M Animal Crackers, M	17 Eggs, WW Toast, Blueberries, M Pork Loin, Broccoli, Carrots, WW Bread, M Bran Muffin, M	18 Cream of Wheat, Peaches, M Sliced Ham, Potato Salad, Beets, WW Roll, M 1/2 PB Jelly Sandwich, M
21 Grits, Applesauce, M Hamburger on WW Bun, Lettuce, Tomato, Tator Tots, Pickles, Peaches, M HM Sweet Potato Casserole, M	22 Sausage Biscuit, Pears, M HM Chicken Casserole, Carrots, Pineapple, WW Bread, M PB Vanilla Wafers, M	23 Bran Cereal, Banana, M Turkey, Dressing, Sweet Potatoes, Green Beans, Cranberry Sauce, M Cheese, Saltines, Water	24 Center Closed for Thanksgiving Holiday	25 Center Closed for Thanksgiving Holiday
28 WW Toast & Jelly, Mandarin Oranges, M Hamburger on WW Bun, Lettuce, Tomato, Sweet Potato Fries, Pickles, Peaches, M Cottage Cheese, Peaches, W	29 Gravy Biscuit, Sliced Apples, M BBQ Chicken, Stewed Potatoes, Green Beans, WW Roll, M PB Graham Crackers, M	30 Eggs, WW Toast, Sliced Apples, M Roast Beef, HM Squash Casserole, Carrots, WW Roll, M Blueberries, M	Legend <i>M = Milk</i> <i>PB = Peanut Butter</i> <i>HM = Homemade</i> <i>FF = French Fries</i> <i>WW = Whole Wheat</i> <i>W = Water</i>	



