

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.



The minute I walk in they say "Hi, how are you today?"
Everybody smiles and I appreciate it. -Janice
(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.**
- Art on the Brain will be held on November 2nd from 6:00-8:00 p.m. at Christ Episcopal Church at 132 W. Boscawen St., Winchester.
- We are **closed on November 22nd & 23rd** for Thanksgiving. Enjoy your time with your family! We are thankful for you!
- 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 often write about what a dedicated Board of Directors governs the Adult Care Center. I thought, in this season of giving, it would be nice to hear from one of them about why they give to the Center.

Thank you, Linda Shimer, Adult Care Center Board member and Fundraising Chair, for sharing the following words with us.

When Jane asked me to write an article about why I volunteer at the Adult Care Center, my first thought was, "How much room do I have?" There are so many reasons for my involvement.

As a speech therapist, I spent a number of years working for Home Health agencies, where my patient load consisted of individuals who had suffered strokes and those coping with Alzheimer's and dementia. As a youngster in my twenties, being with these folks and their families gave me a new perspective on aging and the wisdom gleaned from living a productive life. It also opened my eyes to the reality that these types of neurological diseases can affect both young and old.

When the opportunity arose for me to become involved with the Adult Care Center, I jumped at the chance to interact with the participants. It has been one of the greatest joys in my life. The ACC staff are some of the most loving and patient people I've ever met. They unselfishly provide caring and concern. Each day is a gift from God to all of us, and our staff makes each day a gift to our participants. I love watching and being involved in the many and varied programs offered to assist each participant to live up to his or her maximum potential.

The majority of my volunteer hours are spent with the music program. My favorite time is on Friday mornings when the children from the Fremont Street Nursery come to sing, and clap, and play musical instruments with their "Grandfriends." The room is filled with joy and laughter as they interact. Music truly is a universal language, with no distinction made between young and old.

Several years ago, my mother developed Alzheimer's and now lives in a very nice residential facility. I pray each day that she receives the same loving care and respect that our folks at the Adult Care Center receive.

The ACC is a blessing to all those involved, myself included. Seeing the smiles, receiving hugs, and holding the hands of our participants is such a gift. I am very lucky indeed.

With appreciation,

Linda

Nurses Notes



Dementia and Family Holidays

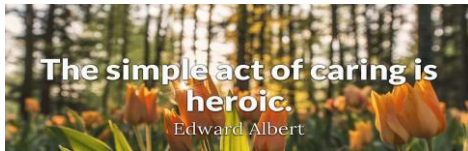
The Alzheimer's Association has published an interesting suggestion if distant family will be visiting you over the holidays:

Familiarize others with your situation by writing a letter or email similar to the following:

I'm writing to let you know how things are going at our house. We're looking forward to your visit, and we thought it might be helpful for you to understand our current situation before you arrive.

You may notice that ___ has changed since you last saw him/her. Among the changes you may notice are ___. I've enclosed a photograph so you know how ___ looks now. Because ___ sometimes has problems remembering and thinking clearly, his/her behavior is a little unpredictable.

Please understand that ___ may not remember who you are and may confuse you with someone else. Please don't feel offended by this. He/she appreciates your being with us and so do we. Please treat ___ as you would any person. A warm smile and a gentle touch on ___'s shoulder or hand will be appreciated more than you know. We would ask that you call when you're 15 minutes away so we can prepare for your arrival. With our help and support, we can create a holiday memory that we'll all treasure.



United Way of Northern Shenandoah Valley

Thank you to everyone who participated in our Sub Day for United Way, Adult Care Center employee campaign to raise funds for the United Way of the Northern Shenandoah Valley.

With your help, we raised a donation of \$349.57.

A special thank you to Anthony's Pizza on Valley Avenue in Winchester for providing subs for our employee campaign

The Adult Care Center is a recipient of a United Way Community Impact Grant which benefits our clients with Alzheimer's disease.



Happy Halloween!!



MASHTOBERFEST 2018 was such fun! Thanks to Pastor Paul Krueger and Shepherd of the Hills Lutheran Church for hosting. Special thanks to Shenandoah Valley Homebrewers Guild for your various activities in support of the Center. We had a great time hanging out and getting to know you all.



A Word from Whitney....



Green Makes us Healthy

I enjoy observing our participants when they read magazines, which include many pictures of flowers and green plants. I notice when they do this, they smile beautifully and have positive conversation. I also notice that green plants and flowers can change people's emotion or attitude. We have many participants with green thumbs who grew their own flower or vegetable gardens. In addition, I've seen them show kindness and caring to the plants, just like they do their friends. We have some green plants in the sun room at the Center which adds some nature and freshness. Many of our participants enjoy working with these plants. It provides some "work opportunities" for them to contribute to the Center.

LeadingAge
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2017-2018 PROVIDER MEMBER

We are also proud to be a United Way Partner Agency