

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

Laughter is good medicine!

Try a dose at Coltrane LIFE Center.



Participants Vincent and Edna enjoy "acting a little silly," at the Center's recent luau. Each month, we focus on a different culture & last month was Hawaii.

OCTOBER 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**

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

**BAKE SALES AT
COLTRANE LIFE CENTER
THURSDAY, NOVEMBER 17
and
THURSDAY, DECEMBER 15**

If you would like to donate to the Bake Sales, please call Mary Whitaker at 704-788-1215

Coltrane LIFE Center t-shirts will be available soon. White, Teal, Cranberry
White: s-lg \$7; xxl \$8; xxxl \$9
Teal or Cranberry: s-lg \$8; xxl \$9; xxxl \$10
Call Judy Coble to order (704-788-1215)

**A VERY SPECIAL THANK YOU TO
ALL OUR PATRONS, VOLUNTEERS,
STAFF, AND DONORS WHO MADE
OUR BUNCO PARTY A
TREMENDOUS SUCCESS!**

**SPECIAL THANKS TO DONORS AND
VOLUNTEERS FOR OUR BUNCO
PARTY & AUCTION**

Anne's Boutique	Animal Bed & Breakfast
Ben Mynatt	Brickhouse Grill
Brothers' Tire Sales	Celebrity's Hot Dogs
Chocolatier Barrucand	Gem Theater
Gentiva Home Health	Giovanni's
Golden Corral	Bernice Ferguson
Harris Teeter #202	Tina Ettesen
Irresistible Portraits	Kdingo Designs
Merle Norman	Midway Florist
Mudslingers Pottery	O'Charley's
Party House	Phidippides
Sam's Club	Spartans, Inc.
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Arlene Harris	Barbara Colerider
Barbara Widenhouse	Susan Caudle
Cathy Gallagher	Carol Peck
Christa Hager	Claudia Foucard
Debbie Ray	Dianne Graeber
Gary Sheetz	Jan Foster
Jane Brown	John Griffin
Joy Simpson	Judy McDonald
Judy Hager	Katie Warlick
LeAnne Weist	Kim Lyda
Lisa Hammil	Louise Martin
Mary Whitaker	Mem Luther
Nancy Caudell	Sheila Chapman
Rita Basinger	Ron Staley
Ruth Gallagher	Ruth Peeler
Sarah Robinson	
Wayside Restaurant	
Great Clips at Afton Ridge	
Old Courthouse Theater	
Chick-fil-A—Afton Village	
Gifts & Garden by Angela	
Plain or Fancy Catering	
Chef's Choice Gourmet & Pastries	
Law Office of Jonathan S. Frank	
Coltrane LIFE Center Participants	
Coltrane LIFE Center Staff	



