

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:

~ **Shenandoah Senior Living** in Front Royal will be hosting an Advance Care Planning Seminar on November 15th from 6:00-7:00 p.m. The address: 103 Lee Burke Road Front Royal, VA 22630 For more information, please call Shenandoah Senior Living at 540-635-7923.

~ **Thanksgiving:** We will be closed November 23rd and 24th for Thanksgiving.

~ **Christmas Party:** Our Christmas party will be on December 13th at 5:30 p.m. in the Eagle Conference Room on the Our Health Campus.

NOVEMBER 2017

October Highlights



Thank you Apples N' Bits 4-H Horse & Service Club for bringing the miniature ponies to visit us last week. Our participants enjoyed every minute!

We also had a visit from River one morning. River is Millie's granddog. Who doesn't love doggy kisses in the morning?!



Board Member Spotlight

*Meet
J.D.
Berlin*



J.D Berlin comes to the Adult Care Center Board with vast experience in finance, and a strong history of community involvement.

Now a retired CPA, J.D. is a former partner with Yount Hyde and Barbour where he worked for thirty-six years. He was also Vice-President of Trust and Asset Management at First Bank for three-plus years and, an IRS agent for over nine years.

J.D.'s volunteer experience includes serving as past Chairman of the Winchester Medical Foundation, member of the Handley Library Board, Past President of Virginia Society of CPA's, Past President of the United Methodist Conference Finance and Administration Committee, and Past President of the Virginia Conference of United Methodist Church Retirement and Health Benefits Committee. J.D. is also a Past President of the Winchester Exchange Club.

The Adult Care Center is honored to have J.D. on its Board of Directors where he serves on the Finance Committee. His friendliness and participation helps make meetings enjoyable and productive!

Nurses Notes



Blood Pressure Control¹

Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you might avoid, delay or reduce the need for medication. Here are 3 changes you can make to lower your blood pressure and keep it down.

1. Lose extra pounds and watch your waistline

Blood pressure often increases as weight increases. Besides shedding pounds, you generally should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure. In general, men are at risk if their waist measurement is greater than 40 inches, and women are at risk if their waist measurement is greater than 35 inches.

2. Exercise regularly

Regular physical activity (at least 30 minutes most days of the week) can lower your blood pressure by 4 to 9 millimeters of mercury (mm Hg). It's important to be consistent because if you stop exercising, your blood pressure can rise again.

3. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 mm Hg. This eating plan is known as the Dietary Approaches to Stop Hypertension (DASH) diet.

Reduce sodium in your diet. Even a small reduction in the sodium in your diet can reduce blood pressure by 2 to 8 mm Hg. The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to less than 2,300 mg a day or less. If possible, choose low-sodium alternatives of the foods and beverages you normally buy. Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.

Limit the amount of alcohol you drink. Alcohol can be both good and bad for your health. In small amounts, it can potentially lower your blood pressure by 2 to 4 mm Hg. But that protective effect is lost if you drink too much alcohol (generally more than one drink a day for women and for men older than age 65, or more than two a day for men age 65 and younger). One drink equals 12 ounces of beer, five ounces of wine or 1.5 ounces of 80-proof liquor. Drinking more than moderate amounts of alcohol may raise blood pressure by several points, and may reduce the effectiveness of blood pressure medications.

¹mayoclinic.org



We are also proud to be a United Way Partner Agency

THE ADULT CARE CENTER OF NORTHERN SHENANDOAH VALLEY



ART ON THE BRAIN

Friday, November 3, 2017
6:00-8:00 p.m.

Christ Episcopal Church
132 W. Boscawen St.
Winchester, VA 22601

ART CREATED BY CENTER PARTICIPANTS WHO COPE
WITH ALZHEIMER'S DISEASE OR A SIMILAR DEMENTIA
(all pieces will be priced for sale)

Art on the Brain is sponsored by Dr. Mariecken & Jeff Fowler
and Chris Francis

ART ON THE BRAIN IS FREE AND OPEN TO THE PUBLIC

Dear Families,

On October 26th and 27th, thirteen directors of adult day services met here in Winchester for an annual conference dedicated to advancing adult day health care throughout the state. Attendees came from as far as Norfolk, and as near as Leesburg. We heard good speakers, shared policies and strategies, and collaborated on ways to boost our presence in the State.

Just this morning I received a call from someone in California regarding our ART ON THE BRAIN program. One of our Board members had shared our upcoming event on Facebook, and the caller saw it and wanted more information so she could start a similar program in her area.

A common thread among people who work in the field of adult day care is total commitment to clients served. Sitting in the conference last week was exhilarating. I heard great ideas being tossed back and forth – both from those of us who have been around a long time – and those who are just starting out.

The bar is set high! We are regulated by the Virginia Department of Social Services, and inspected annually. As a Medicaid provider, we have additional standards to meet. We contract also with the Veteran's Administration and are inspected annually by them as well.

What impresses me most about the staff here, about my colleagues in the State last week, and about the caller from California this morning, is the desire to raise the bar even higher.

Regulations are a necessary means of keeping programs reputable and safe for our consumers. But the heart of adult day health care takes it all up a notch. Please be on the lookout for our Family Caregiver Survey coming out in November or early December. Please take a few minutes to share your thoughts – good and otherwise. We hold ourselves to high standards, but when it's all said and done, it still has to be what YOU want and need for your love one. Let us know how we're doing!

Thank you,
Jane