

## 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.



Dear families,

This wet spring has played havoc on our plumbing, and I am sorry for the days we closed as a result. While heavy rains have caused us to close early in the past, we have never lost three solid days of business before because of toilets not working. This was a tremendous inconvenience to you and again, I apologize. My understanding is that the City plans to get to work on the issue in 2019.

And speaking of rain, it did pour Sunday, June 3<sup>rd</sup>, and roads were iffy to even dangerous in spots, yet ninety people came to the George Washington to support our annual fundraiser. With corporate and personal sponsorship, raffle tickets sold, a 50/50 drawing, a silent and live auction, and the sale of 27 envelopes with a small gift inside, we raised over \$15,500!

This fundraiser takes a lot of work. From selling tickets, gathering auction items, set-up and take-down of auction items, and writing letters for corporate sponsors, each Board member played a role in getting things done. Staff were involved in all aspects – from administrative, to offering the meal's blessing, to singing a song in honor of our Volunteer of the Year.

Revenue raised from this sale supports operational costs at the Center. The more we raise, the more we can continue to offer our services at the reasonable rate we do, and have the qualified and professional staff in place to serve your loved ones – a job we love and are 100% committed to.

As always, thank you.

Jane



While we want to maximize independence and choice for our participants, we've run into a few situations here and there with generous folks sharing, or giving away personal belongings. Or, perhaps someone comes in with a little money in their pocket and their fear of losing it, troubles them throughout the day.

If you are able to discourage your loved one from bringing the following, it would help us and maybe even help you from having something valuable given away (this is a loving, generous group of folks we have here):

- Cough drops
- Money
- Jewelry you do not want to lose
- Hard candy
- Wallets with money, credit cards, or personal information

Thank you for your help on this. Please feel free to call anytime with questions.

Congratulations to Whitney and Mark on their May 5<sup>th</sup> wedding. It was a beautiful celebration of their unity, and Whitney made a gorgeous bride. Your ACC family is so happy for you, Whitney. Thanks for letting us be a part of your special day.



### DID YOU KNOW:

There is a health service provided by BestCare Home Health that may be a huge benefit to your loved one.

We offer an Advanced Illness Management Program (Palliative Care Program) for individuals with health issues such as diabetes, chronic heart failure, Alzheimer's and Dementia, cancer kidney disease, etc. We utilize our home health team and partner with a physician team to help treat the person in their home (that's right – house calls). Is it a taxing effort to get your loved one around? You may want to talk to BestCare and their team of qualified clinicians to assist with discomfort, pain while receiving disease controlling treatment at home.

Questions or inquiries call BestCare's Clinical Liaison and Nurse – Susan Sheetz (540) 336-9020.



Our friends at the Center gave us a hand prepping for our Welcome Summer! fundraiser.



## Nurses Notes



Dementia Care Tips from Experienced Caregivers<sup>1</sup>

These were taken from an article written by someone who stated that she wishes she had known these earlier:

1. It's not work it to argue with someone who has dementia. It is frustrating to hear things that aren't true, but you can't win an argument with someone who cannot use reason or logic. Try joining their reality, gently asking open-ended questions, then redirect to a different activity.
2. Too many medications can make people feel and act more confused. Talk to your loved one's healthcare provider about all of his/her medications, and ask about possible causes of confusion.
3. It's never too late to attempt to improve brain health. Regular exercise and participating in engaging activities support cognition.
4. Choose one small thing to do for yourself each day.
5. Choose your priorities and let the rest go.
6. Have the difficult conversations about medical decisions and choices sooner rather than later.
7. Remember that he/she can't control his/her behavior. The degenerative changes in the brain can affect personality, behavior, and judgement.

<sup>1</sup>Dailycaring.com

The Adult Care Center was recently awarded a \$10,000 Community Impact Grant from the United Way of the Northern Shenandoah, to help families with limited resources attend the Adult Care Center. This grant goes into effect July 1, 2018. Please let Jane know if you would like additional information.

The American Woodmark Foundation recently donated \$2,500 to the Center. With this donation, we hired "Clutter Troops", a professional organizing business to clean our storage area, organize our supplies, and above all, haul away items that we could no longer use. What a treat! We also bought a drill set, a new card table, a new vacuum cleaner, and supplies for our meals. The American Woodmark Foundation is a great friend to us. Each year a group of employees come over to not only offer their financial support, but to see us in action and spread the word of the work we do. We are so grateful to them.

Earlier in April, we received a \$400 donation from Valley Glasshoppers. What a pleasant surprise. Valley Glasshoppers is a wonderful group of community members who appreciate glass dishes from the past, and while doing so, raise money for groups like the Adult Care Center. The \$400 was used to buy 12 new, sturdy arm chairs.

A big shout of thanks to Shenandoah Valley Westminster-Canterbury (SVWC) for their donation of two beautiful reclining chairs. Talk about luxury! Thank you SVWC for adding some style to our sitting area with these chairs, and above all, for making our folks extra comfortable while they rest.

## *Volunteer of the Year Award*

*Linda Shimer, M.A.,  
CCC-SLP*



Linda is an extremely active member of the Adult Care Center Board of Directors. She chairs the fundraising committee, and along with her colleagues, is instrumental in raising dollars for the Adult Care Center, and generating awareness in our community of Adult Care Center services.

Linda supports the Adult Care Center's monthly activity "Price is Right" and buys all the items that are won by our participants.

Linda helps at the Center each Thursday morning for a music program, and attends every other Friday to help with the intergenerational program.

It is highly likely to see Linda on the dance floor with our participants kicking up her heels and always, always, always, with a smile on her face.

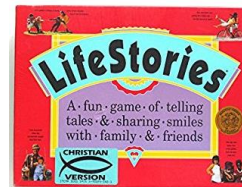
Says Linda, "I love you all. I love what you do here at the Center, and I want to support you."

Congratulations on this award Linda. You are an amazing member of the team.

## *A Word from Whitney....*

*Once upon a time... "Life Stories"*

Everyone likes to listen to stories, especially a real story. On Wednesday mornings, we have a group called "Life Stories." It is a small group activity with 6-8 people who take turns sharing their life experiences by answering questions from cards they draw. Our participants always surprise me during the game as I listen to their childhood stories, memories about their parents, and more. When we finish this activity, I feel like I know them better. In addition, "Life Stories" helps our participants practice memory recall, as well as expressive and receptive language. Our participants also have fun by socializing with their peers.



*LeadingAge*  
Virginia

2017-2018 PROVIDER MEMBER

We are also proud to be a United Way Partner Agency