

LIFE *line*



"You only live once, but if you do it right, once is enough."

Are you worried about your mom or dad being home alone?

Coltrane LIFE Center offers a day full of safety & supervision, health care, stimulating activities, & friends.



Participant Reba Whitley encourages her friend & fellow participant Lessie Holland as they take their afternoon walk.

**SEPTEMBER
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**

Please join our team for the Alzheimer's Association "Walk to End Alzheimer's" on Saturday, September 17th at the NC Research Campus. Contact Kari Gainer at 704-788-1215 for more information.

You're invited to a bridal shower honoring Carrie Holt, our Family Services Coordinator, on Wednesday September 14th at 2:00.

BAKE SALES AT COLTRANE LIFE CENTER THURSDAY, NOVEMBER 17 and THURSDAY, DECEMBER 15
If you would like to donate to the Bake Sales, please let Mary Whitaker know. 704-788-1215

We will be ordering Coltrane LIFE Center t-shirts in the next few weeks.

White, Teal, Cranberry
White: s-lg \$7; xxl \$8; xxxl \$9
Color: s-lg \$8; xxl \$9; xxxl \$10
Call Judy Coble to order (704-788-1215)

Participant Ineta Carr sings along to a special music performance by the choir of First Christian Church. Our frequent music programs are just one of the many meaningful activities offered at the Center.



COLTRANE LIFE CENTER



IS HAVING A BUNCO PARTY

FRIDAY, SEPTEMBER 23rd AT 6:30 PM.

\$20 PER PERSON (tax deductible)

RSVP before September 16th by calling 704-788-1215.

COME ENJOY A NIGHT OF FRIENDS, FOOD, DOOR PRIZES AND FUN!

NO EXPERIENCE REQUIRED

SILENT AUCTION IN CENTER LOBBY

If you would like to donate a silent auction item, dessert/food, or door prize, please let Susan Caudle or Kari Gainer know.



SEPTEMBER 2011 MENU

Mon

Tue

Wed

Thu

Fri

<p><u>Legend</u> M =Milk PB=Peanut Butter HM=Homemade FF=French Fries WW=Whole Wheat</p>			<p>1 Gravy Biscuit, Peaches, M Salmon Patties, Creamed Potatoes, Cabbage, Cornbread, Milk 1/2 Pimento Cheese Sandwich on WW Bread, Milk</p>	<p>2 Grits, Blueberries, Milk Roast Beef, Squash Casserole, Green Beans, WW Bread, Milk Cheese & Saltines, Milk</p>
<p>5 CENTER CLOSED LABOR DAY</p>	<p>6 Oatmeal, Sliced Apples, M Chicken Fillet, Creamed Corn, Carrots, WW Roll, Milk Cottage Cheese & Peaches, Milk</p>	<p>7 CAMP DOGWOOD Waffles, Strawberries, M Cubed Steak, Rice & Gravy, Green Beans, Peaches, WW Roll, Milk PB Vanilla Wafers, Milk</p>	<p>8 WW Toast, Eggs, Hash Browns, Milk White Beans, Okra & Tomatoes, Cabbage, WW Bread, Milk 1/2 PB & Jelly Sandwich on WW Bread, Milk</p>	<p>9 Cream of Wheat, Pears, M Sliced Ham, Potato Salad, Broccoli, WW Bread, Milk Bran Muffin, Milk</p>
<p>12 Cheese Toast on WW Bread, Mandarin Oranges, Milk Sliced Turkey on WW Bread, Lettuce/Tomato, Potato Wedges, Sliced Apples, Milk Goldfish, Milk</p>	<p>13 Bran Cereal, Banana, Milk Chicken Noodles, Mixed Vegetables, Strawberries, WW Bread, Milk Sweet Potato, Milk</p>	<p>14 Scrambled Eggs, Applesauce, WW Toast, Milk Meatloaf, Creamed Potatoes, Green Bean Casserole, WW Roll, Milk Tomato Soup, Saltines, Water</p>	<p>15 Sausage Biscuit, Cantaloupe, Milk Chicken Casserole, Green Peas, Sliced Apples, WW Bread, Milk PB Graham Crackers, Milk</p>	<p>16 Grits, Pineapple, Milk Hamburger on WW Bun, Fries, Tomato/Lettuce, Watermelon, Milk Cheese & Saltines, Milk</p>
<p>19 Gravy Biscuit, Peaches, M HM Vegetable Soup, Grilled Cheese Sandwich on WW Bread, Blueberries, Milk Animal Crackers, Milk</p>	<p>20 Oatmeal, Banana, Milk Macaroni & Cheese, Greens, Black Eyed Peas, Cornbread, Milk PB Vanilla Wafers, Milk</p>	<p>21 Pancakes, Strawberries, Milk Pork Chop, Sweet Potato, Broccoli, Cornbread, Milk 1/2 Pimento Cheese Sandwich on WW Bread, Milk</p>	<p>22 Scrambled Eggs, WW Toast, Blueberries, Milk Pinto Beans, Cabbage, Okra & Tomatoes, Cornbread, Milk Banana Bread, Milk</p>	<p>23 English Muffin, Pineapple, M Fish Nuggets, Tater Tots, HM Slaw, Hushpuppies, Milk 1/2 Turkey Sandwich on WW Bread, Milk</p>
<p>26 WW PB Toast, Pears, M Hamburger on WW Bun, Lettuce/Tomato, Fries, Strawberries, Milk Cottage Cheese & Peaches, Milk</p>	<p>27 Grits, Applesauce, Milk Barbeque on WW Bun, Baked Beans, HM Slaw, M Watermelon, Milk</p>	<p>28 CULTURE DAY:ITALY Bran Cereal, Banana, Milk Spaghetti & HM Meat Sauce, Tossed Salad, Garlic Bread, Pears, Milk PB Graham Crackers, Milk</p>	<p>29 Scrambled Eggs, WW Toast, Cantaloupe, Milk Tuna Salad, Beets, Potato Salad, WW Bread, Milk Bran Muffin, Milk</p>	<p>30 Cream of Wheat, Mandarin Oranges, Milk Pork Loin, Stewed Potatoes, Carrots, WW Bread, Milk 1/2 Egg Salad Sandwich on WW Bread, Milk</p>