Central Activities

NOVEMBER 2011

Mon	Tue	Wed	Thu	Fri
<p>◆Indicates Field Trip</p>	<p>1</p> <p style="text-align: center;">10:30 Ante-up or Scavenger Hunt</p> <p>2:00 Dealing with Donna or Name Three</p> <p>4:00 About November</p>	<p>2</p> <p style="text-align: center;">10:30 Bingo</p> <p>2:00 Tree Decorations with Jo Ann or Parachute Fun with Kristen</p> <p>4:00 Blurt</p>	<p>3</p> <p style="text-align: center;">10:30 Sing with Bill or Current Events</p> <p>2:00 On the Move with Ellen or Walk in Hall</p> <p>4:00 Guitar Music</p>	<p>4 Dress like your Favorite Team Day</p> <p style="text-align: center;">10:30 Franklin Heights School Students Visit</p> <p>2:00 Devotional & Music with Apostle Brown</p> <p>4:00 Sing Songs</p>
<p>7 9:30 Flu Shots</p> <p>10:30 Medicare Info w/ David or ◆Deliver Meals on Wheels</p> <p style="text-align: center;">2:00 Bingo</p> <p>4:00 Seasons</p>	<p>8</p> <p>10:30 Devotional w/ Rev. Rhoades or Guess What?</p> <p>2:00 Wheel Spinners with Donna or Honoring our Veterans</p> <p>4:00 Remember Veterans</p>	<p>9</p> <p>10:30 Tone Chimes with Jason or Make Cookies for Meals on Wheels</p> <p>2:00 Craft with Jo Ann or ◆Walk in the Park</p> <p>4:00 Hangman</p>	<p>10</p> <p>10:30 Sing with Bill or Bake for Birthday Party</p> <p>2:00 On the Move with Ellen or Walk in Hall</p> <p>3:00 Birthday Party</p> <p>4:00 Movie</p>	<p>11</p> <p style="font-size: 1.2em;">Center Closed for Staff Workday</p>
<p>14</p> <p>10:30 Tone Chimes with Jason or Cook for Bake Sale or ◆Deliver Meals on Wheels</p> <p style="text-align: center;">2:00 Bingo</p> <p>4:00 True Blue</p>	<p>15</p> <p>10:30 ◆Visit Price of Freedom Museum or Bible Study w/ Sharon</p> <p>2:00 Right Price w/ Donna or Manicures</p> <p>4:00 Little Rascals</p>	<p>16</p> <p>10:30 Movie w/Kristen or Prepare for Tea</p> <p style="text-align: center;">2:00 Red Hat Tea</p> <p>4:00 Movie</p>	<p>17 Bake Sale</p> <p>10:30 St. James Singing Seniors</p> <p>2:00 Get in Shape with Ellen or Walk in Hall</p> <p style="text-align: center;">4:00 Mad Libs</p> <p>5:00 CARE Meeting</p>	<p>18 Wear Animal Prints</p> <p>10:30 Giving Thanks or Senior Citizens in the Bible w/Kym</p> <p>2:00 Muscle Cars w/ Brandon or Painting</p> <p>4:00 Trivia</p>
<p>21</p> <p style="text-align: center;">10:30 Bingo</p> <p>2:00 Health Education w/Beth or Crafty Pumpkins</p> <p>4:00 Movie</p>	<p>22</p> <p>10:30 Stay in Shape with Gail or Funny Videos w/ Kym</p> <p>2:00 Money Pyramid w/ Donna or Word Fun</p> <p>4:00 Being Thankful</p>	<p>23</p> <p>10:30 Bake Homemade Bread or True or False</p> <p>2:00 Sing with Sunshine Girls or Word Search</p> <p>4:00 Give Thanks</p>	<p>24</p> <p style="font-size: 1.2em;">Center Closed for Thanksgiving Holiday</p>	<p>25</p> <p style="font-size: 1.2em;">Center Closed for Thanksgiving Holiday</p>
<p>28</p> <p>10:30 Ruth Stowe Sings or Decorate for Christmas</p> <p>2:00 Auction or ◆Shopping</p> <p>4:00 Blurt</p>	<p>29</p> <p style="text-align: center;">10:30 Bingo</p> <p>2:00 Friendly Feud w/ Donna or Trivia</p> <p>4:00 Carol Burnette Video</p>	<p>30</p> <p>10:30 Devotional w/ Rev. Miller or Imagine This</p> <p>2:00 Play Uno w/ Brandon or Happy Birthday Mickey Mouse</p> <p>4:00 Christmas Lists</p>	<p><u>WEEKDAY SCHEDULE</u></p> <p>7:15 Coffee Club</p> <p>9:15 Breakfast</p> <p>10:00 Morning Stretch & Devotional</p> <p>10:30 Program</p> <p>12:00 Lunch</p>	<p><u>Weekday Schedule Cont.</u></p> <p>1:00 Rest or Walking Club</p> <p>2:00 Program</p> <p>3:15 Snack</p> <p>3:30 Vans Leave</p> <p>4:00 Program</p> <p>5:00-6:00 Small Group</p>



Specialized Care Activities

NOVEMBER 2011

Mon	Tue	Wed	Thu	Fri
	1 10:30 Sing-A-Long Songs 2:00 Inspirational Stories	2 10:30 Bible Trivia 2:00 Which Holiday?	3 10:30 Singing with Bill Russell or Card Game 2:00 I'm Thankful For...	4 10:30 Songs In Motion 2:00 Devotions with Apostle Brown
7 9:30 Flu Shots 10:30 Keeping Fit 2:00 Turkey Hunting	8 10:30 Devotions with Rev. Richard Rhoades or Walk 2:00 Sandwich Day	9 10:30 Finish The Phrase 2:00 Caregiver Craft	10 10:30 Singing with Bill Russell or Movie 2:00 Veterans Day Trivia	11 Center Closed for Staff Workday
14 10:30 Balloon Volleyball 2:00 Tongue Twisters	15 10:30 Rhythm Band 2:00 Humor the Best Medicine	16 10:30 Chair Dancing 2:00 Toys In The Attic	17 Bake Sale 10:30 Singing with Bill Russell with St. James Singers 2:00 Apple Art 5:00 CARE Meeting	18 10:30 Picture Bingo 2:00 Mickey Mouse Birthday
21 10:30 Name That Car 2:00 Parachuting	22 10:30 Coloring Turkeys 2:00 Turkey Trivia	23 10:30 Ideal Thanksgiving 2:00 Spa Day	24 Center Closed for Thanksgiving Holiday	25 Center Closed for Thanksgiving Holiday
28 10:30 Singing with Ruth Stowe or Short Stories 2:00 Looking At Advent	29 10:30 Remembering Yesteryear 2:00 Work Off Turkey Moves	30 10:30 Devotions with Rev. John Miller or Games 2:00 Sunshine Girls	WEEKDAY SCHEDULE 7:15 Coffee Club 9:15 Breakfast 10:00 Morning Stretch & Devotional 10:30 Program 12:00 Lunch	Weekday Schedule Cont. 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



