



**June** 2019

Just a reminder...



• We will be closed on Thursday, July 4, 2019 for Independence Day.

- Look below for details on Bags 4 My Cause through Martin's Foods!
- Thank you so much for limiting the personal effects your loved one brings in. We have noticed a difference! Your help is appreciated!

Dear families,

Each year at our annual Lunch n Bid fundraiser, the Adult Care Center announces its Sonny Shiley Volunteer of the year.

Sonny was a very active Board Member who, among other things, chaired the fundraising committee. Sonny passed away in 2010, and the Board of Directors voted to honor his memory by establishing a Volunteer of the Year award in his name.

As with any non-profit, volunteers are at the heart of everything we do. Whether serving as a Board Member, or program supporter, or financial supporter, or supporting a special event, volunteers keep us ticking. Selecting our Volunteer of the Year wasn't easy because there are SO MANY wonderful people from which to choose.

We did, however, select an outstanding individual in Board President, Thomas Turner, as our 2019 Volunteer of the Year. Thomas has served on the Adult Care Center Board of Directors since 2009! In fact, after serving what would have been his final three 3-year term last year, he agreed to serve another year to lead us, and celebrate with us, during our incredible 25<sup>th</sup> year of service to this community.

Serving on the Board of Directors is a commitment. There are monthly meetings, special events, financial or in-kind support expectations, availability for sharing a particular expertise, being a voice and referral for the Center, and hustling to make to make it happen with all the other things on one's plate.

Thomas didn't make his decision to serve an additional year lightly. He is a professor of Physical Therapy at Shenandoah University, and he and his wife Katie have two children under the age of 5! It's a busy life even without the added commitment of serving as President of the Adult Care Center.

Thomas leads monthly Board meetings with efficiency, and a poise that makes each member sit back and say, "I'm glad I'm here". He is at my side when I present impact grant proposals, and when those proposals are rewarded with a check presentation. Through what must be a hundred daily e-mails, he finds ours and responds – always thoughtfully and meaningfully.

And boy do the staff love him. They love it when he comes to the Center for a visit, or they see him at a special event. Thomas actually wasn't able to be at Lunch n Bid this year. When he called me to say he needed to go to Richmond, he actually considered how he might make it back for our event. He had raffle tickets he sold to get to us, and auction items he secured that needed to get picked up. He was thinking how to make it all happen, despite being called to go home for his father who is in the late stages of dementia.

So, after a reassuring "Go, we've got this", and by the way, you're Volunteer of the Year", Thomas agreed he wouldn't try to come back.

That's the life of a caregiver. You juggle it all – your family, your job, your volunteer commitments, your time, your space, your plans...! And sometimes you need to be rewarded for that and have someone say, "Thank you". "Take a breather, we've got this".

It is our honor to know Thomas Turner, Ph.D., and celebrate him as our 2019 Volunteer of the Year.

*Jane*

### A word from Katie...

May flew by here at the Adult Care Center. We made our own indoor garden that now decorates the window sill in our sunroom. Participants had a great time re-potting flowers and herbs and spent the majority of the time talking about their own gardens that they've planted in the past. We invoked our senses by guessing the names of the herbs after smelling them. We have some very talented botanists!

We also started a Monday Morning Men's Group which has become very popular. After their sessions, they always come out telling us, "We solved...the majority of the world's problems!"

Thank you for sharing your loved ones with us!



### Nurse Notes

#### *Ticks and Lyme Disease<sup>1</sup>*

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged ticks. Due to warm, wet weather, ticks are expected to flourish this summer. To avoid ticks, treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear. Use products containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), paramethane-diol (PMD), or 2-undecanone. Always follow product instructions. Avoid wooded and brushy areas with high grass and leaf litter.

To remove a tick, use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

<sup>1</sup>[CDC.gov/lyme/index/html](http://CDC.gov/lyme/index/html)

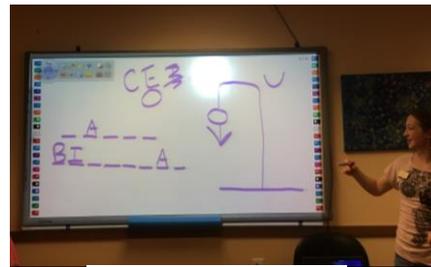
*Marilyn*



We are excited that the Adult Care Center has been selected as the beneficiary of the MARTIN'S Food Bags 4 My Cause Program! Each time the \$2.50 reusable Bags 4 My Cause Bag is purchased at the Martin's at 400 Gateway Drive, Winchester, VA and 240 Elizabeth Drive, Stephens City, VA during the month of June, we will receive a \$1 donation! Thanks in advance for your support and happy shopping!

### May Highlights...

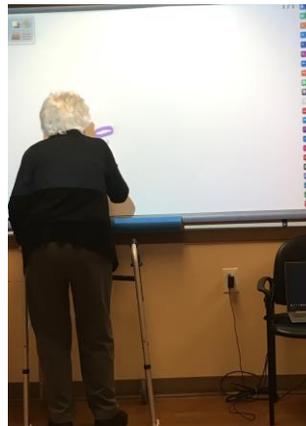
May was a busy month! We had our Senior Prom, started our indoor garden (see left), played pictionary, and hangman. Enjoy a few pictures.



Pictionary



Prom



Hangman



### T-Shirts...

We will be submitting an order for Adult Care Center t-shirts on **June 28<sup>th</sup>**. If you would like to order a shirt, you can sign up at the front desk. Sizes S-XL are \$8.00 each and 2XL is \$9.00. All money is due before the order goes in. Cash (exact change please) or **check made payable to Decals Plus.**