OCTOBER 2011 MENU

Mon

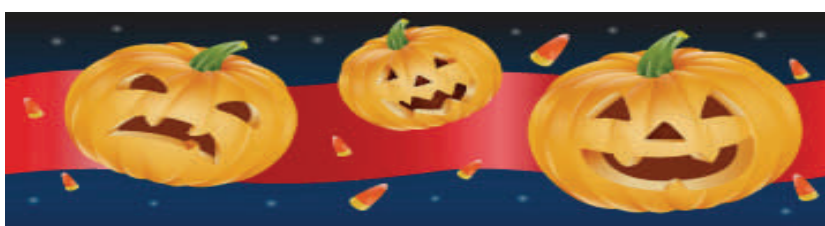
Tue

Wed

Thu

Fri

<p>3 Oatmeal, Sliced Apples, M HM Vegetable Soup, Grilled Cheese Sandwich on WW Bread, Pineapple, Milk Animal Crackers, Milk</p>	<p>4 Gravy Biscuit, Banana, M Chicken Casserole, Green Beans, Strawberries, WW Bread, Milk Sweet Potato Casserole, Milk</p>	<p>5 Hash Browns, Scrambled Eggs, WW Toast, Milk White Beans, Okra/Tomatoes, Cabbage, Cornbread, Milk Pear Salad w/Grated Cheese, Milk</p>	<p>6 Grits, Applesauce, Milk Meatloaf, Creamed Potatoes, Carrots, WW Roll, Milk PB Vanilla Wafers, Milk</p>	<p>7 Waffles, Blueberries, Milk Macaroni & Cheese, Greens, Black-eyed Peas, WW Bread, Milk Cheese, Saltines, Water</p>
<p>10 WW Toast & Jelly, Mandarin Oranges, Milk Chicken Fillet, Corn, Green Beans, WW Roll, Milk Tomato Soup, Milk</p>	<p>11 Bran Cereal, Banana, Milk Cubed Steak, Sweet Potatoes, Broccoli, WW Bread, Milk 1/2 Pimento Cheese Sandwich on WW Bread, M</p>	<p>12 Grits, Pineapple, Milk Chili Beans, Tossed Salad, Sliced Apples, Crackers, M Blueberries, Milk</p>	<p>13 Scrambled Eggs, Biscuit, Hash Browns, Milk Pork Loin, Stewed Potatoes, Cabbage, Cornbread, Milk Peaches & Cottage Cheese, Milk</p>	<p>14 Cream of Wheat, Pears, M Hamburger on a WW Bun, Sliced Tomatoes/Lettuce, Pickles, Fries, M 1/2 PB & Jelly Sandwich on WW Bread, Milk</p>
<p>17 Sausage Biscuit, Applesauce, Milk Chicken Noodles, Mixed Vegetable, Peaches, WW Bread, Milk Sweet Potato, Milk</p>	<p>18 Oatmeal, Banana, Milk BBQ Chicken, Creamed Potatoes, Green Beans, WW Roll, Milk 1/2 Egg Salad Sandwich on WW Bread, Milk</p>	<p>19 Scrambled Eggs, Hash Browns, WW Toast, Milk Spaghetti & HM Meat Sauce, Tossed Salad, Garlic Bread, Milk PB Graham Crackers, Milk</p>	<p>20 English Muffin, Blueberries, Milk Salmon Patty, Stewed Potatoes, Broccoli, WW Bread, Milk Goldfish, Milk</p>	<p>21 Grits, Strawberries, Milk Sliced Ham, Potato Salad, Beets, WW Bread, Milk Cheese, Saltines, Water</p>
<p>24 PB WW Toast, Mandarin Oranges, Milk Lima Beans, Cabbage, Tomatoes/Okra, Cornbread, Milk Animal Crackers, Milk</p>	<p>25 Bran Cereal, Banana, Milk Chicken & Rice Casserole, Green Beans, Applesauce, WW Roll, Milk Cottage Cheese & Peaches, Milk</p>	<p>26 <u>CULTURE DAY:GERMANY</u> Cream of Wheat, Strawberries, Milk Knockwurst, Kraut, Fried Potatoes, WW Roll Milk PB Graham Crackers, Milk</p>	<p>27 Scrambled Eggs, Pineapple, WW Toast, Milk Pork Loin, Broccoli & Cheese, Creamed Corn, WW Roll, Milk Blueberries, Milk</p>	<p>28 Gravy Biscuit, Pears, Milk Sliced Roast Beef, Squash Casserole, Carrots, WW Roll, Milk 1/2 PB & Jelly Sandwich on WW Bread, Milk</p>
<p>31 Cheese Toast on WW Bread, Peaches, Milk Sliced Turkey on WW Bread, Lettuce/Tomato, Potato Wedges, Sliced Apples, Milk Tomato Soup, Milk</p>				<p><i>Legend</i> M=Milk PB=Peanut Butter HM=Homemade FF=French Fries WW=Whole Wheat</p>



