

### **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...**



### **HAPPY NEW YEAR!!**

- If your loved one received a new Medicare card for 2019, please bring it in on his or her next scheduled day and give it to Dawn at the front desk to make a copy.
- Please make sure your emergency contacts and phone numbers are current and correct. Dawn has this information at the front desk. Please allow a few minutes to check, upon morning drop-off.
- If you have scheduled vacations, or doctor appointments and your loved will miss time at the Center, please fill out a communication form located in a marked folder on the front desk. Please refer to the attendance policy you received in October if you have any questions about paid/unpaid days. If you did not receive this policy, ask Dawn for a copy. There is also a copy of the 2019 holidays in your mailbox or email.

Dear families,

2018 is already behind us, and like so many other years, it seemed to go by pretty fast. It wasn't that long ago, really, when it was year 2000, and we wondered if our computers would smoothly transition into the new millennium. Now, here we are, nineteen years later.

This past year was a busy, but good year for us at the Center. Currently, we have 40 participants on our roster. Our participants come from the City of Winchester, Frederick County, Clarke County, Warren County, Page County, and West Virginia. Over the course of the year, sixty-five different folks have been enrolled.

Center volunteers have contributed 934 hours helping to assist or lead an activity, clean up the kitchen, prepare a snack, or visit one-on-one, or in a group setting.

Our Board of Directors grew from 12 members to 17, all with an enthusiasm to celebrate our 25<sup>th</sup> anniversary of full-time service in 2019.

On a national level, Adult Day Health Care consistently stands out as a cost-effective, quality care option.

From the 2018 Genworth Financial Cost of Care Survey:

#### **Annual National Media Costs 2018**

|                                      |           |
|--------------------------------------|-----------|
| Homemaker Services:                  | \$48,048  |
| Home Health Aide:                    | \$50,336  |
| Adult Day Health Care:               | \$18,720  |
| Assisted Living Facility:            | \$48,000  |
| Semi-Private Room in a Nursing Home: | \$89,297  |
| Private Room in a Nursing Home:      | \$100,375 |

**(National average cost per month for adult day health care = \$1,560)**

Cost for care at the Adult Care Center is almost \$400 per month less than the national average for our full-time clients. And, thanks to my dedicated, caring staff, the Adult Care Center exceeds the standards of Licensing, Medicaid, and the Veteran's Administration.

So, thanks to our volunteers, our Board of Directors who help us meet our \$45,000 fundraising goal, and our supporters and friends who help us throughout the year. It all helps so much in our being able to keep our costs affordable, and our care top-notch. And thank you, most of all, for trusting us in providing such important care.

In closing, I would like to remind you of two scholarship grants we have that may be of help to you or someone you may know: A Virginia Department on Aging and Rehabilitative Services grant, and a Community Impact Grant through the United Way of the Northern Shenandoah Valley. Give me a call anytime if you would like to learn more about these grants.

Happy New Year,

*Jane*

## Nurse Notes



During cold weather our skin tends to dry out. Drinking plenty of water will help, and another tip is to use hair conditioner on wet skin after showering. After applying, rinse and pat dry. Conditioner binds to keratin, which is in skin and hair, and provides a protective layer to the skin.

If you have made a doctor's appointment for your loved one, ask a nurse if we will need any paperwork soon. Hopefully we can save you an additional trip to meet our licensing requirements.

*Marilyn*

### *A Word from Whitney....*

#### *Relaxing Hand Massage*

How many times a day do we use our hands? How about every second from the time we wake up until the time we lay down. We use our hands a lot, but do we really take care of them? Here at the Center, our volunteer Crystal offers hand massage with scented oils once a month.

Hand massages can provide significant health benefits, such as pain relief, improved circulation, and improved range of motion. Hand massages are also an enjoyable and relaxing activity. Our friends have told us after a session, how much better it made them feel.

Here are some essential oil use tips:

**Sleep:** lavender, vetiver, patchouli, sandalwood, ylang-ylang, chamomile, neroli, marjoram, cedar, bergamot, clary sage, frankincense, rose

**De-stressing:** rose, clary sage, frankincense, lavender, bergamot, marjoram, ylang-ylang, lemon, geranium, orange, sandalwood, chamomile, vetiver

**Concentration:** rosemary, basil, peppermint, helichrysum, cedar, vetiver, grapefruit, pine, juniper

**Energy:** lemon, orange, grapefruit, eucalyptus, cinnamon, peppermint, ginger, rosemary, spearmint, black pepper, jasmine

**Muscle inflammation:** peppermint, eucalyptus, wintergreen, chamomile, nutmeg, ginger, cayenne, rosemary, black pepper

**Sore throat:** eucalyptus, peppermint, ginger, lemon, tea tree, sage, rosemary

<https://thethirty.byrdie.com/essential-oils-guide/slide3>

The Adult Care Center staff is a committed Staff, that is for sure! As 2019 marks our 25<sup>th</sup> anniversary of full-time service, we will also be celebrating employment anniversaries:

Jane, 25 years; Marilyn Hamilton, 17 years; Dana, 13 years; Dawn, 9 years; Dorene, 5 years; Louise, 5 years; Whitney, 5 years, and Katie, 4 months!!

We'll miss our friend Naoko at the Center, but we wish her all the best as she travels back to Japan to be with her family. We're glad we could be her "family" while she lived in the States!



Thanks to a \$1,500 grant from the Cochran Family Youth Fund, administered by the Community Foundation of Northern Shenandoah Valley, we were able to add and upgrade music therapy instruments and supplies for our weekly intergenerational program with Fremont Street Nursery. We will get lots of use out of this new equipment!

What a fun Christmas it was at the Adult Care Center! So many hands went in to making it so special. Thank you to our Board for serving and cleaning up our delicious food from Fresco Kitchen, our Staff for being "Santa's helpers", and Santa himself, John Bauknecht (Jane's husband) for his 31<sup>st</sup> and final year of being the best Santa around. Happy retirement! It was a wonderful evening and we're so thankful so many of our participants and their families could join us to celebrate.



Merry Christmas!



We are also proud to be a United Way Partner Agency