



REMINDERS:

~ The Center will be closed on **Friday, May 5th** for Apple Blossom and on **Monday, May 29th** for Memorial Day.

~ **Caregiver meeting:**

Wednesday, May 24th from 3:00-4:30

~ **Lunch N Bid:**

Adult Care Center Fundraiser

"Welcome Summer"

BBQ Lunch – Cash Bar – Silent and Live Auction

Sunday, June 4th, 2017

Doors open at 11:30.

The George Washington

Raffle- tickets available at the Center! \$10.00 each

- **4 Diamond Club Washington Nationals Tickets** (weekday) (4 tickets give you access to the Diamond Club facilities at the ballpark, free food and alcoholic/non-alcoholic beverages during the game). Parking Pass included. (Seats are about 20 rows up from home plate).

A few of our Live Auction items include:

- **Washington Redskin Preseason tickets** (4) and parking pass.
- **A trip to St. Michael's Island, Maryland**
- **Tom Baker original artwork, framed**

Dear Families,

The Adult Care Center, as most of you know, is governed by a Board of Directors. These dedicated individuals volunteer their time and expertise in a variety of ways including financial, strategic planning, fundraising, advisory, marketing, and policy, among other things. Our current Board roster includes:

Thomas Turner, Ph.D, OT (President), Rebecca G. Morrison, Psychologist (Vice-President), Ellen Cavanagh, BSW,MSN, RN (Secretary), Kerri Burkhart, CPA (Treasurer), and at-large members: Christopher Francis, MSN, Mariecken Fowler, Neurologist, Linda Shimer, MA CCC-SLP, Jeannie Shiley, NHA, CASP, Sally Stryker, Ann Colson, BSN, CCRN, David Booth, PT, J.D. Berlin, Jan Copeland, Realtor, and Tess Newcome.

Each month we will share a Board member bio (or two) in our newsletter as a bit of an introduction. Later in the summer, we will host an open house for you to come in and meet the Board, and share your thoughts about the Center. As always, your feedback is important to us.

On Thursday, May 4th, some streets will close early in preparation of Apple Blossom events. Piccadilly and Fairfax will be impacted, so your normal route may be altered. We have a notice of the closings posted on the bulletin board when you come in the building

Thank you,
~Jane

Meet Dr. Thomas
Turner, Adult
Care Center Board
President



Dr. Turner is Assistant Professor in the Shenandoah University Division of Physical Therapy where he has been employed for 11 years. Dr. Turner is also employed as a part- time Staff Physical Therapist at the Winchester Rehabilitation Center of Valley Health System. Dr. Turner has served on the Adult Care Center Board of Directors since 2009. His volunteer work also includes Medical Mission trips to Nicaragua in 2011 and 2012 as a physical therapy faculty mentor.

Dr. Turner and his wife live in Strasburg and have two young children.



During the middle and late stages of Alzheimer's, oral health may become more challenging. The person may forget what to do with toothpaste or how to rinse, or may be resistant to assistance from others. Try these tips:

Provide short, simple instructions.

Explain dental care by breaking directions into steps. "Brush your teeth" by itself may be too vague. Instead, walk the person through the process. Say: "Hold your toothbrush." "Put paste on the brush." Then, "Brush your teeth."

Use a "watch me" technique.

Hold a toothbrush and show the person how to brush his or her teeth. Or, put your hand over the person's hand, gently guiding the brush. If the person seems agitated or uncooperative, postpone brushing until later in the day.

Try to keep the teeth and mouth clean.

Very gently brush the person's teeth, gums, tongue and roof of the mouth at least twice a day, with the last brushing after the evening meal and any nighttime liquid medication. Allow plenty of time and find a comfortable position if you must do the brushing yourself. Gently place the toothbrush in the person's mouth at a 45-degree angle so you massage gum tissues as you clean the teeth.

If the person wears dentures, rinse them with plain water after meals and brush them daily to remove food particles. Each night, remove them and soak in a cleanser or mouthwash. Then, use a soft toothbrush or moistened gauze pad to clean the gums, tongue and other soft mouth tissues.

Try different types of toothbrushes.

You may find that a soft bristled children's toothbrush works better than a hard-bristled adult's brush. Or that a long handled or angled brush is easier to use than a standard toothbrush. Experiment until you find the best choice. Be aware that electric dental appliances may confuse a person with Alzheimer's.

Floss regularly.

Most dentists recommend flossing daily. If using floss is distressing to the person with Alzheimer's, try using a proxabrush² to clean between teeth instead.

Be aware of potential mouth pain.

Investigate any signs of mouth discomfort during mealtime. Refusing to eat or strained facial expressions while eating may indicate mouth pain or dentures that don't fit properly. Loss of appetite may also indicate mouth pain.

¹Alzheimer's Association (alz.org)

²A cross between a toothbrush and a toothpick

This original watercolor, "SUNSET ON POORHOUSE ROAD", by local artist Julie Read, will be auctioned as part of our June 4th Lunch N Bid fundraiser at the George Washington Hotel.



Diane and Millie finished the quilt for this year's Lunch N' Bid raffle! The ladies began the quilt in April of 2016. All the fabric was donated by a former participant's family. What a beautiful quilt! If you'd like your chance to have this gem, please attend our June 4th Lunch N' Bid and bid during the Live Auction!

Resources That May Help:

- 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
For more information on the support groups, contact Bob Bell of the Alzheimer's Association @ 540-313-4207

LOCAL ALZHEIMER'S SUPPORT GROUP MEETINGS!

- You are welcome to attend any of these meetings if you wish. Just call the number provided for additional information.
- Greenfield Assisted Living- 413 McClellan St., Berryville; last Wednesday of the month at 12:00. Contact: Connie Clem 703-237-5606
 - Samuels Library- 330 Criser Rd, Front Royal; 3rd Thursday at 2:30. Contact: Vickie Harris-Williams 540-636-2800 vharris-williams@commonwealthal.com
 - Willows at Meadow Branch-1881 Harvest Dr., Winchester; 3rd Wednesday at 2:00. Contact: Bob Bell 540-313-4207
 - Westminster-Canterbury-300 Westminster-Canterbury Dr., Winchester; 3rd Thursday at 1:00. Contact: Danielle Weatherholtz-Palmer 540-665-5916

This month we have come to learn about timer caps for medicine bottles, and thought it was worth sharing with our friends and families. With the theft of prescription medicines being reported in recent history, this cap can be a great deterrent and indicator if you suspect something is wrong. This cap can also help families with loved ones suffering from Alzheimer's or similar dementias.

- It ELIMINATES CONFUSION: Know exactly when you last took your medication or vitamins for best results.
- Is EASY-TO-USE: No alarms to program or set. Timer automatically displays time passed since last dose.
- Is AUTOMATIC: Timer automatically resets every time you open the container and begins counting again.
- Is CONVERTIBLE: Easily converts between Child-Resistant or EZ-Twist (Non-Child Resistant) functions.

This cap can be found on Amazon by searching "timer caps" Be sure to start your search with smile.amazon.com and choose the Adult Care Center of the Northern Shenandoah Valley for your charity. Amazon will donate .05% of any purchase to the Center through Smile!



We are also proud to be a United Way Partner Agency