Central Activities

SEPTEMBER 2011

Mon	Tue	Wed	Thu	Fri
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 ◆Indicates Field Trip		1 10:30 Hymns w/Bill or Word Search 2:00 On The Go w/Ellen or Walk in the Hall 4:00 Movie	2 <u>WEAR A HAT DAY</u> 10:30 Occupational Trivia or Walk Outside 2:00 Devotional w/Apostle Brown or Word Search 4:00 Movie
5 CLOSED LABOR DAY	6 10:30 Parachute Fun w/Gail or Tree Decoration w/Jo Ann 2:00 Bingo 4:00 Can You Guess?	7 ◆CAMP DOGWOOD or Outburst 2:00 Movie Time 4:00 Finish Movie	8 10:30 Singing w/Bill Russell or Current Events 2:00 Sittersize w/Ellen or Walk in the Hall 4:00 Outburst	9 <u>WEAR A TIE DAY</u> 10:30 Tone Chimes w/Jason or Cooking 2:00 Honoring Grandparents 4:00 Movie
12 10:30 Ante-Up or ◆Deliver Meals on Wheels 2:00 Bingo 4:00 Guess Your Best	13 10:30 Devotional w/Rev. Rhoades or Craft w/Kristen 2:00 All About The Azores w/Kym or Outburst 4:00 Bonanza	14 10:30 Truth or Consequences or Prepare for Shower 2:00 <u>CARRIE HOLT'S BRIDAL SHOWER</u> 4:00 Trivia	15 10:30 Singing w/Bill Russell or Puzzles 2:00 Exercise w/Ellen or Walk In Hall 4:00 Hangman <u>5:00 CARE MEETING</u>	16 <u>DRESS TACKY DAY</u> 10:30 Charades w/Kym or ◆Shopping 2:00 Going to the Car Wash or Would you Rather? 4:00 Outburst
19 10:30 Tone Chimes w/Jason or Play Ball 2:00 Auction or Group Work or ◆Visit Friends 4:00 Word Play	20 10:30 Stretching w/Gail or Are You Smarter Than A 5th Grader 2:00 Word Fun w/Sharon or Movie w/Kristen 4:00 Mountain Scenes	21 10:30 Bingo 2:00 Autumn Snippets or Parachute Fun 4:00 Movie	22 10:30 Sing-A-Long w/Bill or Bake For Birthday Party 2:00 Staying in Shape w/Ellen or Walk In Hall 3:00 Birthday Party 4:00 Movie	23 <u>DRESS FOR COUNTRY/WESTERN DAY</u> 10:30 Sports Trivia or ◆Walk in the Park 2:00 Game Day w/Brandon 4:00 Name Three Things
26 10:30 Hymns w/Ruth or Outburst 2:00 Funny Sayings w/Vickie or Word Search 4:00 Johnny Appleseed Day	27 10:30 Bible Study w/Sharon or All About Italy 2:00 Guitar Music w/Brandon or Parachute Fun 4:00 Andy Griffith	28 <u>CULTURE DAY:ITALY</u> 10:30 Devotional w/Rev. John Miller or Word Search 2:00 Sing-A-Long w/Sunshine Girls 4:00 Current Events	29 10:30 Music w/Bill or Scavenger Hunt 2:00 Sittersize w/Ellen or Walk in Hall 4:00 Outburst	30 <u>50's DAY</u> 10:30 Bingo 2:00 Plant A Butterfly Bush w/Jo Ann or Craft 4:00 Movie



