



2019

Just a
reminder...



- We are closed on Thursday, November 28th, and Friday, November 29th. Happy Thanksgiving!
- We are closed Tuesday, December 24th, Wednesday, December 25th, and Wednesday, January 1, 2020.
- Our participant Christmas Party will be on Wednesday, December 18th at Christ Episcopal Church at 140 W. Boscawen St. at 5:30 p.m.

Dear families,

During October, Whitney and I had the honor to present at the National Association of Adult Day Services annual conference in Minneapolis Minnesota. It was great to meet people from all over the who'd come together to teach, learn, and advance the field of adult day health care. In my session, I was happy to engage with people from states including Texas, Hawaii, Nebraska, Iowa, and Colorado, among others.

Whitney captivated everyone as she led her group through the mechanics of an intergenerational drum circle. We took along a suitcase full of instruments (bells, shakers, tambourines, and even an ocean drum), and carried our Martin guitar. Whitney used every instrument we brought and those attending her session loved it.

A special thanks to the staff who covered for us and kept everything flowing so smoothly while we were away. Thanks to the volunteers who gave extra time to help as well. And, thanks to our Board of Directors who overwhelmingly supported our participation in this national conference.

Also, a hearty congratulations to Whitney as her research work entitled "*Academic and Cultural Adjustment Among Asian Students in Graduate Music Therapy Programs*" will be published in the professional journal Music Therapy Perspectives. Way to go Whitney!

Because October was so busy with our Jump and Jive celebration, we've decided to postpone ART ON THE BRAIN – our annual art show – until March 2020. This is an important event for us as we showcase beautiful work our participants do during the twice weekly art sessions. Typically held the first Friday of November, revenue from Art on the Brain buys our art supplies for the year. Our 2018 sale raised \$2,000 and our cupboards are again full as Whitney and Katie did a little spend down of that money this past September. Always a fun thing to do.

As in the previous couple months, thank you for your patience navigating the drop-off site. We really look forward to the day you can pull up in front without having to dodge cones and barrels. In the meantime, though, we're glad to have the Work Crew on our side, even stopping traffic to give us a hand.

As we move into Thanksgiving mode, please know our hearts are full with thanks to you, and your loved ones. We are absolutely here to help you, but many days, most staff will agree, we're the ones benefiting as much.

Sincerely,

Jane

Jane & Whitney at the
conference in Minnesota



A Word from Katie

October finally brought us some fall weather here in Winchester. Perfect timing to get us in the mood for Halloween and Thanksgiving. October was a busy month at the Center. We dressed up for Halloween and made some Halloween goody bags for our young grandfriends over at Fremont Street Nursery. Speaking of grandfriends, we have enjoyed getting to know some new faces this school year. With new faces comes new games and activities. One such activity we did last month was a game to help learn and identify emotions. We gave the group a scenario (your friend takes your toy, or someone gives you a gift) and asked everyone to show us what emotion that would make them feel. The grandfriends and participants had a blast showing off their different mad/sad/happy, and excited faces!

In November we will be working on putting together an Adult Care Center Cookbook! So, we would like to encourage everyone to bring in any favorite family recipes that they would be willing to share so we can put them all together. We look forward to seeing everyone's recipes and getting to learn more about everyone's traditions!

Katie



**Henry & William Evans
Home for Children, Inc.**

Our annual Christmas drive this year will benefit Henry & William Evans Home for Children. If you are interested in donating, see the list below. You may drop off your donation at 411 N. Cameron St., Ste 100. We will deliver donations to them on December 20th.

THINGS THEY ARE **ALWAYS** IN NEED OF!

- 39+ gallon yard bags (for our big trash bins)
- Lightbulbs-any wattage
- Fabuloso multi-purpose cleaner
- Body wash
- Paper towels
- Toilet paper
- Laundry detergent
- Coffee
- Slim Jims (any flavor)
- Cliff Bars
- Beef Jerky
- Granola bars
- Fruit snacks

You can find their full wish list at

<https://www.evanshome.org/materials-wish-list>. Please only non-perishable items donated through the Adult Care Center.

Nurse Notes

Reducing Risk of Aspiration

Unfortunately, many people with dementia have increased risk of aspiration as the disease progresses. The most common sign of aspiration is coughing while eating or drinking, as effective swallowing is a complex sequence of movements. Techniques to reduce the risk include cueing to tuck the chin while swallowing, thickening thin soups with potato flakes, adding Thick-it (a plant-based thickening agent, available over the counter in pharmacies) in beverages. Pudding is a safer dessert option than ice cream, as ice cream melts in the mouth. Effective swallowing can be evaluated by a health care provider, as there is a barium swallow (often called a 'cookie test') radiographic test available.

Marilyn

October FUN!

Happy Halloween!



25 Jump and Jive