Central Activities

OCTOBER 2011

Mon	Tue	Wed	Thu	Fri
3 10:30 Sittersize or Walk Outside or ♦ Deliver Meals on Wheels 2:00 Ante Up or True or False 4:00 Minute To Win It	4 10:00 <u>FLU SHOTS</u> 10:30 Tone Chimes w/Jason or Word Find 2:00 Word Games w/Sharon or Leaf Prints 4:00 All About October	5 10:30 Bingo 2:00 Tree Decorations w/Jo Ann or ♦ Walk in the Park 4:00 True/False	6 10:30 Sing w/Bill Russell or Word Search 2:00 Staying in Shape w/Ellen or Walk in Hall 4:00 Movie	7 <u>Wear Fall Colors</u> 10:30 Sharing Old Cookbooks & Recipes or ♦ Disney on Ice 2:00 Devotional w/Apostle Brown or Walk in Garden 4:00 Blurt
10 10:30 Fun w/Pasta or ♦ Deliver Meals on Wheels 2:00 Decorations w/Jo Ann or Ghost Stories 4:00 Well Known Verses	11 10:30 Devotional w/Rev. Richard Rhoades or Outburst 2:00 Bingo 4:00 Petticoat Junction	12 10:30 Sing w/Becky & Louise or Make Ranch Crackers w/Kym 2:00 Game Day 4:00 Chat	13 10:30 Hymns w/Bill Russell or Current Events 2:00 Keeping on the Go w/Ellen or Walk in Hall 4:00 Movie	14 <u>Crazy Hair Day</u> 10:30 Parachute Fun or Make Pumpkin Muffins 2:00 Outburst or Halloween Memories 4:00 Patio Trivia
17 10:30 Bingo 2:00 Health Education w/Beth or Word Fun 4:00 What's It Called?	18 10:30 Bible Study w/Sharon or All About Magazines 2:00 Money Pyramid w/Donna or Bowling w/Brandon 4:00 Apple Trivia	19 10:30 Being Dramatic w/Kym or Spooky Spider 2:00 ♦ Shopping or Afternoon Movie 4:00 Movie	20 10:30 Music w/Bill Russell or Bake for Birthday Party 2:00 Sittersize w/Ellen or Walk in Hall 3:00 Birthday Party 4:00 Outburst 5:00 <u>CARE MEETING</u>	21 <u>Wear Same Color Head to Toe</u> 10:30 Tone Chimes w/Jason or Walk in Hall 2:00 Scary Stories or Outburst 4:00 Garden Trivia
24 10:30 Hymns w/Ruth or Look At The Leaves 2:00 Guitar Music w/Brandon or Scavenger Hunt 4:00 Meet Frankenstein	25 10:30 Make Apple Dumplings or Halloween Movie 2:00 Friendly Feud w/Donna or Decorate Pumpkins 4:00 Superstitions	26 <u>CULTURE DAY: GERMANY</u> 10:30 Devotional w/Rev. John Miller or Play Uno 2:00 Sing w/Sunshine Girls or Let's Color 4:00 Trivia	27 10:30 Sing w/Bill Russell or Word Search 2:00 Musical Moves w/Ellen or Walk in Hall 4:00 Blurt	28 <u>Bling-Bling Day - Wear Lots of Jewelry</u> 10:30 Bingo 2:00 ♦ Visit Morrow Mountain or Candy Walk 4:00 Movie
31 10:30 Make Halloween Cookies w/Kristen or Carve Pumpkins 2:00 Halloween Party & Games 4:00 Ghost Stories			<u>WEEKDAY SCHEDULE</u> 7:15 Coffee Club 9:15 Breakfast 10:00 Morning Stretch & Devotional 10:30 Program 12:00 Lunch	<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 ♦ Indicates Field Trip