Kathleen Furr (staff)	11/01	Pat Greene (staff)	11/14
Melissa Hyatt	11/01	Eleanor Payne	11/14
Mem Luther (vol)	11/07	Jim Fiacco	11/17
Rita Goulet	11/12	Joy Simpson (vol.)	11/17

WELCOME TO OUR NEWEST PARTICIPANTS

Millie Gledhill

Melvin Hill

Carol Robertson

Genevieve Cowlshaw

Dottie Faggart

UNITED WAY CAMPAIGN

As a recipient of much-needed United Way funds, Coltrane LIFE Center would like to bring to your attention the United Way campaign. United Way of Central Carolinas helps raise money to meet the needs of people in our community. United Way gathers our gifts and distributes them to numerous agencies that help people in our community. We at Coltrane LIFE Center urge you to support this year's United Way campaign.

BAKE SALE

Would you like to have homemade desserts for Thanksgiving & Christmas? Coltrane LIFE Center will hold two bake sales this year **from 8am until 5pm on Thursday, November 17th & Thursday December 15th.** If you have time to make and donate something for us to sell, we would certainly appreciate it! Also we hope you will consider buying some of our delicious homemade goodies to use at your family gatherings or holiday parties!

.....
 • Congratulations to staff member Carrie Holt
 • Cameron who married Matt Cameron on
 • October 1, 2011.
 • Best wishes to Carrie & Matt!
 •

Gift Idea

It's just over a month 'til Christmas and you have no idea what to buy for your family members?

We have a great gift idea for you! Make a contribution to Coltrane LIFE Center in honor of your family members and friends! We will acknowledge your gifts to the people you are honoring. Your tax-deductible contributions demonstrate what Christmas is all about—helping make life better for those less fortunate. Your donation to Coltrane LIFE Center improves the lives of seniors and adults with disabilities as well as their family members.



Every Friday, our participants celebrate a different "theme day." Participant Sylvia and volunteer Hilary recently celebrated "Crazy Hair Day."

WISH LIST

baby wipes
2x2 gauze pads
alcohol wipes
latex gloves
sugar-free Ensure
Depends adult (lg & xlg)
bird food
paper towels/napkins
toilet paper
dishwasher detergent
fresh/canned/frozen fruit
anti-bacterial liquid soap
legal/letter size pads
2 & 4 drawer files
Splenda/Sweet & Low
bingo prizes
gasoline gift cards
construction paper
photo, copy or colored paper
Rick Steves Travel DVDs
elastic waist pants—men's or women's
subscription to Independent Tribune
subscription to Charlotte Observer
financial contributions for scholarship support

whole wheat bread
sugar-free cookies
craft paint—all colors
new greeting cards
safety lancets
5 oz. paper cups
zip-lock plastic bags
pansy plants
bran/diabetic cereal
flower bulbs
mini food chopper
coffee/tea (decaf)
100% fruit juice
3" notebooks
postage stamps
multi-fold paper towels
mini cup-cake pan
new large ice cream freezer

