

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.



Just a reminder...



- We are closed on **Monday, September 3rd** for Labor Day.
- Our Health's Healthy Living Event & Farmers Market is wrapping up for the Summer. Sept. 5th from 11:00 - 2:00 and Sept. 19th from 3:00-6:00 are the last days to visit!

- Coming up in October, [Shenandoah Valley Homebrewers Guild](#) is having their [MASHTOBERFEST](#) home brew festival. All proceeds from this event will benefit the ACC! Click on the link or Google MASHTOBERFEST for more info.
- Art on the Brain will be coming up in November! More info to come!
- Holidays are fast approaching! Don't forget to use [smile.amazon.com](#) when shopping and choose Adult Care Center of the NSV as your charity. Amazon will donate 0.05% of the total of your purchase to us at NO EXTRA COST to you! Thanks in advance for your support.



Dear Families,

I was excited to see this graphic in the latest edition of the AARP magazine. Adult Day Programs are finally getting a little more recognition for their significant role in the spectrum of long term care.

I've often heard people comment about what a bang for their buck our service is. Really, where can anyone get care up to 10 hours a day, a meal, two snacks, registered nurse care, personal care by certified nursing assistants, a friendly and efficient administrative assistant, and activities led by two music therapists daily all at the rate we charge?

The Adult Care Center opened 4 hours a week at First Christian Church on Merriman's Lane back in August 1993. In February, 1994, we went full-time in one classroom at Braddock Street United Methodist Church. Seven years ago, this upcoming March, after expanding into three classrooms over 18 years at Braddock Street, we moved to our current location.

Since our opening, we have served 483 participants and their families. Many incredible Board members have governed over the years, and extraordinary volunteers have helped us every step of the way.

Just this year alone, we've served 62 participants. For the first time in our history, we've started a waiting list. Our maximum licensing capacity is 35 participants a day, but we strive to be really good, not really full so we have cut maximum attendance to 30 per day. We currently have 45 participants total on our roster.

So, after many years of slowly building, planning, and caring, we're gaining some real headway for our industry. With that growth however, we are mindful of our most primary obligation – providing a consistently high level of care for your loved one. We will tighten policies to strengthen our business, and we will fervently stay on task to meet our licensing standards. But, I can safely say that this staff, and this Board, will not lose its passion, or compassion, in making it first and foremost, about the people we serve.

Thank you for using our service,

Jane

THE MONTHLY COST OF CARE	
\$8,120	NURSING HOME (PRIVATE ROOM)
\$4,100	HOME HEALTH AIDE
\$3,750	ASSISTED LIVING FACILITY
\$1,520	ADULT DAY CARE

Nurses Notes



Avoiding Aspiration/Choking¹

Aspiration occurs when material is inhaled into the trachea. When this happens, food/vomitus/phlegm may become stuck in the trachea, and the airway may become blocked. The risk of aspiration increases with the progression of dementia, as multiple areas of the brain must coordinate to accomplish effective swallowing. This coordination worsens over time. The following are some suggestions to avoid aspiration/choking:

Have your loved one sit up during the meal, and for 30 minutes afterward.

Avoid hard or crumbling foods.

If your loved one coughs while drinking or consuming thin soups, consider adding a thickening agent, such as Thick-It.

Each bite should be less than a tablespoon.

Alternate bites of foods with sips of a beverage.

If your loved one tends to eat too quickly, offer small portions on a separate plate. Offering a utensil that slows the progress can be helpful, as well, such as substituting a fork for a spoon for some foods.

Cut foods into small portions, or puree. A pudding-consistency is easiest to swallow. If your loved one can follow directions, encourage to tuck the chin in while swallowing.

¹nih.gov; Nutrition Today, Vol 46, March/April 2011; Alzheimer's Association at alz.org

A big thank you to JF Strawderman of the National Agents Alliance, aka The Alliance, for the \$150 donation to the Adult Care Center as part of the Alliance's Good Samaritan Bonus program. We appreciate JF selecting us (for the second time) to receive this gift. We were particularly delighted also, that JF's son Aiden could join him for the check presentation.



2018 Carnival!

We had the best time at our Carnival! We were able to capture some priceless memories. Enjoy!



A Word from Whitney....

Daily Exercise:

Everyone needs exercise to stay healthy no matter the age. We really try to make exercise time fun here at the Center. We provide an environment where our friends can have space to move.

We offer a daily cycling group as well as a stretching group that alternates with chair yoga. Our participants use exercise peddlers to work the lower body (if able), as well as 1-2 lb. weights to work the upper body. We also use a soft ball that our friends throw to each other. This helps with hand-eye coordination and works the upper body. Chair yoga focuses more on breathing and stretching, which improves flexibility.

Our goal in daily exercise is to help our friends maintain gross and fine motor functions, and to reduce their risk of falls by building muscle strength and improving balance.

If you are interested in some exercise material, ask Dawn at the front desk. We have a book and a DVD available to give you!



2017-2018 PROVIDER MEMBER

We are also proud to be a United Way Partner Agency