



The Life Enrichment Center AT OYSTER BAY

Unclutter Your Life

While we're still stuck inside with a few more weeks of winter, why not tackle those closets, attics, and basements. Later in life many people choose, or in some cases are forced, to downsize and relocate. One of the more stressful aspects of this process is what to do with our "stuff."

When I relocated from my home of thirty years I had to "let go" of many of my possessions- furniture, knick knacks, memorabilia lovingly preserved for decades. I thought for sure my children would want all of these prized possessions – WRONG! I called local organizations to donate, and even then they were only interested in half of what I offered. It was so disheartening, first to have to separate myself from a lifetime of "stuff" to then grapple with the thought of it ending up in the local dump. In the end, I managed to find homes for most items, and I felt I did my part to recycle and preserve.

Every day at the Center residents drop off their "treasures" in hopes of finding them a new home. We are grateful for your thoughtfulness and generosity. Items "recycled" through Silver Threads, the Unique Antique Sale and the Chinese Auction generate much needed income for the Center. Although accepting donations does come with its own set of challenges for the staff at the Center. We ask that you help us manage the flow of donations by donating gently used clothing ONLY on Wednesdays. Also we ask that you hold all donations for the Chinese Auction (6/20) and Unique Antique (7/20) until two weeks before the event.

Thank you for all you give and all you do to support your Center.

February Highlights:

New Program- Tuesdays at 10:30 Journaling your Journey with Elisabeth Deans Mooney, Social Work Intern

Feb 9 - Chinese New Year and Anniversary Celebration - Reverse Raffle Kick-Off!

Feb 13 - Mardi Gras Celebration

Feb 14 - Valentines Celebration

Warmest regards,

- *Judy Palumbo, Executive Director*

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Center Programs are made possible with funding from the Dolan Foundation, Bahnik Family Foundation, AHOLD Corporation, United Way of LI, Oyster Bay Community Foundation, Nassau County Department of Human Services, Office of Aging through New York State Office for the Aging and the U.S. Administration on Aging, Town of Oyster Bay and the generous support of our Members and friends.