SPECIALIZED CARE
ACTIVITIES

OCTOBER, 2011

Mon	Tue	Wed	Thu	Fri
3 10:30 Balloon Volleyball 2:00 Finish the Phrase	4 <u>10:00 Flu Shots</u> 10:30 Love Song Sing-A-Long 2:00 St. Francis Day	5 10:30 Current Events 2:00 Clergy Appreciation Day	6 10:30 Singing with Bill Russell or Carolina Stories 2:00 Basket Ball	7 10:30 Rhythm Band 2:00 Spa Day
10 10:30 Exercise 2:00 Superstitions	11 10:30 Devotions with Rev. Richard Rhoades 2:00 Fall Craft	12 10:30 Singing with Betsy and Louise 2:00 Bible Trivia	13 10:30 Singing with Bill Russell or Short Stories 2:00 Picture Bingo	14 10:30 Autorama 2:00 Better Posture Day
17 10:30 Apple Trivia 2:00 Johnny Appleseed	18 10:30 Making Apple Butter 2:00 Apple Jokes	19 10:30 Beach Volleyball 2:00 History of Pretzels	20 10:30 Singing with Bill Russell or Games 2:00 Inspirational Stories <u>5:00 Care Meeting</u>	21 10:30 Gospel Sing-A-Long 2:00 Minute to Win It
24 10:30 Singing with Ruth Stowe or Crafts 2:00 Pumpkin Carving	25 10:30 Exercise 2:00 Halloween Humor	26 <u>Culture Day:</u> <u>Germany</u> 10:30 Devotions with Rev. Miller 2:00 Sunshine Girls of Let's Color	27 10:30 Singing with Bill Russell or Movie 2:00 Witch Ball	28 10:30 Ghost Stories 2:00 Halloween Masks
31 10:30 Halloween Songs 2:00 Halloween Party!			<u>WEEKDAY SCHEDULE</u> 7:15 Coffee Club 9:15 Breakfast 10:00 Morning Stretch & Devotional 10:30 Program 12:00 Lunch	<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 ♦Indicates Field Trip

**Would you like to learn
more about stress management?**

Robin Scharding with Home Instead will provide tips on stress management at the CARE Meeting on Thursday, October 20th at 5pm.

All caregivers are welcome to attend this meeting. We will also provide dinner. 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.

Thank you to Melissa Stefanski with PBH for speaking at our September CARE meeting.

Thank you so much to the family of former participant, Bobby Schwader, for designating memorials to Coltrane LIFE Center.

Coltrane LIFE Center will be closed the following days:

Friday, November 11th Veterans' Day-Staff Work Day
Thursday & Friday, November 24th & 25th-
Thanksgiving
Friday & Monday, December 23rd & 26th-Christmas
Monday, January 2-New Year's Day

**WELCOME TO OUR NEW
PARTICIPANTS:**

**Norman Brimhall, Lillian Snider,
Russ Fryer, Virginia Thomas, Donna
Safrit, Shannon Allen, Vincent Hall,
Helen Baucom, Denny McCoy.**



Thanks to everyone who attended our BUNCO party. Everyone had a wonderful time and it was a big success!

HAPPY BIRTHDAY

Diane Rice	1
Sherrie Riley (staff)	3
Kristen Wight (staff)	3
Betty Thomas	4
Bob Holshouser	8
Vincent Hall	9
Sarah Robinson (vol)	21
Pauline Matthews	21
Pat Conti	28
Andy Langford (vol)	29

"Recipes for LIFE" Cookbooks for sale at Coltrane LIFE Center. \$10 each

SPECIAL THANKS TO BONNIE BROOKS FOR PROVIDING FREE MEN'S HAIRCUTS FOR OUR PARTICIPANTS ON THE FIRST FRIDAY OF EACH MONTH. PLEASE LET JUDY COBLE KNOW IF YOU WOULD LIKE YOUR HAIR CUT.

Coltrane LIFE Center participants may get their flu shot on October 4th at 10am here at the Center. Free to those who have Medicare Part B or \$31.99 for those without Medicare.

