

SHARE
THE
LOVE



February 2017

REMINDERS:

- Dr. Galen Hethcoat, from Winchester Pulmonary and Internal Medicine, has volunteered to talk about COPD (chronic obstructive pulmonary disease).
There will be two identical sessions, each about 20 minutes long. He will give us a short overview of the disease and treatments, and leave time for some questions.
Please RSVP before the 17th, so that we have the room prepared. Please plan to arrive a few minutes early so that we don't delay or interrupt his presentation.
- **Tuesday, February 14th is Valentine's Day!** Wear red or pink to celebrate!

Dear Families,

February will be a month of change for us here at the Center. As many of you know, Tara lost her mother-in-law earlier in January and along with losing a cherished family member, she lost her primary childcare provider. Working full-time with 4 kids is hard enough, but doing so without this dependable person in her life has created some changes. Tara has made the decision to leave the Center and be at home full-time with her children. We will miss her terribly, but sure can't blame her from making the decision that she has. For me personally, it will be quite an adjustment. Tara and I have worked together for almost 17 years. Her talent and her skills have played an incredible role in our development. The good news though is that she will volunteer Friday mornings for our intergenerational program with Fremont Street Nursery, so we'll still see her every week.

Kaleah will be leaving the Center at the end of February. Kaleah's primary job responsibilities are activities, but she helps us in many ways. Kaleah wants to pursue some other options- including perhaps getting her certified nursing assistant's license, so we can't fault her for that. Kaleah has been with us three years and I am sure you too are going to miss having her here. She is also the busy mom of 4 daughters- her youngest a budding gymnast who just competed in the Poconos!

So how will we fill the shoes? After completing her Master's Degree in Music Therapy in May, Whitney will come full-time as our Activity Director (Tara's position). We will be hiring someone to fill Kaleah's position soon. For those of you who have been with us a while, you'll see a familiar face in Dana who will be back full-time through May to help us with the transitions.

Dawn also goes from working part-time to full-time handling more administrative assistant duties. The rest of us stay the same.

We remain committed to being the best program possible. I know you join me in wishing Tara and Kaleah all the best.

Thank you,

~Jane

Nurses Notes



Changes in Vision¹

Just as the body changes with age, our eyes undergo changes, too. Our eyes function differently in our 60s, 70s, 80s, and 90s than they did in our 30s. Such changes in vision are normal, offer few serious risks, are not caused by disease or illness, and, in general, can be corrected with eyeglasses, contact lenses, or surgery. Other changes in vision, however, can be symptoms of serious eye disease.

Sometimes changes in behavior can indicate changes in vision, such as: Shuffling feet, brushing against walls, missing objects by under- or over-reaching, tilting the head to focus, difficulty identifying colors, difficulty getting food onto a fork, knocking over food/drink, holding reading material closer to the face or at an angle, or requiring increased light to see.

Annual (at least) eye exams are recommended to diagnose potential problems and provide appropriate interventions.

¹visionaware.org



Diane and Millie finished the quilt for this year's Lunch N' Bid raffle! The ladies began the quilt in April of 2016. All of the fabric was donated by a former participant's family. What a beautiful quilt! If you'd like your chance to have this gem, check back for more details on our Lunch N' Bid held in June.

How to be a Person in the World Heather Havrilesky

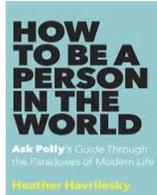
For readers of Cheryl Strayed and Anne Lamotta, a collection of brand new, impassioned, and inspiring letters by the author of the beloved advice column *Ask Polly*, featured weekly on *New York Magazine's The Cut*.

Heather Havrilesky, the author of the weekly advice column *Ask Polly*, featured in *New York Magazine's The Cut*, is here to guide you through the "what ifs" and "I don't know" questions of modern life with the signature wisdom and tough love her readers have come to expect.

Heather Havrilesky has addressed subjects such as: should you quit your day job to follow your dreams? How do you rein in an overbearing mother? Will you ever stop dating wishy-washy, noncommittal guys? Should you put off having a baby for your career?

How to Be a Person in the World is a collection of never-before-published material along with a few fan favorites. Whether she's responding to cheaters or loners, lovers or haters, the depressed or the down and-out, Havrilesky writes with equal parts grace, humor, and compassion to remind you that even in your darkest moments you're not alone.

Available today at
The Winchester Book Gallery



February is Heart Disease Month

Did you know.....

Heart Disease: Scope and Impact ¹

- Heart disease is the leading cause of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics and Whites. For Asian Americans or Pacific Islanders and American Indians or Alaska Natives, heart disease is second only to cancer.
- Cardiovascular diseases claim more lives than all forms of cancer combined.
- Coronary heart disease is the most common type of heart disease, killing nearly 380,000 people annually.
- In the United States, someone has a heart attack every 34 seconds. Every 60 seconds, someone in the United States dies from a heart disease-related event.
- About 720,000 people in the U.S. suffer heart attacks each year. Of these, 515,000 are a first heart attack and 205,000 happen in people who have already had a heart attack.

Source: <http://www.theheartfoundation.org/heart-disease-facts/heart-disease-statistics/>

Resources That May Help:

- National Institute on Aging/National Institute on Health.
<https://www.nia.nih.gov> . Search: Featured Health Topics.
- **We have literature available upon request. We also have an exercise booklet and DVD available for those interested.**

- Greater Winchester Area Parkinson's Support Group
For info, call group facilitator: Cheryl Reames
540-662-4632. Meets at Winchester Church of God on 522 North
- Alzheimer's Association: Alz.org 24/7 HELPLINE 1-800-272-3900



We are also proud to be a United Way Partner Agency