



JULY 2019

Just a reminder...



- We will be closed on Thursday, July 4, 2019 for Independence Day.
- Please refer to the attendance policy regarding missed time or time off from the Center. If you need a new copy, please let Dawn know.
- If your loved one has experienced any changes including medications, please speak with Marilyn or Dana so it can be charted. Call the Center Monday-Friday from 7:30 – 5:30 or if after hours, leave a voicemail for one of them to call you back on our next business day.

Dear families,

For those of you with us last year, you know that gully washers can really impact our stretch of Cameron Street! You also know that extended rains can cause our plumbing to fail. Last year, we couldn't open several days because of inoperable toilets. Our property managers were equally concerned as this affected several non-profit programs which are part of the Our Health Campus. They joined us in our concern for how it impacted our families.

This year, there is light at the end of the tunnel, but it will challenge us all in the short-term. On Monday, June 24th, I attended a meeting along with other community service programs housed on the Our Health campus. Perry Eisenach, Director of Public Services, along with two of his colleagues, including the City Engineer, addressed our group and laid the groundwork for what will be major work done on Cameron Street between Piccadilly and Clark Streets beginning in a couple weeks.

I can assure you that City personnel are alerted to our program's need for access to our building. Mr. Eisenach and I will be meeting soon to discuss ways to best minimize difficulty for you during this time. But, it is still street work! New drainage pipes will be laid, as well as new gas lines.

Mr. Eisenach has forwarded a memorandum that will better explain the project (attached). I wanted to let you know about this right away since work will begin shortly. I will share additional information as it becomes available.

Please don't hesitate to give me a call with any concerns. This will be challenging, and probably frustrating, but we will do whatever we can to make it go as smooth as possible for you. Mr. Eisenach and crew intend to as well.

Jane

Summer is here!! Thank you Dorene, Tonya, and Katie for the great decorating! If you haven't been in recently to see for yourself, enjoy these pictures!





Our participants put together this picture puzzle for our friends at American Woodmark as a thank you for their continued generosity to, and support of, the Adult Care Center. Thank you, Brenda for taking the time to come and see us! To the rest of your team, we missed you! Hugs to all of you from all of us.

Nurse Notes

Hydration¹

Thirst isn't a helpful indicator of hydration.

When you become aware of thirst, you could already be dehydrated, having lost as much as 1 to 2 percent of your body's water content. With that amount of water loss, you may start to experience cognitive impairments such as stress, agitation and forgetfulness.

The Mayo Clinic states that the color of urine is a good indicator of hydration. If it is pale yellow, you're hydrated. If it's a darker yellow, The Mayo Clinic recommends drinking 1-2 glasses of water.

The National Academies of Sciences, Engineering, and Medicine (NASEM) recommends that men drink 15.5 cups of water a day, and women drink 11.5 cups a day. This sounds like a lot of water, but is less than the guidelines given by National Institutes of Health. The Centers for Disease Control refers to the NASEM guidelines.

If this is not attainable, any increase in consumption for most people during hot weather will be beneficial.

¹Mayoclinic.org

Marilyn

A word from Katie...

June has already passed us by and Summer is in full swing here at the Center. We have enjoyed spending time outside for our "Rock & Relax". The awning outside provides wonderful shade from the sun and there is almost always a gentle breeze. Sometimes Whitney even surprises the participants and takes her guitar outside and serenades them with music.

We have also enjoyed a variety of aromatherapy activities. We took fresh mint from our garden and picked it all off of the stems to make fresh mint iced tea. Everyone's hands smelled of mint the rest of the day. Some benefits of fresh mint are:

- Soothes upset stomach
- Improves digestion
- Treats bad breath
- Combats the common cold and flu
- Reduces stress

<https://www.cupandleaf.com>

We also made lavender soap with fresh lavender that was picked and dried. We then added it to melted soap and swirled in purple dye to give it some color. Some benefits of fresh lavender:

- Relieves stress
- Relieves anxiety
- Helps with insomnia

<https://www.medicalnewstoday.com>



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