

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...



- If your loved one received a new Medicare card for 2019, please bring it in on his or her next scheduled day for Dawn at the front desk to make a copy.

- February 14th marks the Adult Care Center's 25th year of full-time services. Keep an eye out for more details announcing our "25 Jump and Jive" Sock Hop celebration October 12th at the Youth Development Center in Winchester.
- Our next event will be a Paint Night fundraiser on April 12th. If you made it last year, we hope to see you again! If not, join us this time! The instructor walks us through step by step. Don't miss the fun. Mark your calendar.
- Sunday, June 2nd is our "Welcome Summer Lunch N' Bid" Fundraiser at the George Washington Hotel! Doors will open at 11:30 a.m.
- There is literature, as well as an exercise DVD available on the wall behind the front desk. Please help yourself.

Dear families,

I am pleased to share with you that the Winchester Rotary has a very vested interest in Alzheimer's disease and those it affects! Adult Care Center Board Member and active Rotarian, Kerri Burkhart, introduced Rotary President Paul Mangess to our Center in 2018. After Paul's visit, his interest in us led to a \$25,000 anonymous end-of-year donation to the Center to help with future expansion!

On February 11th, the Rotary is hosting a special event at the Alamo for its' membership, and you all are invited (note: this event is not open to the public).

From the Winchester Rotary:

"In tandem with our efforts this year to support Rotarian work to address Alzheimer's, we are offering speakers followed by a film on February 11th. Please join us.

Both events convene at the Alamo Draft House. Kicking off at 6:30 p.m., the speakers will include Dr. Mariecken Fowler and Susan Drew who for a brief half hour will share their experience working with Alzheimer's patients.

At 7 p.m., the film, *Away from Her*, will air for your viewing. Starring cast are Julie Christie, Gordon Pinsent, and Olympia Dukakis. Tickets are \$15 and can be reserved at <https://drafthouse.com/ticketing/0301/121043>

For more details and the trailer, see – <https://www.rogerebert.com/reviews/away-from-her>"

As you probably know, Dr. Fowler is an Adult Care Center Board member, and Susan Drew is the wife of one of our participants. Although their time to speak is brief, it will be powerful.

It is an incredible opportunity for our Adult Care Center family to have the Winchester Rotary front and center in helping to tell the story of Alzheimer's disease, helping to tell our story and yours.

From the Alzheimer's Association "Facts and Figures" (2018):

"Over 5.4 million Americans are living with Alzheimer's, and as many as 16 million will have the disease in 2050. The cost of caring for those with Alzheimer's and other dementias is estimated to total \$277 billion in 2018, increasing to \$1.1 trillion (in today's dollars) by mid-century".

Jane



Nurse Notes



Vascular dementia is caused by an inadequate blood supply to the brain and the death of neurons. This can be caused by weakening and narrowing of the blood vessel walls from arteriosclerosis. Management of the risk factors for atherosclerosis. Management of the risk factors for atherosclerosis can delay the onset of vascular dementia, these include hypertension, hyperlipidemia, cigarette smoking, and diabetes mellitus.

Early signs of vascular dementia include a decline in problem-solving abilities. Vascular dementia progresses in a step-wise fashion, so a person's cognitive functioning may be stable for a period of time before an acute decline. Treatment involves secondary prevention of risk factors; acetylcholinesterase inhibitors such as donepezil and Aricept are not recommended.

¹nursingpractice.com

Marilyn

A Word from Whitney....

Poetry writing

Poetry writing seems difficult for some of our participants whose cognition has declined. Working as a group, though, brings out ideas and thoughts that are full of creativity. This activity allows participants to show their sense of humor, and to practice cognitive and social skills. We love it!

It is wonderful

The sun's gone out,
And the snows come down.

It's so pretty,
Falling to the ground.
So be thankful,
And make no sound.

Let's make snowballs,
And have some fun.

It's just a game,
Let's see who won.

Now we walk in the snow,
Let's hope the wind doesn't blow.
Once upon a time, we couldn't go,
The snow was too deep.
Let's go home and get some sleep!

You can now view and reserve any of our 81 unique, one-of-a-kind paintings available for purchase on our website! Follow this link <http://adultcarecenter.net/art-on-the-brain/shop/>, click on the painting you are interested in and view a description of how this work of art came to fruition. Prices are listed with each painting. If you would like to purchase a piece, click "add to cart" and then "checkout". At this time, we are offering pick-up at our Center. We accept cash, credit (add 3%), and checks. Enjoy the previews below. Happy shopping!

January was a busy and FUN month for us!

Our friend, Kay, shared her family's tradition of pierogi making for Epiphany with us. We also enjoyed a soap-making activity with Katie, art with Whitney and Dorene, some afternoon stretching with Whitney, and an intense game of Jenga! Enjoy the pictures below.

Kay's pierogi making



Soap-making & art



Afternoon stretches



JENGA!

