

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:

~ **Billing:** Monthly client bills will now be going out on the 25th (previously the 22nd) of each month. If it falls on a weekend, it will go out the Friday before.

~ **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!

~ **Walmart Grocery:** We have added a [link](#) to our website for Walmart Grocery. Through this link, you will save \$10.00 on your first order and \$10.00 will be given to the Center towards our next order. We shop every 2 weeks for necessary essentials. This is a perfect way for you to save money while helping our organization. This is a great service for everyone, especially our seniors in the community. The associates will load your car. You don't even have to get out! Give it a try!



"I referred a client to them. The husband kept saying she would not want to go, but he finally enrolled her. She loves it, and the husband is a different person. They really do a good job."
- Community member

We have had some pretty cold weather this winter. We thought we would share some tips we have found to help you and your loved one keep safe and warm this winter.

- ~ Wear loose layers of clothing. The air between the layers helps to keep you warm.
- ~ Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- ~ Wear gloves and thick socks if you can.

-National Institute on Aging-Staying Safe in Cold Weather

This time of year, a lot of us use space heaters and fireplaces for a little extra warmth. A few tips from Kenneth Scott, public education specialist with the Frederick County Fire Marshal's Office, offers these tips:

- ~ Make sure there's 3 feet of clear space around fireplaces and heating units, including above the unit.
- ~ Avoid using extension cords. Heaters should be plugged directly into the wall.
- ~ Fill kerosene heaters outside.
- ~ When dumping ash or cigarettes outside, make sure to place the ashes in a sealable metal container and let them cool down over a couple days to weeks. The ash should eventually be dumped more than 10 feet from a house or anything combustible. "Vinyl siding is very combustible," Scott said, adding that ash can cause a fire days and weeks after it is dumped, if it is dumped inappropriately.

Read the full article in the December 29th issue of *The Winchester Star*.

As you have all noticed by now, we have gotten our windows tinted in the Center. This is to add an extra measure of privacy to our participants and families and to help lessen the distractions of outside traffic, thus allowing more participation in the activity taking place. It will also cut down on the glare in the Malt Shop Room. We love using that room for lunch and activities. Sometimes the sun glaring off the beautiful white tables and into their eyes was a distraction. One of our goals here at the Center is to give our clients the best experience they can have while they are with us and this minor change will support that goal! Thank you for allowing us to be a part of your family!

Nurses Notes



Depression and Dementia¹

Approximately 40% of people with dementia develop depression, especially in the early stages of the disease. Because of the complexities involved in diagnosing depression in someone with Alzheimer's, it may be helpful to consult a geriatric psychiatrist who specializes in recognizing and treating depression in older adults. Ask your doctor for a referral.

The National Institute of Mental Health established a formal set of guidelines for diagnosing the depression in people with Alzheimer's. Although the criteria are similar to general diagnostic standards for major depression, they reduce emphasis on verbal expression and include irritability and social isolation.

For a person to be diagnosed with depression in Alzheimer's, he or she must have either depressed mood (sad, hopeless, discouraged or tearful) or decreased pleasure in usual activities, along with two or more of the following symptoms for two weeks or longer: social isolation, disruption in appetite not related to another medical condition, disruption in sleep, agitation or slowed behavior, irritability, fatigue, feelings of worthlessness or hopelessness or inappropriate or excessive guilt, recurrent thoughts of death or suicide plans or attempt. Getting appropriate treatment can significantly improve quality of life.

¹alz.org/depression and dementia

A Word from Whitney

Not just for fun in music: The benefits of karaoke
Our weekly karaoke time at the Center is one of the activities that every participant loves. During karaoke, people dance and sing with their friends. They also like to join in, humming or singing along. Participants show their talents during this time as on *The Voice* or *American Idol!* In addition, singing and dancing together increases socialization via many interactions such as holding hands and making eye contact. Also, singing can benefit respiratory function, and increase positive emotion especially with friends together. Every time participants sing in karaoke, they practice lung function by breathing exercises. Furthermore, singing lyrics from the screen is another stimulation for maintaining cognitive function. According to Batavia A.I., & Batavia M. (2009), "the potential therapeutic benefits of karaoke are explored in terms of increased respiratory strength, endurance, control, and capacity, as well as emotional and physical

Batavia A.I., & Batavia M. (2009). Karaoke for quads: A new application of an old recreation with potential therapeutic benefits for people with disabilities.

Disability and Rehabilitation 25(6), 297-300.

<http://www.tandfonline.com/doi/abs/10.1080/0963828021000031025>



Board Member Highlight

Meet
Dr. Mariecken
Fowler



I have been practicing in Winchester now for 11 years at Winchester Neurological Consultants where I am a Partner and Director of the Memory Care Clinic, Concussion Clinic, and Movement Disorders Clinic. I have also served as Director of Neurosciences at Winchester Medical Center. I am so proud of starting both a comprehensive concussion program (including baseline testing prior to concussions) with the assistance of local Athletic Trainers and a Deep Brain Stimulator program for Parkinson's Disease and Essential tremor with the assistance of our local neurosurgeons. In the Memory Clinic we strive to clarify the type of cognitive impairment that our patients have and dramatically enhanced the support given to families facing a new diagnosis of dementia by developing information sheets and pointing them towards wonderful local resources such as the Adult Care Center.

During my time in Winchester I have attained additional subspecialty board certification in Behavioral and Cognitive Neurology (Dementia) and in Neuroimaging. I am one of three neurologists in the country to be triple boarded in Neurology, Behavioral Neurology and in Neuroimaging. I assist in teaching residents and fellows from VCU as an Assistant Clinical Professor of Neurology. In addition, I continue to take general neurology call for Winchester Medical Center on average 1-2 days per week.

All this keeps me quite busy so my volunteer and civic activities are limited to the Adult Care Center Board. I have helped to support my husband in his numerous volunteer activities in our community including as a Board Member of the Discovery Museum and Winchester Educational Foundation.

<https://www.winchesterneurological.com/about-us.html>



We are also proud to be a United Way Partner Agency