Specialized Care Activities

SEPTEMBER 2011

Mon	Tue	Wed	Thu	Fri
<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</u> <u>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		1 10:30 Singing w/Bill Russell or Trivia Talk 2:00 Little House on the Prairie	2 <u>WEAR A HAT DAY</u> 10:30 Hats Off To Labor Day 2:00 Apostle Brown Visits
5 CLOSED LABOR DAY	6 10:30 This Was The Year 2:00 Table Volleyball	7 <u>CAMP DOGWOOD</u> 10:30 Trivia 2:00 Movie "Cats & Dogs"	8 10:30 Singing w/Bill Russell or Walking Club 2:00 National Chicken Month	9 <u>WEAR A TIE DAY</u> 10:30 The Old Barbershop 2:00 Exercise
12 10:30 Marshmellory Basketball 2:00 What's It Worth?	13 10:30 Devotions w/Rev. Rhoades or Short Stories 2:00 Grandmother's Truck	14 10:30 Sing-A-Long <u>2:00 CARRIE HOLT'S</u> <u>BRIDAL SHOWER</u>	15 10:30 Singing w/Bill Russell or Inspirational Stories 2:00 My New World <u>5:00 CARE MEETING</u>	16 <u>DRESS TACKY DAY</u> 10:30 National Company Month 2:00 Crafts
19 10:30 Fishing Game 2:00 What's It Worth?	20 10:30 Rhythm Band 2:00 First Ladies	21 10:30 Let's Write 2:00 Bowling	22 10:30 Singing w/Bill Russell or Movie 2:00 What's At The Zoo?	23 <u>DRESS FOR COUNTY/</u> <u>WESTERN DAY</u> 10:30 Animal Bingo 2:00 Color Your Leaf
26 10:30 Singing w/Bill Russell or Exercise 2:00 Johnny Appleseed Anniversary	27 10:30 Rodeo Day 2:00 National Coffee Day	28 <u>CULTURE DAY :</u> <u>ITALY</u> 10:30 Devotions w/Rev. Miller or Italy 2:00 Sunshine Girls	29 10:30 Singing w/Bill Russell or Crafts 2:00 Kitchen/Garden Tricks	30 <u>50'S DAY</u> 10:30 Love Songs 2:00 Humor the Best Medicine

Would you like to learn more about Dementia?

Melissa Stefanski with PBH will discuss dementia & aggressive behavior at the CARE Meeting on **Thursday, September 15th 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 Sarah Chambers with Piedmont Home Care for speaking at our August CARE meeting.

Thank you so much to the families of former participants Gary Chester and Becky Willis for designating memorials to Coltrane LIFE Center.

Coltrane LIFE Center will be closed the following days:

Monday, September 5th for Labor Day
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:

**Hazel Price
Gary Shore**



Ed Moore celebrates his birthday at Coltrane LIFE Center with his daughter and LIFE Center friends.

HAPPY BIRTHDAY

Mary Snyder	9/4
Kim Lyda (vol)	9/6
Jeanne Boswell (vol)	9/8
Bernice Ferguson (vol)	9/10
Henrietta Jones	9/11
Lois Hamilton	9/11
Betty Trott	9/16
Lila Barnhardt	9/19
Dawn Blackwell (staff)	9/28

"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.

CHEVROLET EXPRESS 3500 VAN FOR SALE FOR \$3,000. YEAR IS 2000. 155,000 MILES. IF INTERESTED, PLEASE CALL AL AT 704-788-1215.

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	card stock-all colors
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	BUNCO door prizes
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	tri-fold paper towels
gasoline gift cards	mini cup cake pan
photo, copy, or colored paper	new lg. ice cream
construction paper	freezer
Breeze 2 Glucose Test Strips	monkey grass plants
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
Shirley Smith	Claudia Foucard
Betty Cannon	Debbie Ray
Betty Sethna	Pam Smith
Rosemary Crosby	Barbara Poorman
Linda Cohen	Barbara Lentz
Amber Monroe	Edwina Corprew
Donnell Davis	Betty Suther
The Medicine Shoppe	Edith Gynynor
Universal Healthcare (Carol Williams)	
Evangelist Mildred Johnson	
Lonnie & Alberta Hunsucker	
Sandra & Frank Prete	
Patterson's Hydramatic Shop	
Airheart Lawn & Landscape	
Poplar Tent Presbyterian Church, Circle 2	

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	Karen Taylor
Ruth Stowe	Niko Winquay
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
Tara Christenson	Betsy Graham
Louise Martin & Gypsy	Becky Luther
Elaine King	Ira Morris
Ellen Adams	Josh Jenkins
Rev. Edro Bryers	Chika Okonkwo
Tanya Upton	
Ruth Brooks & Dance Group from	
the Multi-Culture Center	
Coltrane LIFE Center Board of Directors	

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.

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, Inc.
321 Corban Ave., SE
Concord, NC 28025

Non-Profit Organization
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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; Nancy Griffin honor of John & Jan Griffin; Sara Beth Cook memory of Rachel Shirley; Fran Black Holland memory of Rachel Shirley, Bea Colerider, Evelyn Bradley & Frank Niblock, Jr.; Susan Caudle memory of Paul Paoli & Gary Chester; Carolyn Shinn memory of Bea Colerider; Alice & David Bradford; Frank Dusch, Jr., memory of Martha Dusch; David & June Snyder memory of Rachel Shirley; Sheila & Bob Isenhour; Mr. & Mrs. Max Harris memory of Rachel Shirley; Foster Lynch; Morgan Stanley; Phillis Shoemaker; United Way of Central Carolinas; Cold Springs United Methodist Church; Wanda Price; Allstate Giving Campaign.

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