

## LIFESTYLES

# Dementia expert trains Life Enrichment Center staff

Nationally recognized dementia expert Teepa Snow spent three days last week at the Life Enrichment Center Adult Day Care doing additional training with the entire staff of the center, which has facilities in Shelby and Kings Mountain.

Although she has visited the center many times in the past to conduct day-long training sessions on Alzheimer's Disease and vascular dementia, Ms. Snow concentrated her training this month on dementias caused by other illnesses such as Lewy Body dementia, frontotemporal dementia, Huntington's and other lesser known illnesses.

"Listening to Teepa," says Life Enrichment Community Outreach Coordinator Linda Cabiness, "reminds me of the old Bo Jackson commercials on television when an off-screen voice would ask a question and then finish with, 'Bo knows.' When Teepa is here, we can ask her any question about dementia or therapies or behaviors because we have learned that, 'Teepa Snow knows.'"

In addition to presenting more than 300 programs last year, Ms. Snow has presented to the International Alzheimer Congress and the National



Teepa Snow, left, visits with Mirian Rathman at Life Enrichment Center.

Alzheimer Annual Conference. She has developed two training videos and published many articles.

A graduate of Duke University, Ms. Snow received her master's degree in occupational therapy from the University of North Carolina at Chapel Hill. She has more than 26 years of experience in the field of geriatrics, has been a clinical associate professor at UNC's School of Medicine, has worked at a head

injury facility and is currently a counseling associate for Duke University's School of Nursing. Because Life Enrichment doesn't turn anyone away because of diagnosis, Ms. Snow's visits are always helpful because she knows not only dementia but also knows how to help adults who have various illnesses and disabilities. The presentation was especially helpful last week because neurologists are distinguishing

among the various causes of dementia, which sometimes present different behaviors from those exhibited by people with Alzheimer's. Life Enrichment is able to care for participants with any diagnosis. In addition to a presentation, Ms. Snow was able to interact with participants at Life Enrichment and give hands-on training to the staff.

Anyone with questions about dementia, call Life Enrichment's Information & Referral Service phone at 704-484-2487. The center also hosts two groups for families to meet others who are dealing with dementia for information and support. One meets the first Tuesday of every month at 5:30 p.m. at the Kings Mountain facility; the other meets the third Tuesday at 5:30 p.m. at the Shelby facility.

Helping families for more than 27 years, Life Enrichment Center provides quality day care and health services for adults of all ages who can't or shouldn't stay at home alone because of physical or mental disabilities. For more information about Life Enrichment, call 704-739-4858 in Kings Mountain or 704-484-0405 in Shelby.

## BIRTHDAY



LATHAM STONE

# Latham Stone is three years old

Latham Stone, daughter of Larry and Beverly Stone of Kings Mountain, celebrated her third birthday January 28.

She and all her preschool friends enjoyed a Tinker Bell party at Elizabeth Baptist Church Childcare Center that day. That evening, she celebrated with family with pizza and Peter Pan cake at her home.

Latham has a sister, Kelton Stone.

Maternal grandparents are Larry and Gail Bollinger of Crouse. Paternal grandparents are Bill and Sandy Stone of Kings Mountain.

Her great-grandmother is Lurene Proctor of White Oak Manor, Kings Mountain.

# Relay for Life calls for teams and luminaries

More teams are needed to compete in Kings Mountain's fight for a cure in the American Cancer Society's Relay for Life. The next Team Captain's meeting will be held on Monday, March 10th, at 6 p.m. at the Patrick Center.

Luminaries are also needed for KM's Relay for Life. Luminaria, with honorees' names prominently displayed on white bags, will provide a glowing inspiration throughout

the night as they light the path around the track for relay participants at the event.

These "Lights of Love" will serve as a reminder that cancer has touched so many families in our community. Luminaria allows us to pay great tribute to the memory of our loved ones who have lost their battle with cancer and honor those who continue their valiant fight.

A "Light of Love" can be purchased with a \$10 donation

towards KM's fight against cancer. Include name, address, phone number and the names of the ones for which each luminary is honoring. Be sure to designate whether the luminary is in honor of or in memory of that individual.

For more information or to purchase a luminary for Kings Mountain's Relay for Life, call Randi Carroll at 704-477-5429, email rcmoonpie2003@yahoo.com or

mail checks payable to the American Cancer Society to 101 Ada Street, Kings Mountain, NC 28086.

# Heroes of the Underground Railroad to be presented Monday at Central Methodist Church

"Heroes of the Underground Railroad," a tribute to some of America's greatest heroic figures, will be presented by Mauney Memorial Library Monday, March 10 at 4 p.m. at Central United Methodist Church CMC on S. Piedmont Avenue.

The program is free and would be most appreciated by grades three and higher.

The theatrical experience combines traditional music and drama to honor the heroic figures of American's underground railroad. Those Americans dared to go against a

nation in order to stand up for what they knew were right. From Harriet Tubman and the Abolition Movement to Levi Coffin and the inspiring tale of Henry "Box" Brown, the play will introduce students to those that bravely brought light to America's darkest chapter.

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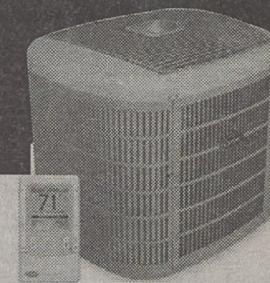
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