



The Life Enrichment Center AT OYSTER BAY

Celebrating the Past, Inspired by the Present and Looking Forward to the Future

By Silvana LaFerlita Gullo, Executive Director

On February 18th more than 125 of our most beloved Members joined us to commemorate the Center's 39th anniversary. What better than a Valentine's party to honor the memories of special moments shared by Members who joined in the early '80's, such as Bessie Johnson (1980), Palma Douglas (1984) and individuals who have come to know the Center as their place for support, exercise, friendships and FUN! Stories of past events and photo albums filled with joyful activities lined the Center's lobby reminding us of all of what the Center has meant to so many over the years.

The Staff and I are in awe of what we are privileged to witness on a daily basis. Combating the winter blues our exercise, dance and fitness center Members diligently kept taking care of their bodies as part of their daily routines. A testament to the benefits of a body in motion, Members recovering from major surgeries jumped back into the programs sooner than we could have hoped. Inspiring us to include passion into our daily activities, a new friend introduced us to the idea of how finding passion affects your well-being. The "Find Your Passion" Workshop will be offered on the evening of March 10th for the benefit of the entire community.

Welcoming four Social Work student interns this year to the Center is a giant step into our future and a wonderful opportunity for all of us to benefit from the experience. Samantha, Brittany, Alexa and Nita are focusing their studies on seniors and happy to be surrounded by such a dynamic group of people at our Center. They will be assisting Beth with visiting homebound Members, touching base with our inactive Members, and launching activities like the "Name Your Game" Day and Trivia. Check your calendars for programs featuring our interns.

February's "Town Hall" monthly meeting continues to provide me wonderful support and feedback from Members. We discussed a new initiative to create a community-wide network to aid seniors during weather emergencies and other difficult times. It was agreed that although the local municipalities are doing as much as they can, a grassroots approach would be very helpful. Members were asked to share their thoughts on the kinds of support they think would make a difference. Simple acts of kindness by neighbors, civic associations and the entire community could have a positive impact on everyone's well-being during difficult times. Your thoughts as we move forward with this process will be greatly appreciated.

Silvana LaFerlita Gullo, Executive Director

45 East Main Street • Oyster Bay, NY 11771 • Tel: (516) 922-1770 • Fax: (516) 922-1788 •
www.lifeenrichmentcenteroysterbay.org

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