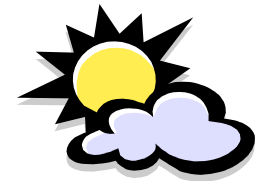


Life-Times



411 W. Mathews, Stillwater, OK 74075 405-377-0978

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A Token of Love

February is the time when thoughts of love and romance abound. Throughout the month various expressions of the heart will be the focus of several activities, which include creating Valentine paintings on Monday, the 1st and the making of Valentine cards on Monday, the 8th.

(I can remember when **all** Valentine cards were homemade!!)

"Falling in Love" will be the discussion theme on Friday, the 12th, and will provide Participants with the opportunity to reminisce and share romantic stories.

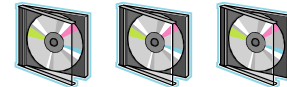


Jewelry Available as Valentine Gifts!

Don't forget that the Life Center is selling jewelry donated by a local merchant and that all proceeds go to the Center.

The attractive necklaces and matching earrings are on display at the Center and may be purchased at any time!!

No Foot Care Clinic In February



Talent Show DVDs Still Available!!

Pick up a copy (or more!) of the 2009 Life Center Talent Show featuring a stellar cast of **18 Participants!!**

The DVDs are \$1.00 each (such a bargain!) and provide over an hour of great entertainment and keepsake memories.

See Jacqui or Jane to pick up or order more copies.



Participants Meet Goldie!!

In January, a beautiful golden retriever aptly named Goldie paid a visit to the Center. Goldie, a card-totin' therapy dog, was accompanied by his owner Paul Anderson. Miss Goldie, graying slightly around the ears, related well with many of the Participants and was an instant hit!!

Goldie felt so loved with all the petting and attention she got that she wants to come back every month!! She plans to make the 3rd Fridays her regular visit. She'll be here around 1:00 P.M. with Paul wagging close behind.



"Wrinkles should merely indicate where smiles have been."

- Mark Twain

(continued on back)



Even if “the weather outside is frightful,” the Life Center **probably won’t close**. There will be exceptions, and there was one during the recent ice/snow storm that hit Stillwater. The Center closed but not until it was deemed unsafe for **both** staff and Participants to attempt driving to the Center.

Our policy, however, continues to be as follows: we will assume that a scheduled Participant will attend the Center unless we are notified otherwise.

That being said . . . **we do not encourage anyone to take unnecessary risks in order to attend the Center.**



Out and About in February

Petco – Friday, the 19th

We’re going to the zoo!! Okay, not exactly the zoo but the closest we can find to a zoo in Stillwater! Our local Petco store has an array of smallish critters which are quite entertaining. Join us!!

The bus will leave Center at 1:30.



Kitchen, Cookies, and Kids We’ve Got ‘Em All!

On Friday, the 5th, children from the preschool down the hall will join our expert bakers (Participants with years of experience!) in baking Valentine cookies.

This regular event is popular with young and old alike and is an opportunity to connect across generations. Age is no barrier when smiles meet smiles.

Caregiver Corner

CAREGIVER SUPPORT GROUP

Wednesday, February 10

11:30 A.M. – 1:30 P.M.

“Stages of Caregiving”

This will be the topic of an open discussion by those attending.

As always, active participation and sharing is strictly voluntary, and personal comments are expected to be treated as confidential.

This support group is free and open to the public. Please spread the word to other caregivers who might appreciate and benefit from the opportunity to know and feel **they are not alone**.

Did You Know

The Life Center has been in existence for over **26 years**.

The Life Center is the **3rd oldest** adult day center in Oklahoma.

The Life Center is the only adult day center in a **60-mile** radius.

The Life Center has served over **635 Participants**.

The Life Center has provided respite for over **1,200 caregivers**.

The oldest Participant celebrated his **102nd birthday** at the Center.

One Participant attended the Center a record of **19 years**.

One Participant traveled **75 miles** to attend the Center.

The number of Participants who have avoided or delayed entering a nursing home: **COUNTLESS**.