

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.



I think God selected a good group and put us together.
We're as close to being family as anybody I know. - Cynthia
(Adult Care Center Participant)



Just a reminder...

Rite Aid Pharmacy will be here on October 3rd for our annual flu shot clinic. If you have not already, you can sign up at the front desk. Please take a questionnaire with you and bring it back along with your insurance card the day of.

- Beginning in October, you will be able to pay your monthly bill with a credit/debit card. There will be a 3% fee added to the bill to cover merchant fees that we are charged if you choose this option. See Dawn if interested.
- 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.
- 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,

From our earliest days on, the Adult Care Center has reaped the benefits of a good and caring community. Monetary gifts, in-kind donations, enthusiastic volunteers, dedicated Board members, and warm client families – the list goes on and on, and we are so grateful.

On September 8th, I was honored to represent the Center at Boyce's Martial Arts as students earned new belts, including many with the distinguished black belt. The twenty or so black belt students, most in late elementary or middle school, also made cards for our participants with personal and meaningful comments. Some young scholar even referenced Ernest Hemmingway in his card, which personally made my day. But reading all the cards meant so much to us. Boyce's Martial Arts topped it off with a \$100 donation!

Today, Patton's furniture delivered four new couches that were sold to us *at cost*. Kevin Patton, and one of his staff, set the couches up, and then helped arrange our room to best accommodate our rest area flow; something they didn't have to do for us, but they wanted to. Cluttertroops came earlier in the day to haul our old, well-used furniture away, and moved our piano! Our thanks to those special folks as well.

Not long ago, I got a call from Pastor Paul Krueger of Shepard of the Hills Lutheran Church in Winchester. He heard about us and wanted his congregation to help in any way they could. He also wanted us to benefit from a Homebrew Fall event. Louise and I attended a church service there in August, then spoke to the congregation afterwards. Now, on Saturday, October 27th, Shepard of the Hills Lutheran Church, and Shenandoah Valley Homebrewers Guild, join forces for MASHTOBERFEST – a fun event planned with all proceeds benefitting the Center. How lucky can we get? Hope we can see some of you there.

So, Fall is already off to a great start for us. Our annual "Art on the Brain" art sale is November 2nd from 6 to 8 pm at Christ Episcopal Church. We will have over 50 canvases priced to sell. We're excited to include this year "2019 Adult Care Center calendars" featuring our client's artwork for sale as well. If you haven't been able to join us before, we hope you will this year. Enjoy great appetizers while sipping wine (or water), listen to beautiful piano and violin music, and study (and purchase) the masterpieces created by our incredible participants. It's not a big city art show event, but better because it's right here in this good and caring community, celebrating the work of those we know and love.

Happy Fall,
Jane



Nurses Notes



How to Avoid Getting the Flu¹

Getting the flu vaccination is the best protection from the flu. Influenza is a respiratory infection that can cause serious complications, particularly to young children, older adults and people with certain medical conditions. Influenza vaccines (though not 100 percent effective) are the best way to prevent the misery of the flu and its complications. The Centers for Disease Control and Prevention recommends that everyone 6 months of age or older be vaccinated annually. It takes up to two weeks after the injection to build immunity. Influenza viruses evolve, so last year's vaccine may not protect you from this year's viruses.

Other protections include: Washing your hands often and thoroughly with soap and water, using an alcohol-based sanitizer on your hands if soap and water aren't available, avoid touching your eyes, nose or mouth whenever possible, avoiding crowds when the flu is most prevalent in your area, and practicing good health habits (i.e., getting plenty of sleep, exercising regularly, drinking plenty of fluids, eating a nutritious diet, and managing stress).

¹Mayo Clinic, September 11th, 2018

Sheryl and Myra, two Center family members, meet at Steamy's Coffee Shop located at 38 E Piccadilly St., Winchester, VA every Monday at 9 a.m. They would like to extend an invitation to all of our Center family members to join them for coffee and/or breakfast at this time weekly, or whenever your time may allow.

Please feel free to give either of them a call for more information.

Sheryl: 540-667-8365

Myra: 540-662-9073



The Adult Care Center was awarded \$1,500 from the Cochran Family Youth Fund administered through The Community Foundation of the Northern Shenandoah Valley. The money will be used for updating our music therapy instruments, and buying new pieces for our intergenerational program with Fremont Street Nursery.



Jane, and Board President Thomas Turner pictured with other Community Foundation grant award winners.



United Way of Northern Shenandoah Valley

Let Anthony's Pizza, and the Adult Care Center, take care of dinner for you **THURSDAY, OCTOBER 25TH!**

For only \$10.00, you get:

a large sub, chips, and a bottle of water

All proceeds benefit the 2018 United Way of the Northern Shenandoah Valley Campaign.

Please fill out your [order form](#) and return it with payment by October 19th to: The Adult Care Center of the Northern Shenandoah Valley, 411 North Cameron Street, Suite 100, Winchester, VA 22601. (Please make payment in exact change - \$10.00). Checks may be made payable to The Adult Care Center.

A special thank you to Anthony's Pizza on Valley Avenue in Winchester for providing subs in support of the Adult Care Center's employee campaign for United Way.

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

A Word from Whitney....

Welcome, Katie!!

Please help us welcome Katie Devolites to the Adult Care Center family! Katie has joined our team as an Activity Assistant. Katie may be a familiar face to some you as Katie did her internship with us two years ago while pursuing her bachelor's degree in Psychology and Public Health at Shenandoah University. Katie has a lovely family including husband, Sean, and their adorable little girl, Mikahla. She has three years of experience working in Activity departments. We believe with Katie joining our activity team, we can bring more diverse and creative activities, and make an already incredible program even better for our participants!



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We are also proud to be a United Way Partner Agency