Thank you for your donations:

Donna Safrin	Rosemary Crosby
Brenda Jenkins	Claudia Foucard
Judy Hager	Leah Grasty
Julie Gainer	Steve Baldon
Ellavon Garman	Sandra Prete
Peggy Broome	Ashley Blanton
Corinne Rhoades	Edna Long
Judy McDonald	Cathy Scott
Dorothy Anderson	Richard Johnson
Katie Warlick	Susan Brindle
Betty Lockhart	Phyllis Rhinehart
Garnette Hill	Ann Sifford
Ralaine Burd	Kim Johnson-ACN

Ashley Blanton (THS)
Central United Methodist Church Members
Epworth United Methodist Church

WE LOVE OUR VOLUTEERS!

Bill Russell	Hilary Smith
Kathy Lau	Ashley Blanton
Claudia Foucard	Belvin Terry
Emelie McNeill	Mary Goodwin
Rev. John Miller	Carolyn Deal
Faye Terry	Debbie Porter
John Duncan	Anne Braswell
Ruth Stowe	Christie Tiede
Apostle Brown	Ann Sifford
Kelly Caudle	Peggy Broome
Rick Huneycutt	Bonnie Brooks
Randy Hardy	Niju Khatiwada
Rev. Richard Rhoades	Mem Luther
Sunshine Girls	Moria Jenkins
Cynthia Highland	Bertha Williams
Jennifer Overcash	Amber Monroe
Betsy Graham	Arlene Harris
Louise Martin	Becky Luther
Elaine King	Ira Morris
Ellen Adams	Josh Jenkins
Rev. Edro Bryers	Chika Okonkwo
Tanya Upton	John Buckner
Felicia Altman	Christina Glosson
Stacey Hunt	Amanda Watson
Apryl Dolezal	Sarah Icard
Anna Dionne	Angie Ross
Donna Smith	Cheryl Milam
Sara Osborne	Kathy Auger

United Way Season of Caring Volunteers
Central United Methodist Church-Impact Day
Coltrane LIFE Center Board of Directors
Cabarrus College of Health Science Students

We need friendly volunteers...to help during field trips (especially our monthly shopping trip). For more information, call Kari Gainer or Kathleen

Cake Sale to Benefit**Coltrane LIFE Center**

Mary Whitaker will make pound cakes (lemon, vanilla, or chocolate) for the holidays. Cakes are \$20 and must be ordered a week in advance. 20% of proceeds will benefit the Center. To order a cake, call Mary at 704-788-1215.

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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RETURN SERVICE REQUESTED

Label Here

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

Vicki Isenhour; Roy & Linda Riley, Peggy Green, Billie McAllister, Melanie Shalom, Chris Hopkins, Robin McAllister, & Lance Riley memory of Mike Cline; IBM Employee Services Center; Gene & Linda Earnhardt memory of Nell Earnhardt; Mt. Pleasant United Methodist Church-UM Women; Steffani Vaughan memory of Bobbie Schwader; Elizabeth Biggers memory of Beatrice Colerider & Rachel Shirley; Sandra & Frank Prete memory of Mike Cline; Tara Curlee memory of Robert Venoit & Mike Cline; Larry & Barbara Overcash memory of Lillian Cobaugh; George & Harriett Slaughter memory of Bobbie Schwader; Cora McEachern Trust; Allstate Giving Campaign; Bank of America United Way Campaign; Central United Methodist Church-UM Women honor of Mem Luther; The Cannon Foundation; Janice Williamson memory of Bobbie Schwader; Robert Schwader memory of Bobbie Schwader; Janene Sutphin memory of Bobbie Schwader; Gerald Bolick, Hazel Stephenson, Dale Clark, Tom & Patty Bolick memory of Gary Chester; Sharon Showmar; Mary Whitaker memory of Robert Venoit & Mike Cline.

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.