**WISH LIST**

baby wipes	whole wheat bread
2x2 gauze pads	sugar-free cookies
alcohol wipes	craft paint—all colors
new portable compressor	new greeting cards
sugar-free Ensure	safety lancets
Depends adult (lg & xlg)	5 oz. paper cups
bird food	zip-lock plastic bags
paper towels/napkins	pansy plants
toilet paper	bran/diabetic cereal
dishwasher detergent	flower bulbs
fresh/canned/frozen fruit	mini food chopper
anti-bacterial liquid soap	coffee/tea (decaf)
legal/letter size pads	100% fruit juice
2 & 4 drawer files	3" notebooks
Splenda/Sweet & Low	postage stamps
bingo prizes	multi-fold paper towels
gasoline gift cards	mini cup cake pan
construction paper	latex gloves
Monkey grass plants	39 mini pumpkins
photo, copy or colored paper	2 medium pumpkins
new large ice cream freezer	
Rick Stoves Travel Riders	
elastic waist pants-men's or women's	
subscription to Independent Tribune	
subscription to Charlotte Observer	
Financial contributions for scholarship support	

THANK YOU FOR YOUR DONATIONS

John Holmes	S & D Coffee
Peggy Broome	Tina Ettesen
Claudia Foucard	Debbie Ray
Rosemary Crosby	Edith Gonynor
Phyllis Upright	Christine Mullen
Kathy Howell	Mary Whitaker
Betty Suther	Iris Rhinehardt
Connie Guyette	Bob Mauldin
Gina Hodges	Diana Harris
Melanie Overcash	Marilyn Tysinger
Tara Curlee	Ann Sifford
Kathy Joblin	Vicki Isenhour
Donna Safrit	Edna Long
Peggy Lynch	Malinda Barbee
Mike & Carol Lowder	
Julie & Colin Gainer	
David Lee Family	
Patterson's Hydramatic Shop	
Edwina Corprew—Ciber, Inc.	
Kannapolis Library—Terry Prather	
Roberta United Methodist Church & Busy Bees	

WE LOVE OUR VOLUTEERS!

Bill Russell	Elizabeth Nymberg
Kathy Lau	Junior Whitaker
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 & Gypsy	Becky Luther
Elaine King	Ira Morris
Ellen Adams	Josh Jenkins
Rev. Edro Bryers	Chika Okonkwo
Tanya Upton	Ian Doyle
Bill Grady	John Buckner
Leslie Stilwell	Karen Bumgainer
Felicia Altman	Christina Glosson
Stacey Hunt	Amanda Watson
Apryl Dolezal	Sarah Icard
Jeanne Boswell	Kathy Waters
Kelly Caudle	Ronnye Boone
Angie Ross	Jo Gomez
Donna Smith	Patti Miller
Sara Osborne	Deb Helms
Cheryl Milam	Marion Bish
Kathy Auger	Matthew Fail
Jeff Young	Peter Franzese
Janis Joyce	Kathy Sheppard
Stephanie Haigler	Cindy Beck
Amy Bonds	Jean Wamer
L.T. Wesloeski	Janice Yow
Phyllis Kathedor	Pinky Peele
Hal Hewgley	Anne Clark
Coltrane LIFE Center Board of Directors	
Cabarrus College of Health Science Students	

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

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RETURN SERVICE REQUESTED

Label Here

LIFE means Living Interests For Elderly

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

IBM Employee Services Center; Evertte & Mary Fogg memory of Norman Soucie; Ms. Billie Richards memory of Bobbie Schwader; Bob & Sheila Isenhour; Marylene Brown memory of Norman Soucie; Janice Williamson memory of Bobby Schwader; Ellen Pemberton Class at Central United Methodist Church for our HVAC fund; Susan Caudle memory of Bobbie Schwader, Lillian Cobaugh, Becky Willis & Mike Cline, & in honor of Bernice Ferguson; Gerald Polick, Hazel Stephenson, Dale Clark, & Tom & Patty Bolick memory of Gary Chester; Kathleen Furr honor of Bernice Ferguson & in memory of Becky Willis, Lillian Cobaugh, Bobbie Schwader, & Mike Cline; Jane & Bob Craver memory of Rachel Shirley; John & Donna Anderson memory of Lillian Cobaugh, Mike Cline, Bobbie Schwader & Norman Soucie; Robert Schwader memory of Bobby Schwader; Janene Sutphin memory of Bobby Schwader; Lila Barnhardt memory of Becky Willis, Janna Wilhelm memory of Rachel Shirley, Dr. Myra Dickson memory Gary Chester; Ann Sifford.

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:** _____

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