

Our Mission:

The Adult Care Center provides assistance to those with conditions impacting memory and independence for the purpose of enriching one's life story through encouraging and engaging services and activities.



REMINDERS:

~ **Holiday Schedule:** Our holiday closure schedule for 2018 is included in the documents coming home for January.

~ **Amazon Smile:** While doing your Amazon shopping, don't forget to start with smile! Go to <https://smile.amazon.com/> and shop as usual then Amazon donates 0.5% of your total to the Center at no additional cost to you!

~ **Closed:** Monday, January 1st.

~ **Caregiver meeting:** There will not be a caregiver meeting in the month of January.



"The artwork on the wall is amazing. The clients seem so happy. I was so impressed with the staff and their care."

-Community member
comment during public

Dear Families,

Happy New Year!

As we head into the new year, let me thank you for a great 2017! You are a terrific group of families and we appreciate you all very much.

Thank you for all the information you share with us about your loved one. Communication is so important as we work with you to provide top – notch care and support. We know you have so many things to think about each day, but taking a few minutes to share updated health information with a Center nurse is crucial. Nothing is unimportant. If your loved one is on an antibiotic, or is taking a new medicine, please let us know – even if they don't take the medicine while they are with us. Sometimes behaviors change with medications, and the more we know, the better. If you don't have the opportunity to talk with a nurse first thing in the morning, please give her a call during the day.

Dawn keeps a folder marked communication forms on her desk. Please write out schedule change requests. Things can get busy here fast and we don't want to forget what you might have told us. We will absolutely make those changes for you if we are able. Also, please remember, there is a financial commitment to a minimum two days per week attendance. Let me know if you have any questions. Thank you!

I had written earlier that I planned to send out a caregiver satisfaction survey by December. I apologize as it might not make it in time. I sent our survey to a professor at the Shenandoah University School of Business. He is graciously reviewing it to provide feedback on things I may be missing. In the mean-time though, you certainly don't have to wait for a survey to share what's on your mind. Your feedback is welcome all year long.

Thanks again for your trust this year. You probably notice that our chairs are pretty full here and that is how we like it. We're so happy to be providing this service to you, and those you love.

Thanks,
Jane

Viral gastroenteritis is an intestinal infection marked by watery diarrhea, abdominal cramps, nausea or vomiting, and sometimes fever. The most common way to develop viral gastroenteritis (often called stomach flu) is through contact with an infected person. There is no effective treatment for viral gastroenteritis, so prevention is key. Thorough and frequent hand – washings (i.e., using soap and hot water, and rubbing hands together briskly for 20 seconds, then rinsing) are the best defense. Although it's commonly called stomach flu, gastroenteritis isn't the same as influenza. True flu (i.e., influenza) affects only the respiratory system (nose, throat and lungs). Gastroenteritis, on the other hand, attacks the intestines, causing symptoms such as: Diarrhea, abdominal cramps and pain, nausea with/without vomiting, occasionally muscle aches or headache, and low-grade fever. Depending on the cause, viral gastroenteritis symptoms may appear within one to three days after exposure and can range from mild to severe. Symptoms usually last just a day or two, but occasionally they may persist as long as 10 days. Because the symptoms are similar, it's easy to confuse viral diarrhea with diarrhea caused by bacteria or parasites. Increasing age is a risk factor, as adult immune systems tend to become less efficient later in life. Call your doctor if any of the following occur: being unable to keep liquids down for more than 24 hours, vomiting for more than 2 days, dehydration (symptoms include excessive thirst, dark urine or no urine, severe weakness, dizziness or light-headedness), blood in stool, or high fever. (With our participants, I would consider 101 degrees F or higher to be high, as the average 'normal' temperature here is less than 97.5 degrees F). Our State Licensing requires that we send participants home with a temperature of 100 degrees or more.

¹Mayoclinic.org

December Highlights



Thankful



Family



Love



Fun



Joyful

Much appreciation to everyone who made our holiday month amazing. Thank you Santa (John) for making us laugh! Thanks to staff at Our Health who came and sang Christmas carols with us. Thanks to Donna Cates for baking beautiful cookies for us to decorate, and to Susan Lehrer and Sue Barnett for giving us a little time of pampering at our Mary Kay party. Thanks also to Brenda Clark for the festive bows she made for us to decorate the Center. We love and appreciate the time all of you have given us.