

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.



"It keeps your mind on other things instead of sitting at home thinking 'Why am I like this?' The crew that comes in here are great."
-Margaret (Adult Care Center Participant)

Just a reminder...



- Our Center participant and family Christmas party will be held on December 19th at 5:30 at Christ Episcopal Church. **Please have your loved one picked up from the Center by 5:00 p.m. on the 19th.**
- We are **closed on December 24th & 25th for Christmas.** Enjoy time with your family!
- We are **closed on January 1st. Happy New Year!**
- The holidays are here! 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.
- If there is a day the Center is closed due to weather/plumbing, and you would like to make it up on an unscheduled day, please call the Center and speak with Jane or Dawn. If we are able, we will add you to the schedule. If we are unable, you will receive a credit on the following month's bill.

Dear families,

The Fall season has been a fun and busy time for us here at the Center. As you can see by the pictures in the newsletter, we've made some new friends who made an immediate impact on our program.

I love the story of how Shenandoah Valley Homebrewers Guild (SVHG), and Shepherd of the Hills Lutheran Church came to hear about us:

As you know, Rite Aid Pharmacy visits one morning in October to provide Flu shots. A few years back, one of those wonderful pharmacists (Grant) took note of what we do here at the Center. As a member of the Shenandoah Valley Homebrewers Guild, Grant had an opportunity to suggest a non-profit they could support with their 2018 "Mashtoberfest" event. This led to Pastor Paul Krueger, also a member of SVHG, knowing about us, and encouraging his congregation to support our program as well.

Mashtoberfest was cold and rainy this year. But the fellowship was fantastic, and the support for us was unquestionable. A little chill and a few drops of rain weren't going to stop this group of hearty souls from raising some money. And that they did - \$2,775, in fact. I had a few minutes to talk that day with Grant, and he told me he remembered how nice we were, and how well our participants were treated. That meant a lot to Grant as his beloved grandmother had Alzheimer's disease.

I think that's a nice story in general – just be kind to people because it can come back to you twofold. (And even if it doesn't, it's still the right thing to do).

That's why we are paying it forward by taking up a Christmas box collection for the Laurel Center, a program for victims of domestic and sexual violence. We couldn't do it without the help from our community, and we want to offer help in return.

On an entirely different note, we're heading into chillier weather and with that, often comes colds and coughs. During this time of year, we double-up efforts to sanitize tables, door knobs, and areas we frequent during the day.

We are often asked during this season to give over-the-counter cough syrup, or cough drops to your loved one. This is just a friendly reminder that unless we have a doctor's order, we are not allowed to administer any type of medication here – prescribed or otherwise. Please talk to one of our nurses if you have any questions or concerns.

On behalf of all ACC Staff, I hope you have a very blessed holiday season. I hope the kindness you always show us comes back to you twofold.

Jane

Nurses Notes



In July, West Virginia University was selected to launch an innovative clinical trial for the treatment of Alzheimer's disease. This is a phase II clinical trial that uses focused ultrasound to treat the disease. The trial will evaluate whether focused ultrasound reduces the debilitating plaques and cognitive decline that are the hallmarks of the disease. The recruitment of patients with early stage Alzheimer's disease will begin upon approval from the WVU Institutional Review Board. For eligibility requirements and enrollment information for the clinical trial which is anticipated to begin in the early fall, call 304-293-5150 or email WVURNI@hsc.wvu.edu.

A big thank you to Brenda Clark for teaching us to make Christmas bows. What a fun activity!



A Word from Whitney....

Card Sharps Club

No matter the age, people like to play card games like Old Maid, 500 Rummy, Crazy Eights, Go Fish, and Black Jack. These games can be used as a tool to help maintain cognition and memory recall. Everyone enjoys the feeling of being a winner and having a sense of achievement. Interacting with friends is always fun and enjoyable.

In September, we began our card game club on Tuesdays: the *Card Sharps Club*, named by participants of the Center. It is wonderful to see them engaging and socializing as they try to match the number or suit in Crazy Eights; or when they laugh together because someone busts in Black Jack. There are many happy moments shared. When someone wins the game, the whole group cheers.

We play, we enjoy, and everybody is a winner!

What a blessing Shepherd of the Hills Lutheran Church and Shenandoah Valley Homebrewers Guild (SVHG) were to us this month. You may remember a piece on MASHTOBERFEST 2018 in our October newsletter. Pastor Paul Krueger, church President Greg Dallmann, and Angela Toler from SVHG dropped in with goods donated by church members and, a check for a whopping \$2,775.00 that was raised at MASHTOBERFEST!

To top it off, church member, Deanna Liero joined Pastor Paul in bringing us Thanksgiving table decorations, pumpkin pie, whipped cream, and beautifully wrapped prizes for Thanksgiving Bingo.

We're so grateful for this congregation's love and support.



Pastor Paul and Deanna Liero delivering our treats!



Pastor Paul, Greg, and Angela with Jane and Louise



Louise did a beautiful job setting up our prizes and snack table!



We are also proud to be a United Way Partner Agency