



 **March** 2017

In an effort to cut down on paper/ink cost, the Center would like to establish an email list for our families. We can email our monthly newsletter, lunch menu, snack menu and activity calendar to you. There is a signup sheet on the desk as you walk in. Please put your name and address on the sheet. If you sign up, we will begin emailing you with our April information when it is complete. Of course there is no obligation to do this. We understand not everyone has access to a computer and for those not signed up, we will continue to put a copy of everything in your mailbox at the beginning of the month.

Dear Families,

Please welcome Naoko Itabashi as our new Activity Assistant! Naoko completed a six-month internship with us last year, so we knew a very special person would be joining our staff.

Naoko has a degree in Music Therapy from Shenandoah University. She joins Whitney (who will come full-time in May) in rounding out the activity department. We are grateful to Dana for helping us with this transition!

It's nice to see Dawn here every day isn't it? What a help she is with all the administrative duties. By the way, we are looking for a nice receptionist desk to put by the front door. If you happen to have any leads on one, please let Dawn know.

Marilyn Hamilton, our registered nurse, was named Assistant Director upon Tara's leaving. Karen Wilds backs her up and assumes charge when Marilyn is out. Karen's mom was a participant several years ago. She wants for your loved one what she wanted for her own and I don't think we can do better than that.

And you know that we have probably the two top CNA's in the area. Dorene and Louise have been at it for a long time and there is such comfort in their experience both for you, and for me.

I wanted to share all this with you, because changing staff can be hard. Please rest assured that while February brought about some real changes, the Center is still in the best of hands.

And somehow, things work out so that even when people leave us, they often circle back around. Just like Dana being here again after leaving in 2015. I am excited to share that our own Tara will work 10 hours a week during the school year using her skills and voice to market our program in the community.

So, we're enthusiastically moving forward. With that in mind, please mark your calendars for Sunday, June 4th, for our annual Lunch N Bid fundraiser at the George Washington hotel. We'll have tickets for a Redskins preseason game AND, a package for the Washington Nationals this year as part of our auction.

Thank you,

~Jane

Adult Care Center of the Northern Shenandoah Valley
411 N. Cameron St.
Winchester, VA 22601
540-722-2273
adultcare@ntelos.net

Nurses Notes



COPD¹

Chronic obstructive pulmonary disease (COPD) refers to a group of diseases that cause airflow blockage and breathing-related problems. COPD includes emphysema; chronic bronchitis; and asthma. With COPD, less air flows through the airways (the ‘tubes’ that carry air in and out of your lungs) because of one or more of the following:

The airways and tiny air sacs in the lungs lose their ability to stretch and shrink back.
The walls between many of the air sacs are destroyed.
The walls of the airways become thick and inflamed (irritated and swollen).
The airways make more mucus than usual, which can clog them and block air flow.

In the early stages of COPD, there may be no symptoms, or you may only have mild symptoms, such as:

A nagging cough (often called “smoker’s cough”)
Shortness of breath, especially with physical activity
Wheezing (a whistling sound when you breathe)
Tightness in the chest

As the disease gets worse, symptoms may include:

Having trouble catching your breath or talking
Blue or gray lips and/or fingernails (a sign of low oxygen levels in your blood)
Trouble with mental alertness
A very fast heartbeat
Swelling in the feet and ankles
Weight loss

How severe your COPD symptoms are depends on how damaged your lungs are. Talk to your doctor about available medications, and rest between activities.

1CDC.gov



The Adult Care Center is grateful for the hard work and dedication of these two incredible certified nursing assistants: Louise Robinson and Dorene Rodriguez! Thank you ladies!

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